Introduction

We realize school teachers today are charged with the awesome responsibility of educating young people in this fast moving and ever changing world. Texas 4-H, the youth development component of Texas A&M AgriLife Extension Service, and its 250 county offices are here to provide assistance through quality curriculum and educational resources. Texas 4-H offers a variety of enrichment curriculum programs which can be used to enhance subjects being taught in your class, group, or special interest program. The majority of materials have been aligned with the Texas Essential Knowledge and Skills (TEKS.)

This curriculum and educational resource catalog has been developed as a reference for educators to use in coordinating core curriculum with enrichment activities. Our intent is to simply enhance the educational experiences of youth through these enrichment programs and provide youth with an awareness of 4-H. It is not our intent, nor is it within our capabilities, to provide assistance in every subject being taught, nor is it our intent to create additional work or projects for teachers.

Enrichment curriculum programs highlighted in this publication include only those programs that are supported on the state level with educational materials. Counties may offer additional curriculum enrichment programs developed locally or obtained locally from other state Extension programs or the National 4-H Curriculum library. Students involved are enrolled in 4-H as a curriculum enrichment project group.

Please take time to browse through this guide, and if you discover a program that you wish to use as part of your classroom activities, or would like more information contact your county Extension office.
What is 4-H?

4-H is a national organization which helps young people develop life-long knowledge and skills to become engaged citizens. Through 4-H, youth are also taught how to meet the diversities and challenges of today’s society by bringing together youth and adults to design programs that will teach skills for living. 4-H is truly a model of the “learning by doing” teaching concept. It reaches people in their own communities with delivery methods suitable to their needs. 4-H also helps to provide opportunities for families and communities to develop stronger bonds.

The 4-H program is a voluntary, non-formal, educational program offered to all youth regardless of race, color, national origin, residence, or handicap. The Texas 4-H Youth Development Program is conducted by Texas A&M AgriLife Extension Service, which is a part of the Texas A&M University System. County and district 4-H programs are directed by Extension staff who also provide training and support to volunteers who work with 4-H members. The Texas 4-H Youth Development Program serves youth in all 254 counties in Texas. Young people in 4-H learn about citizenship, leadership, foods and nutrition, healthy lifestyles, veterinary science, mechanics and technology, horticulture, agriculture, and other subjects. To teach young people about these subjects, the 4-H program uses the learn-by-doing method of instruction. The 4-H project that each member selects according to their interest and ability is the program’s cornerstone. Projects involve setting goals and evaluating progress. The skills and knowledge learned in 4-H projects works to help members become more engaged individuals and citizens.

Because of the educational concepts and methods developed by the early leaders of 4-H, the 4-H program has thrived for more than 104 years in Texas. 4-H continues to grow in Texas, expanding to serve those in the military, with emergency disasters, and where the support of youth is needed.

The 4-H Clover

The first 4-H emblem was a three-leaf clover, introduced sometime between 1907 and 1908. The three “H’s” represented head, heart and hands. In 1911, at a meeting of club leaders in Washington, a fourth “H” representing health was added and the current 4-H four-leaf clover emblem was approved. It is protected by the U.S. Congress. More information on Clover logo usage is available.

The 4-H pledge was worded by Otis Hall, Kansas state 4-H leader. It was approved at the first National 4-H Club Camp in 1927 in Washington, D.C. The words “my world” were added to the pledge in 1973. Their addition is the only change ever made to the 4-H pledge.

HEAD stands for clearer thinking and decision-making. Knowledge that is useful throughout life.
HEART stands for greater loyalty, strong personal values, positive self concept; concern for others.
HANDS stands for larger service, workforce preparedness, useful skills, science and technology literacy.
HEALTH stands for better living, healthy lifestyles.

The official 4-H Emblem is a clover with four leaves and an “H” on each leaf. The clover’s stem must point to the right as you look at the image. The 4-H Emblem is not a plain four-leaf clover. The 4-H Emblem should appear in specific colors and in its entirety. The 4-H Name & Emblem belongs to the 4-H Youth Development Program, under the authority of USDA and anyone wishing to use it must obtain permission to use it ahead of time.

