



Salisbury School Gardens

Curriculum



St. Gabriel School — Edmonton, AB



Reynolds Secondary School — Victoria, BC

“First and foremost, these school gardens will be educational tools. They can provide a tangible, real world contextual element to otherwise abstract ideas. Edible gardens can supplement lessons for every core subject in the majority of grade levels. From environmental science to nutrition, agricultural issues to measuring the circumference of a tomato, the gardens are as versatile as we are creative. Here are a few linkages between the gardens’ potential educational power Alberta Curriculum as found on LearnAlberta.ca.

Health & Life Skills

Access to edible plants offers the ideal opportunity to supplement the Wellness Choices Outcome. The garden can be used across all grade levels to discuss healthy food choices and nutritional needs.

The gardens will be a useful illustrative tool for W-1 (focused on wellness through physical activity), and W-5 (focused on wellness through nutrition).

As the grade levels advance, so too can the complexity of lesson. This is especially true for W-5, wherein lessons can range in complexity from a discussion to fruit and veggies being good for you, to the Canada Food Guide, to a specific analysis of vitamins and nutrients.

Kindergarten

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-K.1 describe ways, and make choices, to be physically active daily

W-K.5 recognize that nutritious foods are needed for growth and to feel good/have energy; e.g., nutritious snacks

Grade 1

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-1.1 describe the health benefits of physical activity

W-1.5 recognize the importance of basic, healthy, nutritional choices to well-being of self; e.g., variety of food, drinking water, eating a nutritious breakfast

Grade 2

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-2.1 describe the effects of combining healthy eating and physical activity

W-2.5 classify foods according to Canada's Food Guide to Healthy Eating, and apply knowledge of food groups to plan for appropriate snacks and meals



R.M. Grauer School — Richmond, B.C

“When I was beginning at the school as a grade 8 teacher I had a student ask me, “Sir, how do you grow pickles?” This made me think, that students were lacking that experiential form of teaching. Instead of explaining the process we went outside, planted some cucumbers and then later, we picked them. The next fall that student was eating pickles that they had made from the very begging of the process.”

Grade 3

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-3.1 analyze the factors that affect choices for physical activity; e.g., the impact of technology/media

W-3.5 apply guidelines from Canada's Food Guide to Healthy Eating to individual nutritional circumstances; e.g., active children eat/drink more



Reynolds Secondary School — Victoria, BC

Grade 4

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-4.1 explore the connections among physical activity, emotional wellness and social wellness

W-4.5 analyze the need for variety and moderation in a balanced diet; e.g., role of protein, fats, carbohydrates, minerals, water, vitamins

Grade 5

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-5.1 examine the impact of physical activity, nutrition, rest and immunization on the immune system

W-5.5 examine ways in which healthy eating can accommodate a broad range of eating behaviours; e.g., individual preferences, vegetarianism, cultural food patterns, allergies/medical conditions, diabetes

Grade 6

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-6.1 evaluate the need for balance and variety in daily activities that promote personal health; e.g., physical activity, relaxation, learning, sleep, reflection

"We live in a rural area that is economically depressed so a bright and lively garden raises everyone's spirits and improves the feel of the school for students, staff, and parents. We added an edible component to the garden last year and now a highlight of the year is our "Stone Soup" harvest celebration where we add a bit of every single thing we've grown to a soup pot, and everyone has a taste."

Evergreen Heights Education Centre — Emsdale, ON

W-6.5 analyze personal eating behaviours—food and fluids—in a variety of settings; e.g., home, school, restaurants

Grade 7

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-7.1 compare personal health choices to standards for health; e.g., physical activity, nutrition, relaxation, sleep, reflection

W-7.5 relate the factors that influence individual food choices to nutritional needs of adolescents; e.g., finances, media, peer pressure, hunger, body image, activity



St. Gabriel School — Edmonton, AB

Grade 8

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-8.1 examine the relationship between choices and resulting consequences; e.g., how choosing to smoke affects how one looks, feels and performs

W-8.5 evaluate personal food choices, and identify strategies to maintain optimal nutrition when eating away from home; e.g., eating healthy fast foods

Grade 9

Wellness Choices

Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health

Students will:

W-9.1 use knowledge of a healthy, active lifestyle to promote and encourage family/peer/community involvement

W-9.5 develop strategies that promote healthy nutritional choices for self and others; e.g., adopt goals that reflect healthy eating, encourage the placement of nutritious food in vending machines.

"All the produce is used by the Home Ec class, including for our annual Fall Feast, which is prepared entirely by students and which last year attracted 110 people!"