

Lesson Plan: Art and Healthy Communities

Topic/Theme: Art is a way to reflect and explore healthful choices and food memories

Class Level: ELEMENTARY

Duration: ONE HOUR

Learning Experience: Brief Description of Unit: Public art affects public life. Art can inform life choices and promote healthy living. The unit provides an approach to eating seasonal and local foods, and the power of art to make us re-examine urban choices. The Queen Park mural highlights the vegetables growing in the Queen Park Learning Garden to introduce children to food resources. The Senior Heritage Cooking book provides family memories of food cultures and resources. Art shows us ways to better connect to ourselves and our diet.

Specific Learning Objectives:

Farm to table: Students learn about the food chain, and family gardens of today and earlier times.

Process: Students learn to use artwork to look more deeply at gardening and growing your food.

Application: Students will discuss elements of a healthful diet.

Students learn about civic roles for art in public places

Resources:

Inglewood Public Artworks:

Inglewood Heritage Cooking: Preserving Culture, Community and Family Traditions, Michelle Glass and David Roy pdf <https://www.inglewoodpublicart.org/projects/inglewood-heritage-cooking-project/>

Queen Park Garden, REZIN

Podcast:

REZIN, <https://www.inglewoodpublicart.org/projects/queen-park-garden/>

Inglewood Public Park: Queen Park Learning Garden

Websites: The Edible Schoolyard: <http://edibleschoolyard.org>

Background

When cities grow, open spaces and farm lands are often erased. Inglewood was an agricultural community in the early 1900s, with groves of citrus trees and fields of berries. A growing population brought new homes, businesses, paved roads and railroad tracks to the community. Though the fields are gone, people know that eating local food contributes to a healthy life for infants and seniors, and kids in middle school.

Seniors know the increasing importance of nutrition as people age. Many senior centers offer nutritious meals. Seniors like to remember the home-cooked meals they ate as children,

California chef Alice Waters led a movement called the **Edible Schoolyard**. She decided to connect students to local food by helping a local school start a small garden. Students tended the garden, saw food grow, learned how to select and harvest ripe food and how to prepare fresh produce. The students tended the garden and ate the food together. Today 65 of Edible

Schoolyards in Los Angeles elementary schools, and thousands across the United States. Many places have community gardens and fruit trees for landscaping.

Teaching and Learning Sequence

- 1. Growing Vegetables** The *Queen Park Mural* shows some of the vegetables in the garden. The students learn about what is being grown in Queen Park and how vegetables, like butterflies, are alive and need open spaces to be healthy and happy.
- 2. Memory and Heritage** *Inglewood Heritage Cooking* shows how members of Inglewood's diverse cultures used their gardens, orchards, oceans and hunting grounds in recipes and family stories. Read one or two recipes in the cookbook to explore how diverse generations made meals. Students learn how families used local food resources.
- 3. Harvest and Cooking:** A seasonal picnic meal can be created in Queen Park around vegetables ready for harvesting. A refreshing citrus drink can be made lemons or oranges from local trees, fizzy water and a little sweetener (optional).
- 4. Field trip to one Edible Schoolyards in Los Angeles**
The students should explore one of the gardens to see how the program is run and discuss if it could be done in their school or neighbourhood.

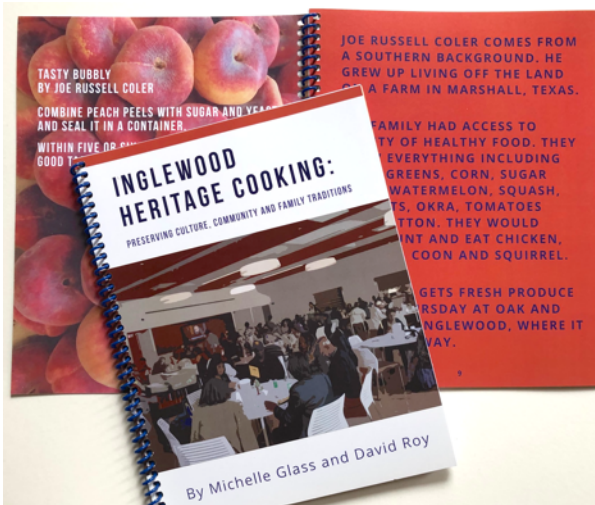
Classroom Applications:

Teacher allows the students to “read” the images; the students share what they see
The teacher does not have to be expert on art history, or public art
Students drive the exploration; the teacher guides discussion by asking questions

Open Ended Questions for Educators:

- What's going on in each artwork?
- What do you see that makes you say that?
- What more can we find?

Public Art in this Lesson Plan



Inglewood Heritage Cooking (cover), Glass & Roy



Queen Park Garden mural detail, Rezin & youth