Garden-Based Learning Benefits



Cornell University
Cooperative Extension and
Department of Horticulture
www.gardening.cornell.edu

Cornell Garden Based Learning

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.



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 students 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…

- Providing hands-on experiences that value diverse learning styles.
- Offers a way to learn about that honors historic contributions to the way we grow, eat, and prepare our food.





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

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