




**GROWING HEALTHY WAVES**  
**HEALTHIER STUDENTS,  
 HEALTHIER COMMUNITY**

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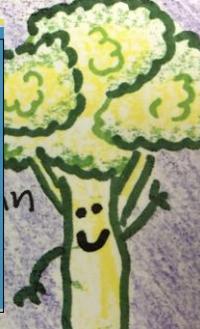
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**GOALS OF GROWING HEALTHY WAVES**

- Implement and support school gardens in the Tupelo Public School District.
- Raise funds to purchase cafeteria salad bars for each school wanting one.
- Introduce students to new fruits and vegetables through coordinated taste tests.
- Deliver engaging nutrition and garden lessons aligned to state teaching standards.
- Foster a love and respect for fruits and vegetables in students and a desire to try new foods.
- Collaborate with community partners and volunteers to make positive, sustainable changes in the health education of our children.

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**Growing Healthy Waves Advisory Group**

First meeting of the year to catch up on GHW's news and plan for the 2018-19 school year!  
**SEPTEMBER 6TH**  
 11:45-12:45  
 Lawndale Elementary Media Center  
 Lunch will be served.  
 RSVP to donna@loden.us.

**GROWING HEALTHY WAVES**  
**TUPELO PUBLIC SCHOOLS**

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The garden provides an engaging and evolving curriculum, guiding your lesson planning as you follow the natural progress of the seasons.

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**GARDEN RULES...  
SIGNPOSTS FOR LEARNING**

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**OUTSIDE LEARNING LAB:  
EXPLORE, DISCOVER, LEARN**

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**5 E's - A Sequence for Teaching and Learning**

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WHAT SENSES CAN WE USE TO EXPLORE IN THE GARDEN? IN THIS ACTIVITY, YOU WILL BE LOOKING FOR OBJECTS THAT HAVE A SPECIFIC QUALITY AND THOSE THAT HAVE THE OPPOSITE QUALITY.

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### DIRT MADE MY LUNCH

RI.5.6 Analyze the multiple accounts of the same event or topic, noting similarities and differences in the point of view they represent.

SL.5.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts building on others' ideas and expressing their own clearly.

• **Essential Questions:**

1. Why is dirt important?
2. Can we have plants without dirt?
3. Can we have food without plants?

• **Key Points:**

1. All food comes from the dirt.
2. Origin means where something started.
3. Because all of our food comes from dirt, it's important that the dirt stays healthy.

Bun	Burger	Cheese	Pickle	Tomato

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# Parts of a Plant



## SIX PLANT PARTS

- ROOTS**- grow under the ground; collect water/nutrients (beets, radishes, carrots, turnips, onions, garlic)
- STEMS**- grow above ground; hold plants upright; transport water/nutrients from roots to rest of plant (celery, asparagus, green onions/scallions)
- LEAVES**- grow above ground; collect sunlight plant needs to grow (lettuce, kale, spinach, Swiss chard, cabbage, collards)
- FLOWERS**- grow above ground on branches of stem (broccoli, cauliflower, artichokes)
- FRUITS**- grow on/above ground; contain the seeds (blueberries, raspberries, oranges, tomatoes)
- SEEDS**- become new plants (sunflower seeds, sesame seeds, pumpkin seeds, chia seeds)

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## COMMUNITY SUPPORT FOR GROWING HEALTHY WAVES

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QUESTIONS?



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