



GROWING HEALTHY KIDS



2022-23 YEAR IN REVIEW

www.growinghealthykidsbayarea.org



GHK: 9,252 Students Served @ 32 Schools

NGSS in the Garden

Bancroft, El Monte, Fair Oaks, Gregory Gardens, MDE, PHE, Rio Vista, Silverwood, Sun Terrace, Wren Ave, Valle Verde

5240 students

Riverview MS Garden Field Trips & Plant Exchange

Bel Air, Cambridge, Delta View, Fair Oaks, El Monte, Meadow Homes, Rio Vista, Riverview Middle, Shore Acres, YVE

1,630 students

★ 4th Grade Field Trips to the Cafeteria

ALL 29 elementary schools

2220 students

Open School Gardens Showcase

11 Participating Schools

350 participants

★ Career Pathways Partnerships

YVHS & Concord High

66 students

★ Model Garden Lessons

Cambridge & Mt View

96 students

NGSS in the Garden & Core Nutrition Lessons

“I feel my students obtained more meaningful hands on learning experiences that allowed them to build a more positive relationship with nature, nutrition, science, and food. The science learning we are doing in the classroom is connecting to the learning done with the Garden Education program. This connection allows more of my students to apply the abstract concepts to a concrete experience.”



Next year: adding 5 new sites – a 50% increase! – total 16 schools

Riverview MS Field Trips



“I liked how it makes the students smile.... I would recommend this field trip to everyone.... Fantastic! Students want to LIVE HERE!”

-Stratton, Cambridge 2/3 combo teacher

“I will use farm to fork.... We learned many new facts about plants, insects and recycling.... Excellent garden teachers! Loved it”

-Mayorga, Holbrook Kinder teacher

“Very age appropriate and engaging.... Educators were knowledgeable and enthusiastic.... Questions were answered age appropriately.... Field trip was fun, flexible and informative”

-Kim, Cambridge 4th grade teacher

Riverview MS Field Trips



NGSS Investigations



Seed to Table



Planting & Harvesting



4th Grade Field Trip to the Cafeteria



Every 4th grade class in MDUSD got to go on a special “in-school” field trip to their cafeteria!

- Backstage pass to the kitchen
- Kitchen scavenger hunt
- Made rainbow pizza with veggies
- Students gave feedback on what they would like to eat in the cafeteria
- Students engaged with new cafeteria signage about menu improvements, whole grain, preservative-free



4th Grade Field Trip to the Cafeteria



Lead Worker Teresa Rego: “I want students to eat more veggies. I’d like for them to see them coming from the garden to the cafeteria and for students see us prepping [the vegetables] in the kitchen.”



MDUSD Career Pathways Partnership Pilot

GOAL: *Provide internship and real world experiences for HS students in Career Pathways while exposing elementary students to new careers and job opportunities.*

Concord HS Construction Academy:

16 CHS students built 13 root view boxes for GHK school gardens.

YVHS Education Academy:

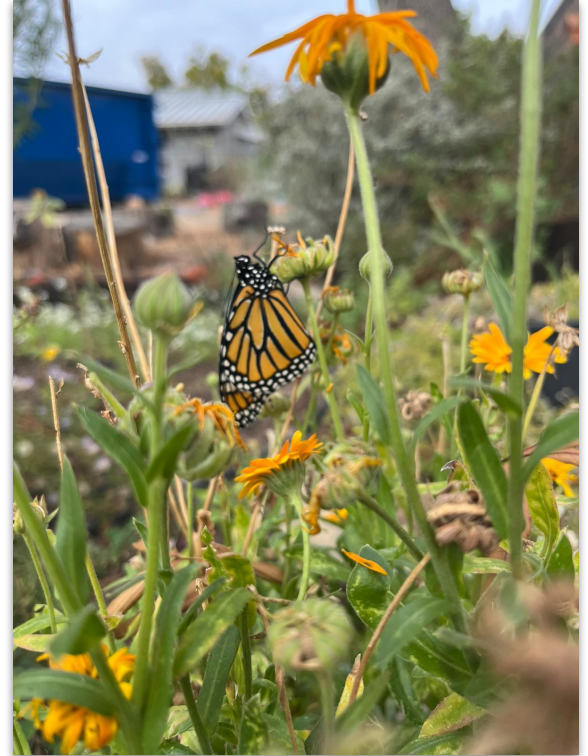
2 Trainings and 3 garden education field trips for 50 YVHS juniors.



