

Berkeley Unified School District, Gardening and Cooking Program Distance Learning

Suggested Resources for Students & Families During School Closure

We have created Distance Learning tools that can be found on our website, [here](#). A Distance Learning Plan that is student facing relies on two key technologies: Google Classroom, and some form of livestreamed communication, like Google Meet or Zoom (pending issues resolved around security). We have also included resources from our community national school garden network. We thank them all for sharing resources.

[Helpful Tips for Teachers Using Zoom](#), and a step by step guide from our Tech Dept, [here](#).

Here is an example of a reading lesson 2nd grade teachers made using Prezi (similar to Google Slides https://www.youtube.com/watch?v=I9mTJ_1fKVs&feature=youtu.be or Powerpoint): <https://prezi.com/view/wGYqVt0y4IPJKxlgVNVV/>

Teachers are setting up [Google Classroom](#). Add your activities and videos to Google Classroom for Garden and Cooking subjects. Reference this guide on how to create [a video](#) of you teaching one of the lessons below.

The matrix below is organized by grade cluster, theme, and standard. A lot of these resources can be shared across grades. These are developed by the BUSD Gardening and Cooking Program. Below are other resources developed by our large community.

GARDENING AND COOKING / STANDARDS / GRADES

(working documents created by BUSD garden educators)

VIDEOS, BLOGS, AND WEBSITES FROM YOUR BUSD SCHOOL GARDEN AND KITCHEN CLASSROOM TEACHERS!	Staff Websites and Blogs 1. Longfellow Gardening and Cooking Team Distance Learning Website 2. Gardener Sarah's Elementary School Garden Activity Blog 3. Gardener Marlee's Cragmont Elementary Garden Lesson of the Week and BAM Garden Lesson of the Week 4. Willard's Growing Leaders Videos and Lessons Staff Videos 1. Longfellow Garden Video Fall 1: Welcome 2. Longfellow Garden Video 1: Checking in
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3. Longfellow Garden Video 2: Farmer Jesse and John [Video 2](#)
4. Longfellow Cooking Video 1: [Spring Rolls](#)
5. Longfellow Cooking Video 2: [Quick Pickles](#), [adjusting your recipes to the ingredients/jars](#) with Ms Mia, Cooking Teacher and Mr Paz, Math Teacher
6. Longfellow Cooking Post: Mac n' Greens
7. CTE Cooking Video 1: [Fried Potatoes](#)
8. Sylvia Mendez Spanish School Garden Lesson 1: [Introducing the garden from a distance](#)
9. Sylvia Mendez Spanish School Garden Lesson 2: [Trabajo de primavera y abono](#), [Tres Semillas de Profundidad](#)
10. Sylvia Mendez Spanish Garden Lesson 3: [Partes de Plantas](#)
11. Sylvia Mendez Spanish School Garden Lesson 4: [Preparando la tierra / Seguridad de Alimentaria](#), [Transplanting Seedlings](#)
12. Sylvia Mendez Spanish Garden Lesson 5: [Matemáticas del Jardín](#)
13. Sylvia Mendez Spanish Garden Lesson 6: Vegetables en escabeche, [Garden Pickles](#)
14. Sylvia Mendez Spanish School Garden Lesson 7: [End-of-year and happy healthy safe summer](#)
15. BAM Elementary School [Garden Tour](#) and Cragmont Elementary [School Garden Tours](#)
16. Marlee's Lesson: [Planting Seeds](#)
17. Jefferson Elementary Video 1: [Turning over the Fava Beans and Investigating Nitrogen](#)
18. Washington Garden Tour [Video](#)
19. Ket's [Read Aloud](#): Inch By Inch, A Garden Story
20. Ket's Read Aloud: [The Lion and the Little Red Bird](#)
21. [Ket's 6 Plant Parts Song and Movement Stretch Video](#)
22. John Muir Video 1 [Garden Update and Bunny Check in](#)
23. John Muir Video 2: [Basil and Carrots](#)
24. John Muir Video 3: [Bean Planting / Harvesting Produce](#)
25. John Muir Video 4: [Bean Sprouts / Caterpillars](#)
26. Malcolm X Video 1: [Garden Tour Video 1](#)
27. Malcolm X Video 2: [Garden Compost Critters](#)
28. Malcolm X Video 3: [Fava Bean and Ladybugs](#)
29. Malcolm X Video 4: [Plants and Caterpillars](#).
30. Malcolm X Video 5: [Healing with Garden Herbs](#)

