

Nourish Your Roots: Example Curriculum Connections for Educators



PRIMARY



English Language Arts Outcome: *Learners will respond personally and critically to a range of culturally diverse texts*

Indicator: *Draw pictures (or pictures with labels and/or text) about personal reactions*

Sample Activity: Assign learners a Nourish Your Roots produce item they are familiar with. Have them express their feelings about that item through pictures, such as whether or not they enjoy eating it. Discuss why their feelings might differ from others, due to individual preference, culture etc.

GRADE 1



Social Studies Outcome: *Learners will investigate the diversity of cultural groups*

Indicator: *Investigate information about various cultural groups in Nova Scotia*

Sample Activity: Using food as a lens through which to explore diversity, have learners explore what different cultural groups across NS eat. How can the produce in a Nourish Your Roots box support diverse food cultures in NS?

GRADE 2

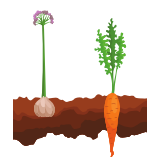


Health Education Outcome: *Learners will investigate the health benefits of active and quiet leisure in having a healthy mind and a healthy body*

Indicator: *Investigate active and quiet leisure*

Sample Activity: Have learners define activities associated with food as quiet or active leisure in their household, such as cooking, gardening, or grocery shopping. Discuss how this impacts their body, mind, and the foods they eat.

GRADE 3



Science Outcome: *Learners will investigate plants in the environment*

Indicator: *Investigate the uses of plants, including plants as medicine*

Sample Activity: Assign learners a Nourish Your Roots produce item. Have them explore the ways all parts of the plant are used, both locally and across the world.

GRADE 4



English Language Arts Outcome: *Learners will demonstrate a variety of ways to select and comprehend from a range of culturally diverse texts*

Indicator: *Selecting (Print and Digital Text): choose "just right" texts according to interests from a growing range of genres*

Sample Activity: Have learners find a book that fits their interests and reading level on the subject of food, nutrition, or farming/gardening and have them present it to the class.

GRADE 5



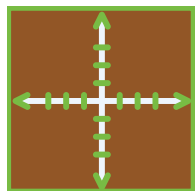
Visual Arts Outcome: *Learners will create artworks that express feelings, ideas, and understandings*

Indicator: *Apply the elements of art and principles of design in artworks*

Sample Activity: Have learners make a piece of art using a produce item or other item found in a Nourish Your Roots box, such as monoprinting with leaves, using onion peels to dye fabric, or creating a kite from a plastic produce bag.



GRADE 6



Math Outcome: Students will be expected to identify and plot points in the first quadrant of a Cartesian plane using whole number ordered pairs

Indicator: Plot points in the first quadrant of a Cartesian plane with intervals of 1, 2, 5, or 10 on its axes, given whole number ordered pairs

Sample Activity: Have learners use the top left quadrant of a Cartesian plane as a representative garden plot. Have them plot points indicating where they would place their seeds to grow various types of Nourish Your Roots produce.

GRADE 7



Science Outcome: Learners will construct a structure in response to a design challenge

Indicator: Implement a plan for a structural design challenge

Sample Activity: Have learners step into the role of a Nourish Your Roots farmer by developing a structure that improves the crop in some way (yield, cost etc.) without causing major harm to the health of their soil or environment.

GRADE 8



Technology Education Outcome: Learners will implement a possible solution for communications technology need

Indicator: Formulate possible designs for a communication technology need

Sample Activity: Have learners develop a resource to support their school's Nourish Your Roots fundraiser, such as explaining the many ways the produce items in the box can be used.

GRADE 9



Math Outcome: Statistics and Probability

Indicator: Students will be expected to develop and implement a project plan for the collection, display, and analysis of data

Sample Activity: Put learners in the role of a fictional teacher interested in having their school join the Nourish Your Roots fundraiser. They have one year to prove to a new principal that the fundraiser is a success, and must collect this year's data and compare it to last year to show that the fundraiser is worth their time and effort.

OLDER GRADES

Below are some examples of activities or projects for older grade levels:

- **Family Studies Classes:** Involve students in creating announcements explaining the benefits of the Nourish Your Roots program for school health.
- **Arts Education Classes:** Have students design creative advertisements for Nourish Your Roots.
- **International Baccalaureate Classes:** Invite students to dedicate their volunteer hours to volunteering at a pickup site.
- **Language Arts Classes:** Have students write articles about Nourish Your Roots for the local paper or letters to local politicians to promote the program.

