



Theme Three: Nourishment

Feed Your Mind and Body with What It Needs to Stay Healthy and Flourish.

Theme Three explores our connections to food and nourishing ourselves. Food is a unique cultural experience with deep connections to land and family roots. Over the past 100 years, we have lost many of our direct connections to food and place as we became detached from our own food production. We instinctively know, however, that “you are what you eat.” School gardens create delicious opportunities for students to learn about and practice healthy lifestyles that include knowledge and practice of good nutrition, plenty of physical activity, and caring for the environment and for ourselves. School gardens create a seed to table experience that can connect healthy eating with core curriculum. All students can learn what good food is, care about how it’s grown, and strive to eat it every day. Ma ka hana ka ‘ike.