



LIVING CLASSROOM & HEALTHY CHILDREN



Childhood obesity is an alarming epidemic in our country and we know many of the reasons why. This includes lack of access to healthy affordable food, physical inactivity, easy availability of cheap high caloric food, sweetened beverages, and increasing portion sizes. As a result, more and more attention is being directed to educating our youth about healthy life styles and eating. The evidence is compelling that a healthy diet improves a student's ability to learn effectively and achieve high standards in school.

School Gardens Make Healthy Eating Fun

Living Classroom offers over 20 active lessons for elementary school students that directly engages them in learning about healthy eating and actually eating, while also teaching relevant science, social studies or other academic content. Importantly, there is a connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.



"Today in our Incredible Edibles lesson, several children tasted vegetables they'd never tried. And they liked it ... even without the ranch dressing!"

-Kindergarten Teacher



New Farm to Lunch Program Gets Kudos from the Kids

Pursuing our commitment to healthy children, Living Classroom launched a new Farm to Lunch program at the Mountain View Whisman School District in late 2015. With this initial effort, students harvested over 400 pounds of vegetables from their school “farms”.

All of the produce is delivered to the school district’s kitchen for preparation into yummy dishes like kale chips and roasted bok choy and then served up during lunchtime taste testings at rotating school sites. Many students tried vegetables such as swiss chard for the first time. They were totally engaged in tasting healthy dishes made from their own school-grown produce.

Employing our lessons and Farm to Lunch program, Living Classroom is committed to providing garden experiences that involve students in growing their own food. This is a powerful strategy for improving eating habits and childhood health. Long term, these experiences will have a profoundly positive impact on the health and lifestyles of students, their parents, and communities.



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