TWIGS is an intergenerational hands-on community-based educational program and curriculum that focuses on the positive development of children through integration between schools, agencies, and the community. It has been developed as a model with flexible application to a wide variety of settings and communities. It encourages involvement of community collaborators to provide additional educational enrichment for youth and provide other kinds of support to increase local sustainability.

Subject matter focus of TWIGS is gardening and nutrition. The garden is a powerful experiential educational tool that can connect children with science, nutrition, ecological responsibility and community beautification, cultural diversity, appreciation of other generations, and provides opportunities for easy integration of reading, writing, math, social studies, art, and other subjects.

The Curriculum:
This 125 page curriculum package includes 30 field tested lessons connecting gardening with nutrition for children in Kindergarten through sixth grade. The focus is on positively influencing participant’s nutritive choices through the development and harvesting of a vegetable garden.

Lessons are flexible, meant to be selected based on interests, timing of project, and available materials. Nearly all lessons include a Handout suitable for reproducing. Many original illustrations are included.

Intended Users:
This curriculum is written for parents, after-school day care providers, summer day-camp staff, youth agency staff, kindergarten teachers, elementary school teachers, and non-formal youth development organizations to use with children.

Each approximate 1½ hour activity follows the same lesson plan layout:

Title - Summary - Why Do This? - Some Helpful Information - Time - Materials - Preparation - Step by Step - Extensions - Handouts/Illustrations

NUTRITION
1. Vitamin Values
2. Safe and Clean
3. Eat Your Plants
4. Fabulous Fruits
5. Ravenous for Roots
6. Sumptuous Seeds
7. Apples
8. Wonderful World of Wheat
9. Dry and Delicious
10. Greens Galore
11. Food Guide Pyramid
12. Sippin’ Soda
13. Staying Fit With Fiber
14. Stir Fry Fun
15. Sprout Farmers

GARDENING
1. You are the Expert
2. Soil
3. Design A Garden
4. Seed Magic
5. Starting With Seeds
6. Ready, Set, Grow!
7. Cool Tools
8. Wet and Wonderful
9. Edible Flowers
10. Compost
11. Rotation
12. Companions
13. Pest or Pal?
14. Worms
15. The Spice of Life
TWIGS
Teams With Intergenerational Support

Curriculum for teachers, volunteer leaders, and agency staff focusing on connections between Gardening and Nutrition

University of California Cooperative Extension

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To order TWIGS:

Detach and mail the order form below with remittance to:

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80 Stone Pine Road, Suite 100
Half Moon Bay, California 94019
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