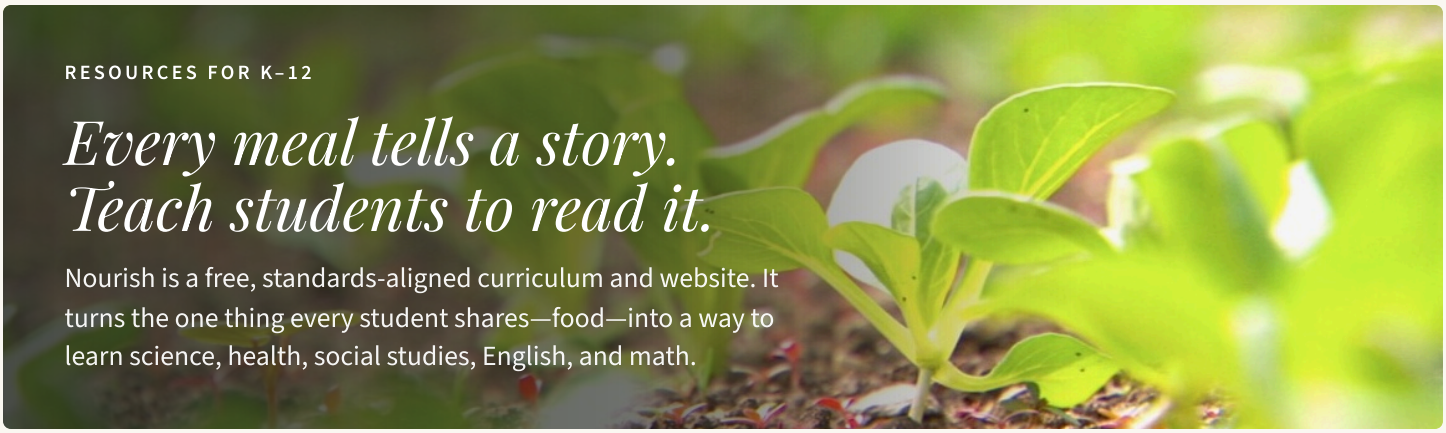
nourish

nourishlife.org
Free resources for food system literacy



RESOURCES FOR K–12

Every meal tells a story. Teach students to read it.

Nourish is a free, standards-aligned curriculum and website. It turns the one thing every student shares—food—into a way to learn science, health, social studies, English, and math.

WHAT IS NOURISH?

A whole curriculum, free to use and adapt.

- **14** **Peer-reviewed lessons** for grades 4–5 and 6–8, designed by classroom teachers, each with a teacher guide, slides, and student pages.
- **52** **Short films**, one to three minutes each, with Michael Pollan, Alice Waters, Bryant Terry, Dr. Nadine Burke Harris, and more.
- **8** **Interactive exhibits**, plus a Food System Map, four quizzes, and conversations with farmers, cooks, doctors, and teachers.
- **K–12** **Planning tools:** a Scope and Sequence from kindergarten to graduation, a Standards Map, a Classroom Guide, and a Visual Glossary.

WHO IS IT FOR?

- **Districts and education agencies:** a free resource for curriculum and professional learning.
- **Schools and teachers:** grades 4–8 classrooms, high school courses, and garden, culinary, and farm-to-school programs.
- **Nonprofits that support schools:** bring the lessons and films into the programs you already run.



WHAT IS FOOD SYSTEM LITERACY?

The ability to understand the story of your food, from seed to table and back to the soil: who grows it, how it reaches us, and how it shapes our health, our communities, and the living world.

- **Every student is already an expert.** Everyone eats, so every student brings a food story from home.
- **It is interdisciplinary by nature.** One meal connects biology, data, history, culture, health, and economics.
- **It builds systems thinking.** Field to fork, choice to consequence, culture to health.
- **It ends in action.** Students investigate with evidence, then make something real for their school or community.

HOW DOES IT FIT?

Science	NGSS
English and math	Common Core
Social studies	C3 Framework
Health	National Health Education Standards

- **Builds on what schools already run:** school gardens, farm to school, school meals, and the local wellness policy every district in the National School Lunch Program must have.
- **Fits any schedule:** a class period, a week, or a unit.

START TODAY

nourishlife.org

Want professional learning for your district, school, or organization? Write to **info@nourishlife.org**.