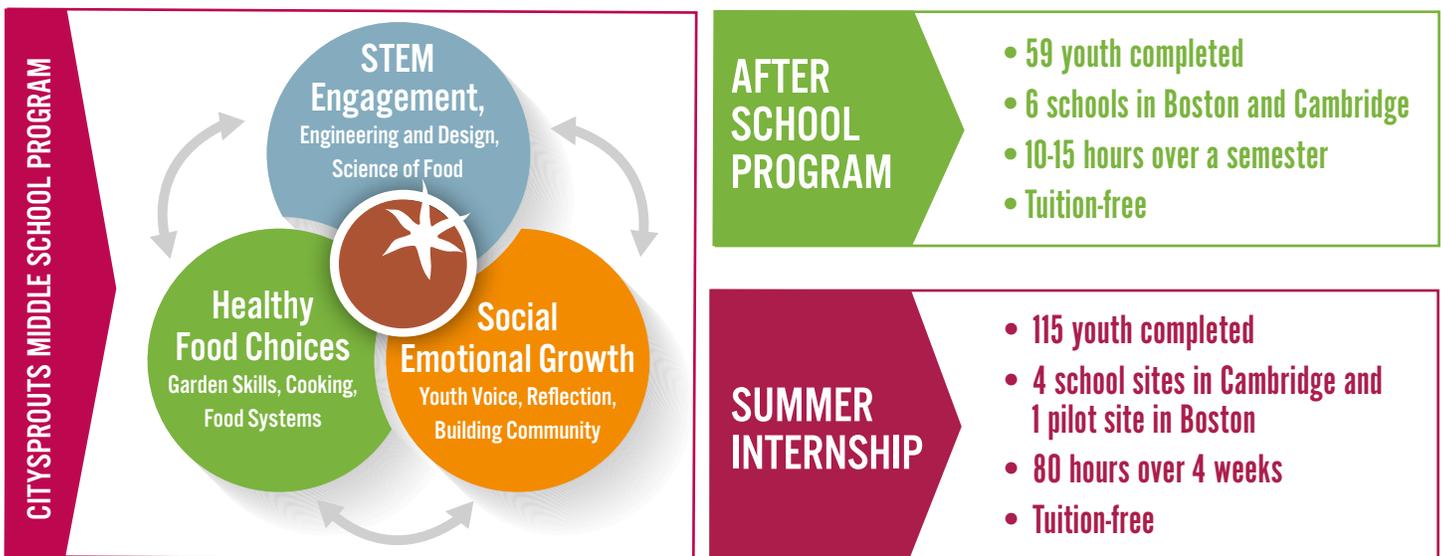


MIDDLE SCHOOL PROGRAM SNAPSHOT

CitySprouts Middle School Program introduces young people ages 11-14 to ecosystems and food systems through garden-based learning. Using a combination of gardening, cooking and exploring the neighborhood as a vehicle, our tuition-free after school and summer programs guide young people through projects that engage them in science practices, encourage life-long habits of health, and give them practice being leaders in their community.

Our curriculum is rooted in project-based activities that draw on science, technology, engineering and math (STEM) practices. It encourages youth to think critically and abstractly about the world around them. It explicitly incorporates social-emotional learning by encouraging youth to better know themselves and their peers, to make strong friendships and to positively contribute to their community. In every unit of our curriculum, youth have on-going opportunities to taste and prepare vegetables, use food to explore science and to use science to explore food.



DOES EVERYTHING
D E C O M P O S E ?



Exploring life in the soil in the garden.

HOW DO TASTE, TEXTURE AND FOOD
JUSTICE SHAPE THE RECIPE I'M CREATING?



Designing a sauce within an engineering design model.

CAN WE USE THE
SUN'S ENERGY TO
COOK OUR LUNCH?



Building solar ovens.

CitySprouts is supported by the following key partnerships:





OUTCOMES

MAKING HEALTHIER FOOD CHOICES FOR LIFE

Tasting vegetables is integrated into the CitySprouts Middle School Program.

- 81% of participants tried a new vegetable for the first time (349 unique first time tastes)
- 86% of participants reported that they liked a vegetable that they had not liked before the program (328 unique first time likes)
- 85% of participants cooked a new vegetable at home with their family



DISCOVERING SCIENCE & ENGINEERING IN THE GARDEN

Engaging young people in science, technology, engineering and math (STEM) is built into our curriculum.

- CitySprouts Middle School Program excels in the area of youth development. Youth have a strong voice in directing activities, highlighting the relevance of the environment and food systems to their lives, and consistently building strong relationships between adults & youth, and peer to peer.
- Program activities support young people's meaningful and connection-building reflection on STEM content (a significant score increase from previous year).
- Youth's participation in activities is notably high, especially for English Language-learning students and youth with differing needs.
- CitySprouts maintains a consistently high score in the area of organization of activities, space utilization, and incorporating appropriate and engaging materials.



CITYSPROUTS YOUTH SAY:

"We cooked kale salad and I loved it – I had two or three servings. I know it sounds like a lot, but it's that good!"

"It's fun because we are taking care of a garden... it's everyone working together to take care of one place."

"...learning about wages of farmers helped connect to realities in what I'm learning in math. This is because ratios between a farmer's wage and a business man's wage is a HUGE difference."

