

Nourishment: Feeding Ourselves (Garden Based Nutrition)
Feed your mind and body with what it needs to stay healthy and flourish.

1. Food choices (nutrition) impact health and quality of life.

You are what you eat.

Essential question: How does what you eat and drink affect your health – mentally, emotionally, socially, and physically?

Guiding concepts:

- Discover the strong relationships between soil and health through the nutrient cycle, pre/pro-biotics, and fiber.
- Understand the role of protein, carbohydrates, and good fats building in physical health.
- Understand energy foods, body-building foods, brain foods
- Understand the role of vitamins, minerals, and fiber in maintaining physical health.
- Understand the role of water in the body.
- Recognize foods (and drinks) that will bring increased health and wellness:
 - ❖ Whole foods vs. processed foods
 - ❖ Caution foods
- Read and understand food labels.
- Recognize the impact of food on mental and emotional health - mood, behavior, and clarity of mind.
- Recognize the role of food in culture, families, and community building:
 - ❖ Food justice or injustice
 - ❖ Festivals, celebrations
 - ❖ Family heirloom plants, family recipes.

2. Practicing life-long wellness: Essential Nourishment Concepts.

You eat based on your culture and values.

Essential question: What does enhancing healthy behaviors and habits lead to?

Healthy behavior leads to:

- Decreasing health risks
- Interpersonal communication
- Healthy goal setting

Creating **Healthy Habits** – you become what you repeatedly do

Examples of good habits

- Eat a rainbow – greens, reds, yellows, orange
- Eat local fruits and roots
- Fresh and in-season, close to the source
- Low processed foods, whole foods
- Balanced intake of vitamins, mineral, salt
- Choosing sugar-free drinks and water
- Choosing healthy snacks

3. Skills needed to stay nourished:

- a. Food Safety and Harvesting
- b. Food preparation and cooking skills