



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.**





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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***