GARDEN LESSONS/NGSS/1-3 Grades FOSS Standards Full Garden-based learning curriculum - Google Doc	ENVIRONMENTAL EXPLORATION • Welcome to the Garden • Signs of Spring Scavenger Hunt ◦ General I-Spy • Six Plant Parts Lesson • Shapes in Nature • Seasons/Seasonality • Shadows • Observing Weather and Natural Objects SOIL EXPLORATIONS: • What is Compost Lesson? Compost SENSES activity • Will it Rot Or Will it NOT Activity 1 • Rot or Not Activity 2 INTERDEPENDENCE • Depending on Each Other/Needs of Living Things HABITATS • Habitat Scavenger Hunt • Habitats/Microhabitats PLANT PARTS STEMS: • Story time with Gardener Sarah • Ket's 6 Plant Parts Song and Movement Stretch Video • Carrot Top Pesto Recipe ORIGIN OF SEEDS: • Make your own seed containers • Toilet Paper Tube Seed Starters. Gardener Sarah's youtube video teaches how to make compostable seed starters • Math in the Garden! NATURE JOURNALING: All grades • Plants vs Animals Venn Diagram worksheet, BUSD • Nature Journaling, BUSD Gardener Sara Blog
GARDEN NGSS / 4-5 Grades Garden and NGSS Aligned Themes/Lessons	PLANT PARTS • Flower Dissection • 6 Plant Parts, Gardener Marlee's Blog Lesson Activity • Herbal Tea, Make it with Rivka's Video ENVIRONMENTAL FACTORS: • Environmental Exploration Scavenger Hunt. Worksheet

Full Garden-based learning curriculum - Google Doc	for Growing Plants I-Spy • Describing our Surroundings • Mapping the Garden (mapping a space) • Gardener Sarah Weather Observations PHOTOSYNTHESIS: NUTRIENT SYSTEMS: • Nitrogen Cycle Lesson and Video Turning over the Fava Beans and Investigating Nitrogen
GARDEN NGSS / 6-8 Grades	• Learn How to Plant a Tomato Start with Farmer Jesse
Community Resources We Draw From	
RESOURCES	• BUSD Gardening Guides • BUSD Garden Kit (distributed safely to students - one page instructional guide (Spanish/English) BSV's COVID-19 Safety Protocols • Sylvia's Spinach storytelling Katherine Pryor • Every Day in Nature, Kids for the Bay • Exploring Seeds Activity, Kids for the Bay • The Great Sunflower Project, focusing on community science for pollinators • Simple Honey Bee Coloring Page, Planet Bee • Bea's Bees Storytelling, Katherine Pryor • DECOMPOSITION Song, Banana Slug String Band Earth Songs • Dirt Made My Lunch Song, Banana Slug String Band Earth Songs • Parts of the Flower Coloring Page & Honey and Pollination Facts, Planet Bee • Pollinator Heros, Captain Planet • Anatomy of a Honey Bee Coloring Page & Test Your Knowledge, Planet Bee • The Three Bees Coloring Page & Honey Bee Facts, Planet Bee • Honey Bee Development Coloring Page & Word Search, Planet Bee • What plants and animals need to survive, Captain Planet

	• Lawrence Hall of Science new youtube channel: Lawrence at Home • Mini greenhouse from milk jug, Food Corps • How to Grow Things From Home, Oregon Extension Youtube Channel Video • National Junior Master Gardener Group on Facebook Live beginning April 2nd! • River Song, Banana Slug String Band Earth Songs • Singing' To the Moon Song, Banana Slug String Band Earth Songs • LearnAboutAg@Home • Sun, Soil, Water, and Air Song, Banana Slug String Band Earth Songs • Rainbow Scavenger Hunt, Kids for the Bay • Tape Bracelet Activity, Life Lab • The FBI Song, Banana Slug String Band Earth Songs • Mini Habitat Windows, Kids for the Bay • Meet a Tree Activity, Kids for the Bay • Six Plant Parts Song, Banana Slug String Band Earth Songs • Guiding Principles for Nature Journaling, BUGS, Lawrence Hall of Science • Nature Scavenger Hunt & Leaf Etching, Food Corps • Zora's Zucchini storytelling, Katherine Pryor •
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NUTRITION/HEALTHY RECIPES

(working documents created by BUSD cooking/nutrition educators)

NUTRITION/1-2nd Grades	• Power Plate Lesson ◦ You get to choose: Make Your Own Plate • MyPlate, 18 Reasons, Cooking Matters • Similarities & differences in the natural world ◦ Making a Food Venn Diagram ◦
NUTRITION & COOKING/2-5 Grades	• Digestion process helps us store & use energy • What is the difference between whole & processed food ◦ Eat a Rainbow Bookmark ◦ Whole vs Processed Drawing

