

Garden-Based Learning Benefits



<https://gardening.cals.cornell.edu/>

Growing your food fuels...

- Enthusiasm for fresh, flavorful, nutritious vegetables
- Consumption of fruits & vegetables
- Food security & lessens hunger



Gardening has life-long impacts...

- Consumption of fruits and vegetables, as a habit in childhood, is an important predictor of adult habits and can help to prevent or delay chronic disease conditions.



Children & Youth who garden...

- Enhance physical activity
- Show responsibility and ownership, increased self-reliance and self-esteem
- Improve development of interpersonal relationship skills



Gardening fosters...

- Relationships with family members
- Increased interest for improvement of neighborhood
- Neighbor interactions which lead to more supportive communities
- Collaboration and cooperation among community members



Interaction with nature through gardening ...

- Enhances mental health, reduces stress
- Lowers blood pressure & muscle tension



Gardening at school can...

- Foster relationships with families, increase parent involvement
- Provide a positive setting for children with different abilities
- Improved student ability to concentrate and take tests



Gardening supports...

- Cooperative learning and self-understanding



Photo credit: Ithaca Children's Garden



Gardening connects to learning outcomes by...

- Increasing science achievement scores
- Promoting knowledge of nutrition and health.
- Enhancing story-telling, written expression, reading, comprehension and spelling



Photo credit: Ithaca Children's Garden

Gardening also...

- Provides hands-on experiences for different learning styles and physical abilities
- Welcomes all to the garden and offers an appreciation of the diversity in our community
- Provides a greater understanding of how different cultures grow, eat, and prepare food
- Offers so much more!



**Find more garden-based
learning resources and research
to support our work at:**

<https://gardening.cals.cornell.edu/>