4-H Motto and Pledge

In support of the 4-H Club Motto,

“To Make the Best Better”

I Pledge:

My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
For my club, my community, my country, and my world.

Texas 4-H Enrichment Curriculum

Using the latest youth development research and research specialists, the Texas A&M AgriLife Extension Service offers a variety of enrichment curriculums that allows educators to address a variety of educational needs. From life sciences to healthy lifestyles, the 4-H enrichment curriculum can provide opportunities for youth to have ‘hands-on’ experiences in a positive and safe learning environment.

Schools and teachers wishing to use a Texas 4-H Program curriculum are invited to visit with their local county Extension Office about the resources available in order to make the learning experience a quality and measurable one for both the educator and students.

Enrichment Curriculum Requirements

Curriculum provided by the Texas 4-H Youth Development Program are written using the following basics:

• Enrichment experiences are a minimum of five sequential learning experiences each at least 30 minutes in length with a total of at least two hours of educational experiences.
• Introduction of the 4-H name and logo (4-H clover) to the participants.
• Supported and coordinated by your local Extension professional.
• All classrooms/groups using Texas 4-H curriculum will report participation back to local County Extension Office using a 4-H group enrollment form.
4-H Enrichment Curriculum Programs

Responsibilities of Teachers
1. Initiate the request for materials and/or assistance with the county Extension office.
2. Serve as instructor and/or recruit a resource person to serve as instructor for the program.
3. Participate in any in-service training associated with the program.
4. Complete and return participation enrollment forms to the county Extension office.
5. Complete evaluation of the program if applicable.
6. Provide time for additional information on 4-H to be presented to your students.
7. Inform parents of their child’s participation in this program.

Responsibilities of County Extension Agents
Provide in-service training and recognition for teachers participating in the program.
8. Provide teachers with curriculum access information, and group enrollment information associated with the program.
9. Provide and/or recruit additional persons to assist with program implementation as needed.
10. Provide a 4-H completion certificate for each child involved in the program.
11. Provide evaluation forms for the program if applicable.
12. Provide information to each child on the county 4-H program and how to join a local club.

Contacting County Extension Office
If you are interested in any of the enrichment curriculum listed in this catalog please contact your local county Extension Office. They can be found in the phone book under “County Government” or you can locate them through the Texas A&M AgriLife Extension Service website at: agrilifeextension.tamu.edu/.

Texas 4-H Youth Development Headquarters
Texas 4-H Youth Development Program
Texas A&M AgriLife Extension Service
4180 State Highway 6S
College Station, TX 77845
On the web at: texas4-h.org

Ordering Curriculum
Each curriculum and resource has been identified as to how it should be ordered in the catalog. Many of the curriculum are ordered through the Texas A&M AgriLife Extension Bookstore at http://agrilifebookstore.org/, or can be downloaded from the internet. The learning modules will need to be secured through your local county Extension Office. We ask that you please work with your county Extension Office staff on all curriculum so they can provide you with the best support possible in making the experience a great one for the educator and the students.
CITIZENSHIP AND CIVIC EDUCATION

**Keys to the Courthouse**
This 4-H curriculum is designed for middle and high school students. The five lessons teach participants about the functions of elected county officials in Texas, the primary services offered by county government, the justice process at the county level, elections and voting, and the financing of county government. Each lesson has appropriate activities to reinforce learning. Accompanying the curriculum are a large wall map showing the counties of Texas and a CD that contains the lessons, activities, and informative videos. (168 pp. + map and CD)

**Patriotism Through Preparedness**
This curriculum was created to teach and encourage students and their families to prepare for a disaster. The curriculum includes a 52 page curriculum booklet; 50 masters of take-home activities and parent letters; 25 student stickers; and a copy of the 16 page booklet, “Preparing for the Unexpected.”