	○ Why is it important to read nutrition facts on the back of food containers? ○ Food Labels Activity ● Tips for Making Fruit and Veggie Snacks for Kids, Cooking Matters ● Meal Planning: What You Have and What You Need, Cooking Matters ● My Plate Scavenger Hunt, 18 Reasons, Cooking Matters ●
NUTRITION & COOKING/6-8 Grades	● Power Plate ● Longfellow MS Cooking Class Quick Pickles and Recipes and Ratios ● Mac & Greens Recipe, Longfellow Cooking Class
OTHER RESOURCES	● Cooking and Nutrition After School Curriculum, Berkeley Unified Gardening and Cooking Program ● The School Garden Cookbook, Captain Planet ● Food Hero, Oregon State, videos for cooking with kids ● Center for Ecoliteracy, Abundant California (Grades 3-5) ● Nourishing Students (Grades K-5) This handbook offers engaging and hands-on activities for students to explore the bounty of California-grown fruits and vegetables. ● Understanding Food and Climate Change (Grades 6-12) An interactive guide for educators, students, and advocates that explores how food systems and our changing climate interact, and how personal choices can make a difference. ● Needs and Wants Activity (Grades 4-8) Designed explicitly for home settings, this activity helps to distinguish things needed to live a healthy life and things that would be merely nice to have

HEALTHY LIVING LEARNING RESOURCES	● Healthy Me/Saludable Soy, I Drink Water/Tomo Agua and Breathe/Respiro Healthy Me Saludable Soy, who recorded three original songs each in Spanish and English. ● Belly Breathing video ● Mindfulness: Mindful Listening ● Cal Fresh Healthy Living
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MOVEMENT	• Kids Zone: Happy & Healthy Yoga Time (by Ken Breniman (every Wednesday / March 18 - May 13, 2020 / 3:00 -3:30 pm) (Meeting ID: 931 260 935 / Password: 097667) • Physical Movement ECE • Ploga (Play-Yoga), Kids for the Bay • GoNoodle YouTube Channel for creative movement, silliness, and exercise • Cosmic Kids Yoga through storytelling, also available on AmazonPrime Video
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PROFESSIONAL DEVELOPMENT

SMALL GROUP WORK - TRAIN THE TRAINER MODEL How do we train our staff? How do we support our teachers? How do we take this to our students?	• Online Niroga Institute ◦ Dynamic Mindfulness Foundations Level 1: Reduce Stress & Create a Mindful Classroom ◦ \$99 for 4 month online course access ◦ 6 Online Self-paced Lessons • Introduction to Dynamic Mindfulness and Transformative Life Skills (TLS) • Currently Creating a Growing Resilience Toolbox ◦ A system for reducing stress and growing resilience in individuals, organizations, and communities so they can envision, create, and implement positive change. The Toolkit teaches you how to recognize your own stress and relaxation cycles.
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BASIC NEEDS: FOOD

FOOD PANTRIES	• Berkeley Food Network ◦ Berkeley Food Pantry, 1600 Sacramento St., Berkeley. Operational hours: Monday, Wednesday, Friday – 2:00pm – 4:00pm ◦ Berkeley Technical Academy, 2701 Martin Luther King Jr. Way, Berkeley Operational hours: 2nd and 4th Tuesdays 2:30 – 4:00pm ◦ Berkeley Food Network on-site pantry, 1925 Ninth St, Berkeley. Operational hours: Monday – Thursday – 10:00 am to 2:00 pm Monday &
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	Wednesday – 5:00pm – 7:00 pm 1st & 3rd Saturdays – 10:00am to 12:00 noon
BUSD MEALS	• BUSD Takeaway Meals for School-Age Children - Free Breakfast / lunch. No children need be present. ◦ Details at BerkeleySchools.net • Berkeley Food Network Bag Program available for families for pick up (during Fridays at meal pick up sites)
FOOD BANKS	• Alameda Food Bank ◦ Helpline: 800-870-3633 or 510-635-3663 • CA Food Banks • Alameda County WIC ACPHD WIC offices will be providing phone appointments only. Call 510-595-6400 • Executive order to extend eligibility for federal assistance for 90 days
OTHER FOOD RESOURCES	• Mutual Aid orgs: https://www.berkeleymutualaid.org? • Rooting Resilience - lists local restaurants and farms for delivery and takeaway • Meals on Wheels of Alameda County website • \$50 EBT match