MDUSD Career Pathways Partnership Pilot

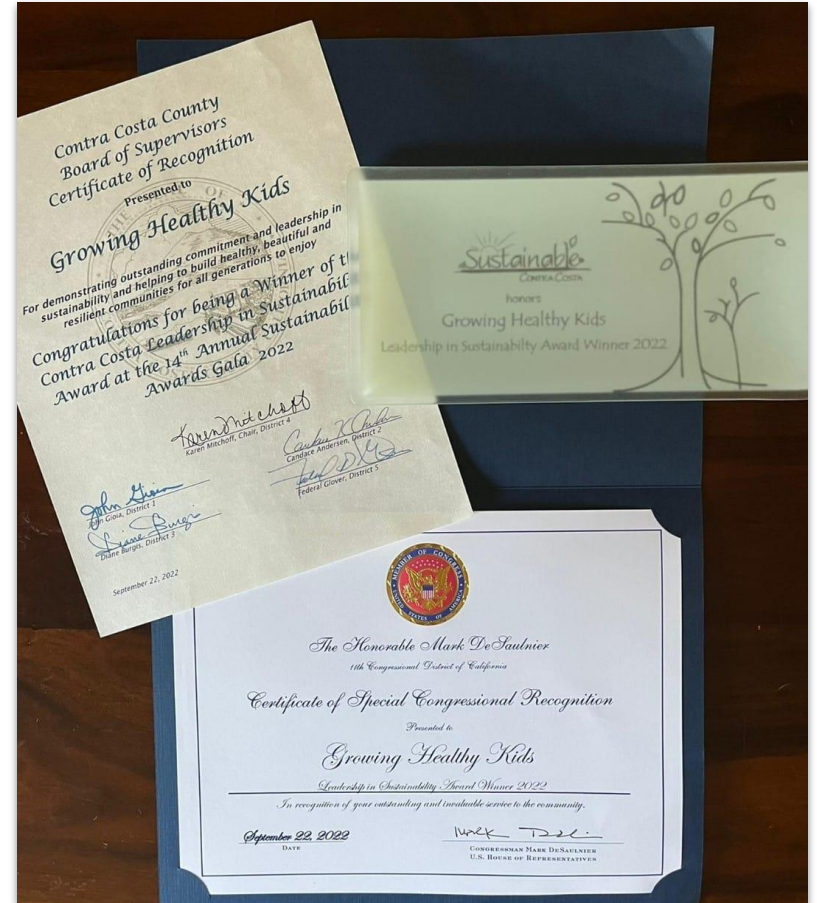


School Greening Projects



GHK Program Recognition

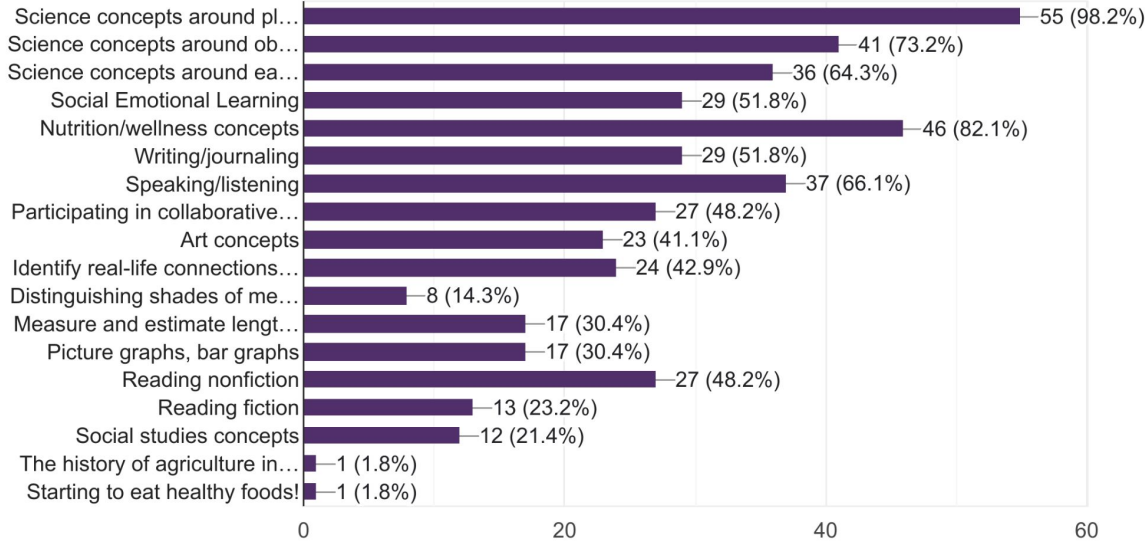
2022 Leadership in Sustainability Award from Sustainable Contra Costa



Assessment: Teacher Survey

3. Do you use concepts from the garden to enhance your teaching? What kinds of topics do you or your Garden Educator link to the garden, whether in...ditional topics/concepts. Answer as many as apply.

56 responses



Teachers confirmed, the curriculum topics linked most in the garden were....

1. Science concepts around plants and animals. **(98%)**

2. Nutrition/wellness concepts. **(82%)**

3. Science concepts around observation, investigation and experimentation **(73%)**

Half or more of the responding teachers indicated the following topics/skills were taught in the garden:

*Earth & weather science concepts

*Speaking/Listening

*Writing/Journaling

*Collaborative discussions

Assessment: Teacher Comments

I have seen students make community connections while in the garden, as well as take what they have learned and apply it at home.

One of my parents wrote me and said her daughter LOVES Garden days and is really excited about what she's learned and the foods she's tried. The parents stated that she is excited about eating certain vegetables that they have been trying to get her to try.

Getting their hands dirty is so good for them. Learning how to grow and harvest their own food, where our food comes from, what's healthy and not healthy, learning to make healthy meals-all have been amazing experiences for my students. So many don't get these experiences at home.

My students attended with a general education class. Our garden educator was AMAZING at modifying lessons for my students.

My students love eating in the garden. They learned healthy eating can taste great!

The tastings encourage the students to try new things. It builds their team building/working skills. Students make connections to science lessons done in class.

Throughout the year, my students have developed an increased awareness of where their food comes from, how they impact the world around them, how organisms have specialized features that help them survive, and an appreciation for nature.

I feel my students obtained more meaningful hands on learning experiences that allowed them to build a more positive relationship with nature, nutrition, science, and food. The science learning we are doing in the classroom is connecting to the learning done with the Garden Education program. This connection allows more of my students to apply the abstract concepts to a concrete experience.

Understanding of how the food cycle works, responsibly and caring for nature, observation, Team work. So so many wonderful memories and experiences in our school garden!

Assessment: Cooking Lessons

20,249 Taste Tests so far this year: 83% of students liked or loved what they tried!



