



# TWIGS

## TEAMS WITH INTERGENERATIONAL SUPPORT

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.

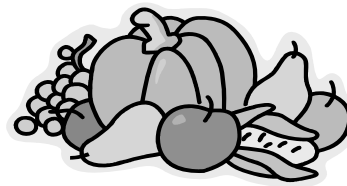
### The Curriculum:

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.



## 30 Field Tested Lessons

NUTRITION	GARDENING
1. Vitamin Values	1. You are the Expert
2. Safe and Clean	2. Soil
3. Eat Your Plants	3. Design A Garden
4. Fabulous Fruits	4. Seed Magic
5. Ravenous for Roots	5. Starting With Seeds
6. Sumptuous Seeds	6. Ready, Set, Grow!
7. Apples	7. Cool Tools
8. Wonderful World of Wheat	8. Wet and Wonderful
9. Dry and Delicious	9. Edible Flowers
10. Greens Galore	10. Compost
11. Food Guide Pyramid	11. Rotation
12. Sippin' Soda	12. Companions
13. Staying Fit With Fiber	13. Pest or Pal?
14. Stir Fry Fun	14. Worms
15. Sprout Farmers	15. The Spice of Life

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

**To order TWIGS:**

"

Detach and mail the order form below with remittance to:

**TWIGS**

U.C. Cooperative Extension  
1500 Purisima Creek Road  
Half Moon Bay, California 94019  
Phone: 650/726-9059

<p>Number Ordered \$25.00ea _____          ; 047% Sales Tax (CA residents and businesses only)          \$ _____            Total \$ _____</p> <p><b>Make check payable to U.C. Regents          Allow 2-3 weeks for delivery</b></p>
---

**SHIP TO:**

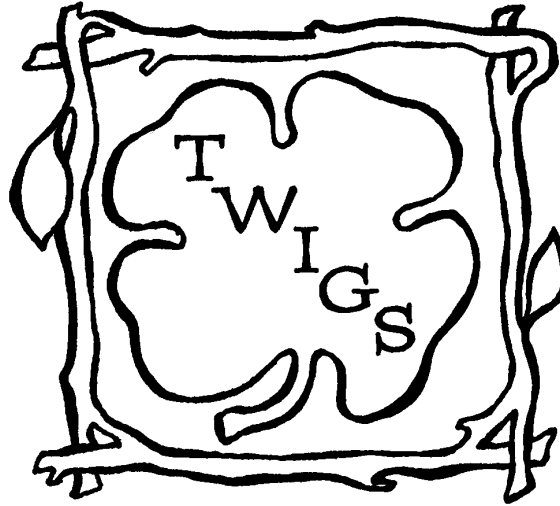
Name \_\_\_\_\_

Organization \_\_\_\_\_

Mailing Address \_\_\_\_\_

Grade level you work with \_\_\_\_\_

Phone Number \_\_\_\_\_



Project Director and Contact:

Marilyn J. Johns  
UC Cooperative Extension  
1500 Purisima Creek Road  
Half Moon Bay, CA 94019  
Phone: 650-726-9059  
E-mail: [mjjohns@ucdavis.edu](mailto:mjjohns@ucdavis.edu)  
<http://cesanmateo.ucdavis.edu>

University of California, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, does not discriminate on the basis of race, religion, color, national origin, sex mental or physical handicap, or age in any of its programs or activities, or with respect to any of its employment policies, practices, or procedures. Nor does the University of California discriminate on the basis of ancestry, sexual orientation, marital status, citizenship, medical condition (as defined in Section 12926 of the California Government Code) or because individuals are special disabled veterans or Vietnam era veterans (as defined by the Vietnam Era Veterans Readjustment Act of 1974 and Section 12940 of the California Government Code). Inquiries regarding this policy may be addressed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, California 94607-5200. (510) 987-0097.

U.S. Department of Agriculture, University of California, and San Mateo & San Francisco Counties Cooperating

# 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**