



## Appendix C Basic Educator’s Kit

Following is a quick reference list for materials that will be needed for most lessons (materials for the classroom, garden, and food preparation). Refer to individual GHK lessons for list of additional items to include in each kit.

### Educator Basic Lesson Kit

1. **Pocket folders** (one per student)
2. **Food Hero Definition Sheet** (Appendix A)
3. **Hand Washing instruction** (Appendix B)
4. One set of **GHK flash cards** (Appendix L)
5. **Journal Pages** - one per student, per lesson (Appendix F)
6. **Food Adventurer stickers**, one per mission, per student – (Appendix I) – and/or Food Adventurer Hand Stamps and Ink Pad
7. **Plant Part Poster**
8. **MyPlate Garden Poster**
9. **Food Adventurer Adjective Sheets**

### Educator Gardening Kit

These items should be stocked in a basic gardening kit. Those items marked with an asterisk (\*) are only needed for the outdoor gardening option. Refer to instructions for specific activities for a list of additional items for each kit. **Check kit contents before you leave for the location of your demonstration.**

√	Item	Quantity	Notes
	Watering can	1-3	For watering plants in indoor or outdoor gardens.
	Hoe*	1	For weeding in outdoor gardens. Comes in child-friendly sizes.
	Shovel*	1	For preparing planting beds in outdoor garden. Comes in child-friendly sizes.
	Rake*	1	For clearing rocks and debris, smoothing soil, and spreading mulch. Comes in child-friendly sizes.
	Hand Trowel	1 per student	For transplanting seedlings and bulbs or digging up shallow-rooted weeds. Comes in child-friendly sizes.
	Hand Cultivator*	1 per student	For digging up perennial plant roots and weeding small areas, or between closely spaced plants. Comes in child-friendly sizes.
	Plant labels		To label planting dates and crop type. Can use popsicle sticks.
	Permanent Markers		To write on plant labels.
	Other		
	Other		

## Educator Food Preparation Kit

Many of the GHK lessons offer students the opportunity to taste healthy foods, and most lessons provide an opportunity for students to prepare the recipe. To facilitate the activities, stock the following items in a kit that you can use week after week. Refer to GHK lessons for specific recipes, as well as for list of additional items to include in each kit. **Check kit contents before you leave to teach a GHK lesson.**

√	Item	Quantity	Notes
	Plastic forks	45+	In re-sealable plastic bag
	Plastic knives	45+	In re-sealable plastic bag
	Plastic spoons	45+	In re-sealable plastic bag
	Toothpicks	1 box	For small “one-bite” samples – be careful with small children
	Napkins	45+	In re-sealable plastic bag
	Serving utensils	1 each	Large spoon, spatula, tongs
	Chef’s knife and paring knife	1 each	In safety sleeves
	Cutting mat	1	Flexible kind easier to take
	Measuring cups, dry and liquid	1 set each	
	Measuring spoons	1 set	
	Can opener and peeler	1 each	
	Paper cups	4 ounce, for water	
	Water pitcher	1	Fill before class
	Plastic trays	2	For keeping demo area organized
	Paper towels	Full roll	
	Plastic wrap or waxed paper	Full roll	For covering food prepped for demo
	Large plastic garbage bags/masking tape	3	Use one for dirty dishes! Tape one to end of table for garbage.
	Plastic tablecloth	1	
	Cooler and ice or “blue ice” packs		For perishables
	Plastic containers with removable	5-8 medium and large	
	Bleach solution & sponge or sanitizing wipes	Spray bottle/sponge	1 tsp bleach per quart of water
	Large re-sealable plastic bags	4	For leftover food
	Hand-cart	1	
	Hand sanitizer or hand soap	1	Food safety
	Apron	1	Protects your clothing
	Potholders	2	For hot dishes/pans
	Cooling racks/protective table pad	1-2	For hot dishes/pans
	Other items:		
	Other items:		