



LESSON PLAN: USING ART TO CHANGE LIFESTYLES FARM TO TABLE

Topic/Theme:

Using Art as a way to change lifestyles

Class Level:

Elementary and Middle School

Duration: 1 hour + field trip to visit one of the schoolyards in Los Angeles

Learning Experience

Brief Description of Unit: At its best art can be transformative. Murals have often been used as billboards advocating lifestyle changes. Here we take a community garden mural painted to highlight the vegetables growing in Queen Park and use it as a way to introduce children to where food comes from and teach farm to table approaches to nutrition and eating seasonal and healthier.

Specific Learning Objectives

- 1. Farm to table:** Students learn about the food chain
- 2. Process:** Students learn to use the artwork to look more deeply at the garden
- 3. Application:** Students will learn how to eat a healthier diet.

Resources

Inglewood Artworks:

Queen Park Garden, REZIN

Podcast:

REZIN, http://inglewoodpublicart.org/Queen_Park_Garden.html

Websites:

The Edible Schoolyard Project: <http://edibleschoolyard.org>

Background

The Edible Schoolyard:

Alice Waters has spearheaded a movement that she began in Berkeley called the Edible Schoolyard. She was concerned that people had begun to disconnect the food they bought, cooked and



LESSON PLAN: USING ART TO CHANGE LIFESTYLES FARM TO TABLE

ate from the farm. Produce found in markets was flown in at great expense, out of season. Begun in Berkeley not too far from her restaurant, Chez Panisse, she collaborated with the local school to build a small farm. Students would watch the food grow. When it was time to harvest, they would learn how to harvest and then learn how to cook the food. They would also share the experience of eating the food together. There are 65 of these programs in elementary schools in Los Angeles.

Teaching & Learning Sequence

1. Field trip to one of the Edible Schoolyards in Los Angeles

The students should look at one of the gardens and see how the program is run.

2. Growing Vegetables

The *Queen Park Mural* shows some of the vegetables in the garden. The students should learn about what is being grown in Queen Park.

3. Harvest and Cooking

A seasonal picnic meal will be created in the park around the vegetables that are ready for harvesting.