**TEKS:** Health, Language Arts, Physical Education, Social Studies

CONSUMER & FAMILY SCIENCES

**High School Financial Planning**
High School Financial Planning is a six-part series in which students learn personal financial management concepts through practical application exercises that relate these concepts to their everyday lives. Specific topics include earning income, credit and the time value of money, budgets, savings, and projecting finances into the future. This curriculum is approved by the Texas Education Agency for the required course of study that every high school student is required to take.

**TEKS:** Business Education, Economics, Home Economics Education

HEALTHY LIFESTYLES

**Balance Food and Play**
Balance Your Day is a program which focuses on nutrition and physical activity. There are a total of 20 lessons, one lesson each day for 4 weeks. Instructors may choose to do one lesson each week for 20 weeks instead of every day or another structure that fits their schedule. Each lesson includes journaling time for the student as well as experiential activities to teach concepts such as MyPyramid, serving sizes, healthy menus, dining out, setting physical activity goals, alternative activities to reduce screen time (time in front of a TV or computer), and more. Curriculum can be downloaded at: balance.tamu.edu

**Winning with Nutrition**
Electronic download Only. This curriculum engages young athletes in learning the importance of proper nutrition and hydration for maximum athletic performance and for general health and well-being. The five lessons cover Eating for Excellence, Hydration, Game Day Dining, Performance Robbers-smoking, alcohol, and inadequate sleep, and Food Fads and Facts. Each lesson has fun activities for students. There is background information for teachers on dietary supplements and illegal substances. (62 pp.)

**TEKS:** Health, Math, Physical Education

TEKS: Government
Putting the Pieces Together
Putting The Pieces Together is a leadership curriculum for youth and is organized around the 4 H’s of the 4-H program: Head, Heart, Hands, and Health. Each chapter has 4 levels of activities. These lessons are designed to take the learner from program participant (level 1 activities) to program leader (level 4 activities) teaching lessons to younger youths.

TEKS: Art, Language Arts, Physical Education

Quality Counts
The Quality Counts--Gold; curriculum helps adults who implement the Quality Counts program with 4-H and FFA members become better volunteer leaders. This program focuses on quality assurance in raising livestock and on character education for those who exhibit animals. Quality Counts--Gold; provides the background, theory, resources and tools needed to work with young people on livestock projects. The accompanying CD contains PowerPoint programs for teaching adult leaders. (114 pp.)

TEKS: Take The Lead (Leadership Unit), Character

Recreation Handbook: Fasten Your Seat Belts-4-H is Fun!
The 4-H Recreation Handbook provides exciting, hands-on learning activities for children. Schools, parks and recreation programs, 4-H clubs, scouting groups, and other organizations can use the handbook to provide safe and fun ways for children to learn. It also can be used to enrich classroom lessons. The handbook’s workbook format includes lists of supplies needed, time requirements, and activity sheets. (192 pp.)

TEKS: Physical Education

Take a Stand
This set of three 4-H curricula aims to teach strategies to children and teens to reduce bullying. Topics include conflict resolution, bullying, communication, etiquette, teamwork, and cultural awareness. Activities and work sheets are also included. (Grades 3-5, 95-page instructor guide; Grades 6-8, 124-page instructor guide; Grades 9-12, 104-page instructor guide. Each book also includes a CD)

3-5 TEKS: English Language Arts & Reading, Theatre, Art, Music, Physical Education, Social Studies, Mathematics
6-8 TEKS: English Language Arts & Reading, Theatre, Art, Music, Physical Education, Social Studies, Technology Education
9-12 TEKS: English Language Arts & Reading, Social Studies, Technology Education

Texans Building Character
This series of lessons teaches students of all ages the importance of living out the six pillars of character (Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship). Grades K-12.

