



Northwestern Health Unit

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Kids in the Garden



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Benefits

- Learning
- Healthy eating and nutrition
- Physical activity
- Mental wellness
- Socialization



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Getting Kids Interested

- Keep it simple
- Easy to use tools
- Plant a variety
- Keep it fun



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Child Safety

- Sunscreen, hat, proper clothes and shoes
- Water
- Ensure immunizations are up to date
- Keep sprays and fertilizers out of reach
- Keep tools and equipment secured



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Child Safety

- Tools in good working order
- Wash your hands!!



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Tasks for Kids

- Planting
- Watering the garden
- Picking flowers, fruits or vegetables
- Preparing food (snacks or salads)
- Weeding
- Composting
- Gathering seeds or dried flowers (crafts)



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Plants for Kids

- Beets
- Beans
- Black-eyed Susan
- Carrots
- Cucumbers
- Dill
- Hollyhocks



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Plants for Kids

- Lettuce
- Mint
- Radish
- Peas
- Pumpkins
- Strawberries
- Sunflowers



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Gardening is an
opportunity
to spend quality time,
teaching and
learning from each other.



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Questions ?



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