

It's Spring! Time to Dance!

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by *Daniel Buckley*

Finally, it seems safe to say that spring is here! The sun is coming back, it's getting warmer and little green shoots are appearing in gardens...and our **CookShop Classroom** for Elementary School students are learning about how those little sprouts will grow to become food.

An important aspect of **CookShop**, the Food Bank's core nutrition education program for low-income children, teens and adults, is helping participants find out where food comes from. To learn about where fruit and vegetables grow, students read letters from farmers. To learn about how they grow, they dance!

Carrie Hildebrand, CookShop Site Monitoring Coordinator and star of our "'Like' PSA," demonstrates the Essentials of Growth Dance. The dance is a fun way for students to visualize and remember the five things plants need to grow: sun, soil, water, air and (of course) love and care. In our Plant Life Cycle Dance, our Volunteer Services Manager and blogger **Brian Pham** helps our students visualize and remember the six parts of a plant – seed, roots, stem, leaves, flower and fruit – and each part's function in the plant life cycle.

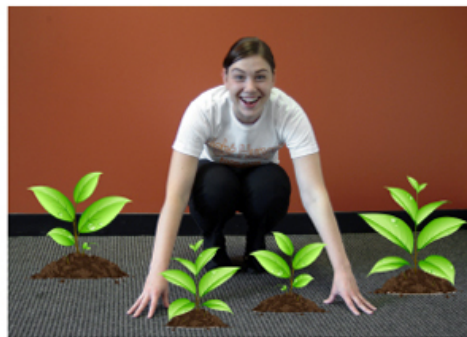
So, in honor of the new season, take a moment out of your day, take a step back from your desk or that couch, and enjoy a little dancing!



The Essentials for Growth Dance!



sun



soil



water



air



love/care

The Plant Life Cycle Dance!