TEKS: Take The Lead (Leadership Unit), Character

Yea 4-H! An Afterschool Learning Adventure (grades K-2)
Yea 4-H! targets grades K-2 and is designed for after-school settings, 4-H Clover Kids groups, curriculum enrichment, and more. The CD includes the curriculum with five lessons in each of 23 subject areas. There are also newsletters for parents (in English and Spanish), community service ideas, evaluation instruments, and background information for staff development. (1200 pages)

TEKS: Art, Language Arts, Physical Education

Yea 4-H! An Afterschool Learning Adventure (grades 3-5)
Yea 4-H! targets grades 3-5 and is designed for after-school settings, 4-H Clover Kids groups, curriculum enrichment, and more. The CD includes the curriculum with lessons on a wide variety of subjects such as history, environment, earth science and character development. There are also newsletters for parents (in English and Spanish), community service ideas, evaluation instruments, and background information for staff development.

TEKS: Physical Education, Social Studies

Yea 4-H! An Afterschool Learning Adventure (grades 6-8)
Yea 4-H! targets grades 6-8 and is designed for after-school settings, 4-H groups, curriculum enrichment, and more. The CD includes lessons on a wide variety of subjects such as leadership, wellness, fashion design, agriculture, entomology and business. There are also newsletters for parents (in English and Spanish), community service ideas, evaluation instruments, and background information for staff development.

TEKS: Take The Lead (Leadership Unit) English, Fine Arts, Language Arts, Mathematics, Social Studies
**City Critters**
Deer in the garden? Raccoons in the trash can? This exciting enrichment program teaches fifth graders about the species of wildlife that share our urban environment. The interactive, multimedia CD features entertaining images, sounds and animation. Students work through the modules at their own pace. The notebook contains lesson plans and classroom activities. The lessons are TEKS aligned and include TAKS practice questions. Student copies and teacher transparencies are included, along with pre- and post-tests.

**TEKS:** English, Fine Arts, Health, Language Arts, Mathematics, Reading, Science, Social Studies

**Predators in the Classroom - A Primer on Predator Ecology**
This four-part set includes a CD-ROM, video, teacher’s manual and poster. The materials are to help elementary-age children learn about various predators and their role in the environment.

**TEKS:** English, Fine Arts, Health, Language Arts, Mathematics, Reading, Science, Social Studies

**Managing the White-Tailed Deer: A Wildlife and Fish Management Curriculum for High School Math and Science Teachers.**
This curriculum teaches high school students key science and math principles as they pertain to natural resources management. Students will learn the three important components of white-tailed deer management: the deer population, the habitat, and the people who interact with and use this species. The comprehensive background reading section describes each component, then details how each is assessed and evaluated by wildlife biologists. Students learn to collect, analyze and interpret data to help them evaluate the three components. Students learn to make management recommendations based on this data. Everything needed to teach this material is included in the notebook and on the accompanying CD. Each math and science lesson plan includes its TEKS correlation and activities that allow students to put their classroom experiences into action. (352 pp., CD with PowerPoint presentation, 2 videos)

**TEKS:** Science, Language Arts, Mathematics, English

**Investigating Water**
This 3-ring binder contains teaching plans for 12 lessons on topics such as; Water in Our Daily Lives; The Water Cycle; Amazing Aquifers; Water and Soil; Aquatic Ecosystems; and; Water Wise Use; Accompanying each lesson plan are activity and record sheets for hands-on learning experiences. This curriculum is intended for students in about 4th to 8th grades. A free Electronic download is available as item # E4-H17-1.

**TEKS:** Science

**Wildlife Success Stories and Endangered Species**
This exciting enrichment program helps third and fourth graders learn how careful management can help protect endangered species of wildlife. Animals featured include the wild turkey, wood duck, black-footed ferret, shortnose sturgeon, white-tailed deer, alligator, Kemp’s Ridley’s sea turtle, bald eagle, golden-cheeked warbler, and red-cockaded woodpecker. The CD contains a delightful combination of images, sounds and animation to entertain children and make learning fun. The notebook contains lesson plans and classroom activities. The lesson plans are TEKS aligned and include TAKS practice questions. Student copies and teacher transparencies are included, along with pre- and post-tests.

