



Physical Activity - Gardening provides all four types of exercise endurance, flexibility, balance and strength. Time in the garden can be used to incorporate additional physical education and fitness into the school day.

Māori Health - Gardening provides nutrients to balance and feed Pāpātūanuku.

Nutrition - Garden-based nutrition education can support more positive eating in children and adolescents (including eating more vegetables and fruit and trying new ones) by supporting changes in knowledge and attitudes. Gardening provides nutrients to balance and feed Pāpātūanuku.

Mental Well-being - You can cover all of the 5 Ways to Well-being in the garden: Connect with the natural environment, Take Notice of the flora and fauna, Be Active, Keep Learning about gardening and Give extra produce to others.

Smokefree - Living in an environment with clear air is best for everyone's health (including plants and soil)., Keep Learning about gardening and Give extra produce to others.

Active Transport – Focusing on environmental sustainability can include active transport such as encouraging biking, walking, scootering or taking the bus to school. .

Oral Health - Food from the garden helps to protect our teeth – eating raw vegetables increases saliva which protects against tooth decay.

Sexual Health - Growing a great garden requires team work and growing a great team requires effective relationship skills. Use the gardening experience as a catalyst for the development of team building and relationship skills.

The infographic to the right depicts how using the garden as a learning tool can result in many health and well-being outcomes. At the same time gardens can enhance student learning and social development. WAVE can support education settings to weave these health areas through their existing subject areas and other programmes.

The South Island "Evaluation of Edible Gardens in Education Settings" report showed many examples of gardens being linked to and supporting curriculum based learning – whether this was realised or not.* Some of these links are shown through the following aspects of Te Whāriki and The New Zealand curriculum:

Te Whāriki:

- Children's wellbeing, belonging, contribution, communication, and exploration
- Reflects the holistic way children learn and grow
- Empowers children to learn and grow
- Children learn through responsive and reciprocal relationships
- Wider world of family and community integral to children's learning

The New Zealand Curriculum:

- Students actively involved in learning and engaging with parents, whānau and the wider community.
- Sustainability, citizenship, enterprise
- Key competencies: thinking, using language, symbols and texts; managing self; relating to others; and participating and contributing.

Wider Outcomes: Working as part of a team, being active participants, taking on leadership roles, working on long term projects, developing awareness of the living environment, fostering whānau and community involvement.

*Moss, M., et al. 2011. South Island District Health Boards Evaluation of Edible Gardens in Education Settings. Final Report. Accessed 11th April 2016. Retrieved from: <http://www.rph.org.nz/content/9f679791-c587-45e0-a968-180264657346.cmr>