

# Healthy Choices Through History Field Trip

Grades: 4th-6th

## Day 1

### In Class Presentation

- Nutrients & Native American Diets
- Group Activity

## Day 2

### Field Trip to Farm Smart

- Nature Trail
- Sensory Garden
- Taste Test
- Scavenger Hunt

## Day 3

### In Class Activity

- California Agriculture & Climate
- Puzzle Activity

## About Us

Healthy Choices Through History is a new curriculum at UC Farm Smart centered around Native American History and their relationship to the earth and food. This program is a 3-day experience with lessons and activities that provide first hand experiences meant to create positive connections to nature and nutrition.

## Special Offers

- No field trip participant fees\*
- Transportation Stipends up to \$200 per class\*

**\*Limited Amount on first come first serve basis**

## Contact for More Info

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