**TEKS:** Science, Language Arts, Mathematics, Reading, Science

**Managing Largemouth Bass in Texas Ponds: A High School Math and Science Curriculum**
Learn firsthand what biologists, landowners and volunteers practice daily in Texas in order to conserve and manage our natural resources! This curriculum is designed to teach high school students key science and math principles pertaining to natural resources management. It uses a Texas fish species, largemouth bass, and real-world scenarios that occur across the state. The lessons involve all phases of managing natural resources: data collection, analysis and interpretation. In addition to the classroom work, optional field exercises are included to encourage the students to put their classroom experiences into action. The lessons can be conducted in the classroom and reinforced with field activities where appropriate. This TEKS-aligned curriculum includes 9 science and 10 math lessons along with pre- and post-tests in TAKS test formats. It includes a CD that contains the curriculum as well as a PowerPoint presentation and a poster of common Texas fish species. 344 pp., 1 CD, 1 poster

**TEKS:** Mathematics, Science

**Managing the White-Tailed Deer: A Wildlife and Fish Management Curriculum for High School Math and Science Students**
This curriculum teaches high school students key science and math principles as they pertain to natural resources management. Students will learn the three important components of white-tailed deer management: the deer population, the habitat, and the people who interact with and use this species. The comprehensive background reading section describes each component, then details how each is assessed and evaluated by wildlife biologists. Students learn to collect, analyze and interpret data to help them evaluate the three components. Students learn to make management recommendations based on this data. Everything needed to teach this material is included in the notebook and on the accompanying CD. Each math and science lesson plan includes its TEKS correlation and activities that allow students to put their classroom experiences into action. (352 pp., CD with PowerPoint presentation, 2 videos)

**TEKS:** Mathematics, Science
Agricultural Literacy Fairs
Agricultural Literacy Fairs are events planned and coordinated by county Extension personnel and other partners to expose youth to the world of agriculture and how it impacts everyday life, even if you live in the city. Ag fairs can be held on site or students may be taken to another location for the event. Educational stations are set up and manned by volunteers. Students rotate through each station on a schedule to learn about agriculture. Sessions are tailored to the agriculture in the area. Examples of sessions include: livestock species (beef, dairy cows, sheep, swine, horse, etc), crops (corn, cotton, rice, wheat, etc), horticulture (gardening, floriculture, grape production, etc), Safety, Nutrition, Entomology, Soil Erosion, and much more. In addition to the interactive fair, classrooms are provided with a support package of lessons and activities that can be conducted prior to or following the ag fair to reinforce learning.

TEKS: Health, Science

Southwest Dairy Farmers
The Mobile Dairy Classroom is a traveling milking parlor, featuring a live cow and an oral presentation. Trained instructors demonstrate how to milk a cow, describe how milk goes from the farm to the consumer, and then answers questions from the audience. This is an innovative program that brings the dairy experience directly to children. At schools, students and teachers share an experience that includes math, science, health (nutrition), and agriculture, all presented in an outdoor classroom format. To schedule the Mobile Dairy Classroom: https://www.southwestdairyfarmers.com/pages/outreach/mobile-dairy-classroom

TEKS: Health, Mathematics, Science

Food & Fiber for the 21st Century
Food and Fiber for the 21st Century is packed full of lessons that can be integrated into the curriculum areas of math, language arts, social studies and science. Written to grades 1-6, the resource guide uses as its foundation a unit entitled The Importance of Agriculture. All lessons are correlated to the Texas Essential Knowledge and Skills (TEKS) and also address objectives for the Texas Assessment of Knowledge and Skills (TAKS). Units are available individually or bound in a three-ring binder. Also available on CD.

