

## **Discovering Healthy Choices Curriculum**

This garden-enhanced nutrition curriculum is designed for upper-elementary (4<sup>th</sup> grade-6<sup>th</sup> grade) but can be adapted to different age groups as well. The download includes 8 modules along with facilitator tips on how to get the most from the curriculum. Following the link you will also see that they break it down by each individual module which is handy if there are only certain sections you are interested in using.

<https://anrcatalog.ucanr.edu/Details.aspx?itemNo=21675>