Garden pizzas with chard



Ramen noodles with bok choy



Silverwood Power Snack:
hummus, broccoli, bell peppers
and blueberries on matzo



CA Healthy Kids Survey: Access to Nature & Fruit/Vegetable Consumption *Baseline Data for 5th grade students*

Access to Nature:

- **30%** of students reported not having any lessons outside during the school day
- **21%** of students reported visiting outdoor spaces outside of school once a month or less
- **25%** of students reported needing to walk 15 minutes or be driven to access outdoor space outside of school

Fruit/Vegetable Consumption:

- **39%** of students reported eating 1 or no fruits the day before the survey
- **47%** of students reported eating 1 or no vegetables the day before the survey

CAST Assessment

Analysis of 2021-2022 CAST Data for 5th Graders

10 Garden Education schools
19 non-Garden Education schools

Schools with >50% of students who met or exceeded CAST standards (CAST=3+4):

(Higher is better)

3 / 10 = 30.0% GE schools
5 / 19 = 26.3% non-GE schools

Of schools with >50% who FAILED to meet standards, how many had > 50% who NEARLY met standards (CAST=2)?

(Higher is better)

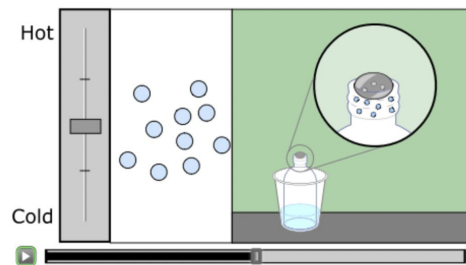
6 / 7 = 85.7% GE schools
11 / 14 = 78.6% non-GE schools

How many schools have more than 10% of students with CAST=1?

(Lower is better)

4 / 10 = 40.0% GE schools
7 / 19 = 36.8% non-GE schools

The student makes a model to show how air particles move in the bottle. The student uses blue circles to model the air particles. Click play to watch what happens to the air particles when the slider moves from Cold to Hot.



Click **two** sentences that **best** describe the behavior of the air particles in the bottle.

- Cold makes the air particles move closer together so the bubble deflates.
- Heat makes air particles escape from the bottle through the bubble.

CAST Assessment

Changes from 2018-2019 to 2021-2022 CAST Data for 5th Graders

10 Garden Education schools

19 non-Garden Education schools

Schools that saw an INCREASE of >5% of students who met or exceeded CAST standards (CAST=3+4):

(Higher is better)

3 / 10 = 30.0% GE schools

3 / 19 = 15.8% non-GE schools

Schools that saw a DECREASE of greater than 5% of students who met or exceeded CAST standards (CAST=3+4):

(Lower is better)

2 / 10 = 20.0% GE schools

6 / 19 = 31.6% non-GE schools

Schools that saw the lowest level of CHANGE (change <5%) in % of students who met or exceeded CAST standards (CAST=3+4):

5 / 10 = 50.0% GE schools

10 / 19 = 52.6% non-GE schools

CAST Assessment

Changes from 2018-2019 to 2021-2022 CAST Data for 5th Graders

10 Garden Education schools

19 non-Garden Education schools

Schools that saw an INCREASE of greater than 5% of students who failed to meet CAST standards (CAST=1):

(Lower is better)

2 / 10 = 20.0% GE schools

3 / 19 = 15.8% non-GE schools

Schools that saw a DECREASE of greater than 5% of students who failed to meet CAST standards (CAST=1):

(Higher is better)

3 / 10 = 30.0% GE schools

3 / 19 = 15.8% non-GE schools

Schools that saw the lowest level of CHANGE (change <5%) in % of students who failed to meet CAST standards (CAST=1):

5 / 10 = 50.0% GE schools

13 / 19 = 68.4% non-GE schools

Looking Ahead to 2023-2024...

Maintain ongoing programs, with significant collaborative expansions in three main ways:

- Expand NGSS in the Garden by 50%, to 16 sites (more than half of MDUSD elem schools!)
- 2022 CDFA Grant: Continue field trips, add 3 local farm partners, farmer & education/outreach capacity
- Expand MDUSD Career Pathways Partnerships



A stylized graphic of a green plant with three leaves growing out of a mound of brown soil.

GROWING HEALTHY KIDS

www.growinghealthykidsbayarea.org



LIFE
LAB



BATTERY
POWERED



Common
Vision



CALIFORNIA DEPARTMENT OF
FOOD & AGRICULTURE

