



## factsheet: Planting Seeds, Growing Minds

### Your Middle School Gardening Guide *Grow. Learn. Taste.*

Join us on a transformative journey with the Veggie4School program, designed to prepare the next generation for sustainable living through a deep understanding of ecology and environmental science. Over six weeks, students in grades 6 through 8 engage in hands-on gardening and ecological stewardship, learning to make choices that benefit their health and the planet. The program is structured around three foundational pillars—waste management, practical gardening lessons, and enhancing nutritional awareness through engaging taste lessons. In our Veggie Lab, we grow plants, observe their growth, and taste the veggies, integrating these activities seamlessly into the school curriculum. This approach cultivates a passion for sustainable living and teaches essential life skills.

### V4S-Learning Goals/outcomes

Our Veggie4School program is dedicated to fostering a generation that practices sustainability and appreciates the scientific and ethical reasons behind their environmental footprints. We focus on:

- **Sustainable Gardening:** Students will learn eco-friendly gardening practices, exploring plant life cycles and sustainable food production techniques.
- **Environmental Awareness:** The program emphasises the 3R's (Reduce, Reuse, Recycle),

teaching students the science behind sustainable living and the impact of their daily choices.

- **Experiential Learning:** Students will gain hands-on experience that enriches their understanding of ecological principles and environmental stewardship.
- **Nutritional Education:** Through engaging lessons, students learn the health benefits of fresh produce over processed foods, promoting healthier, sustainable eating habits.
- **Environmental Impact:** Instruction on composting, full plant use, and seasonal eating demonstrates the practical aspects of reducing food production's environmental impacts.

### V4S-Chapters

Each chapter offers a unique journey into gardening and environmental stewardship, supported by a robust scientific framework:

1. **Grow Your Way to A Greener Future** - Discover how to protect our planet by embracing the 3Rs: Reduce, Reuse, and Recycle. Small actions have a big impact!
2. **From Below the Earth to Above the Sky** - Explore the secrets beneath our feet—soil! From sandy textures reminding us of beaches to the magic of composting, uncover the foundation

of all plant life.

3. **Unveiling The Mysteries of Seed and Plant Growth** - Join us as we crack the code of seeds and watch them grow into towering plants. It's a magical process full of surprises; you'll see it all from the front row.
4. **The Great Planting Fest at Vidya Ghat!** - Celebrate your journey with a grand planting festival. It's a day of joy, community, and getting our hands dirty as we plant seedlings for the future together.
5. **Journey to the Perfect Veggie Plat:** Through interactive garden explorations and tastings, students discover the benefits of vegetables, fruits, proteins, whole grains, dairy, and healthy fats to create nutritious, balanced meals.
6. **The Seed to Harvest:** Unlock the plant world's timing secrets. Gain insights into harvesting, drying, and storing seeds, securing a verdant future.

## V4S Learning Activities

Our diverse learning activities are crafted to captivate and educate:

- **Narrative Learning Stories:** Set the stage for each lesson, engaging students with thematic storytelling.
- **Workshop Mission Plans:** Guide students through hands-on learning experiences with clearly defined objectives.
- **Interactive Quizzes:** Make learning fun and reinforce key concepts.

## School Enrollment Criteria

We've established specific criteria for school participation to ensure the Veggie4School program aligns resources and support infrastructure with our educational and scientific goals, helping schools become pivotal spaces for nurturing young environmental stewards.

- **Workshop Duration:** 90 minutes per session.
- **Duration:** 3 months, seamlessly integrating into the academic calendar.
- **Language:** Kannada, ensuring accessibility and engagement.
- **School Administration Commitment:** Essential support and planning time from the school's administrative team to integrate the Veggie-4School program into the academic calendar.
- **"Suitable Space for the Garden Box:** A suitable, secure outdoor space where our "Veggie Lab" gardening box will be placed. Terrace gardening is impractical due to limitations with water access and sunlight exposure.
- **Water Availability:** Consistent access to water is crucial for maintaining the garden.
- **Community Engagement:** Volunteer involvement in garden maintenance and activities.
- **Parental or Caretaker Consent:** The program requires a signed consent letter from parents or caretakers confirming their awareness and support.
- **Program Monitoring and Reflection:** After each workshop, students must complete a reflection form to capture their feedback and learning outcomes, aiding ongoing program evaluation and improvement.

## V4S DIY Toolkit

Each enrolled school receives a comprehensive set of learning materials, including biodegradable growing pots, seeds suitable for the local climate, organic compost, and essential gardening tools, preparing students to engage in sustainable practices actively.

Join us as we cultivate young minds and green futures through the Veggie4School initiative, empowering students to make sustainable choices for their future and the planet!

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