



American Heart Association®

Teaching Gardens®

Resources from the American Heart Association

The following resources can help you plan, enrich and enhance your Teaching Garden experience and curriculum.

The Easy Way to Eat Healthy

This infographic shows the food groups to focus on to help make smart eating choices. It also provides recommended daily servings and serving sizes for each food group.

Eat Smart Month

National Eating Healthy Day has expanded to Eat Smart Month (November). Download the Eat Smart Month Toolkit, which includes a resource guide, a poster, a flier and four articles to help celebrate all month long.

Physical Activity Recommendations for Kids

This infographic provides information on how much physical activity kids of all ages should be getting a day and why it's important.

What's a Serving?

This infographic shows what a healthy serving looks like for many fruits and vegetables. It also tells how many daily servings of each the American Heart Association recommends.

Eat More Color

This infographic shows the variety of fruits and vegetables you can add to your plate from the five main color groups.

Learning Garden Models

This article provides you with an overview of four learning garden models. Choose one to help you organize your garden for your target audience. You can adjust your garden model annually based on your experiences and successes.

Recruiting and Engaging Volunteers

Every gardening project requires committed volunteers with a wealth of experience and enthusiasm. They also bring abundant skills, fresh ideas and extra hands to help with garden activities. This article gives an overview of how to ensure success with volunteers.

Linking Gardens to School Curriculum

This information helps integrate gardening with classroom curriculum. The classroom garden can act as a springboard for a wide range of lessons in science, math, history, social science, English-language arts, visual and performing arts and health. This article offers dozens of garden-focused subject area activities. See which ones meet your curriculum goals.

Digital Signs

Below you'll find some signs to display in your Teaching Garden. Print them and laminate them or attach to poster board.

For additional resources, visit [American Heart Association Teaching Gardens](#). Be sure to join the Teaching Gardens Network.



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**Eating more fruits and
vegetables improves
your quality of life and
lowers your risk of
heart disease and stroke.**



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**Just 2.5 cups of fruits
and vegetables *daily*
could reduce your risk of
heart attack and stroke.**





American Heart Association®
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plant
smiles

grow
laughter

harvest *health*



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I  growing
my own food



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*The love of
gardening is a
seed once sown
that never dies.*

– Gertrude Jekyll





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***A Beautiful
Garden is a
Work of Heart***