Download from Texas Farm Bureau: www.beagsmart.org/ag-in-the-classroom/lesson

TEKS: Geography, History, Science

Hatching Eggs in the Classroom: A Teacher’s Guide
Electronic download only. Science projects involving eggs and embryos can lay the foundation for studies of the life sciences, introduce scientific methods and promote an appreciation for life. This manual is designed to aid classroom teachers in developing such projects and includes information on every step of the hatching process, from ordering the eggs to caring for the newly hatched chicks. Includes test questions and key. (12 pp., 2 tables, 1 data chart, lists of resources, references and suppliers)

TEKS: Science

Hatching Eggs in the Classroom: Tips for a Successful Hatch
Electronic download only. Temperature, humidity, and egg handling are important facets of a successful hatch. This one-page fact sheet also includes information on storing eggs, incubating them, and how to manage the actual hatching process. (1 pp., 2 photos)

TEKS: Science

KIDzANTS
“KIDzANTS” teaches students about the red imported fire ant. This teaching manual will include lessons on the history of the red imported fire ant, body structure of ants, the life cycle of the red imported fire ant, the fire ant mound, what fire ants eat and where they like to live, and other common ants in the landscape. The manual also stresses fire ant safety. In addition, extra activities such as an imported fire ant model, and a recipe on how to prepare chocolate covered ants are outlined in the manual!

TEKS: Science
KIDZANTS Fire Ant Model
Fun for young and old, this 3-D model of a red imported fire ant gives a close-up view of the body structure of these pesky insects. The model is white so that its owner can color or decorate it.
TEKS: Science

The Real World: An Agriculture Simulation (CD)
This curriculum teaches agricultural literacy to high school students. It consists of six lesson plans, with activities that teach students about risk management in production agriculture. Topics include insurance, market contracts, investments, dealing with stress, and developing a business plan.
TEKS: Economics

Veterinary Assistant Handbook
The 4-H Veterinary Science Project is a 5-year curriculum based project with 100 lessons and 50 activities that gives youth interested in veterinary medicine opportunities to work in the field. The project is career-orienting and job-training so students can prepare for a field in veterinary science. Students who participate in this project will work with licensed veterinarians at their practice. By doing this hands-on training they learn the knowledge and skills that are expected of a veterinary assistant.
TEKS: Science

JUNIOR MASTER GARDENER & LEARN, GROW, EAT & GO!

JMG Junior Master Gardener: Level 1 Teacher/Leader Guide
This curriculum gives teachers the resources to teach students about the wonderful world of gardening. Its eight chapters offer hands-on learning experiences for youths. Also included are activity pages, worksheets, rhythms, and reading passages formatted for standardized tests. After studying life skills and careers, students may culminate their learning experience with service activities. This curriculum is designed for students in grades 3-5 and is complemented by the JMG Level 1 Handbook. Available in Spanish.
TEKS: Language Arts, Mathematics, Science, Social Studies

JMG Junior Master Gardener: Level 1 Handbook
Each of the eight exciting chapters in the Junior Master Gardener Level 1 Handbook contains fun activities and interesting facts to help children experience the joy of making things grow. At the end of each chapter are suggested Leadership/Community Service Projects. These projects help Junior Master Gardeners share with their family, friends and community all that they have learned. The Teacher/Leader Guide (JMG-006) is a resource for leaders of JMG groups. (186 pp.) Available in Spanish.
TEKS: Language Arts, Mathematics, Science, Social Studies

JMG Golden Ray Series - Health & Nutrition from the Garden
Children are motivated to eat the fruits of their labor in their study of “Health and Nutrition from the Garden.” This imaginative curriculum teaches children that growing and eating nutritious fruits and vegetables is rewarding and fun. This teacher/leader guide has six learning concepts, with activity pages for children and program information for leaders. (187 pp. + cards for “Fruit and Veggie Mania” game)
TEKS: Language Arts, Mathematics, Science, Social Studies

JMG Golden Ray Series - Wildlife Gardener
The National Wildlife Federation and the Junior Master Gardener program have joined forces to create an engaging learning opportunity for children. The Wildlife Gardeners curriculum will help children to gain a greater understanding and strengthen appreciation for the wildlife that is part of their local community. They will enjoy novel, hands-on project-based learning as they have fun gardening for wildlife. Students will learn how to build the components of a wildlife garden habitat. The program culminates in a community service project, as the students develop a site recognized by the NWF as a Certified Schoolyard Habitat. (230 pp.)
TEKS: Geography, Science

Junior Master Gardener Level 2: Operation Thistle - Seeds of Despair
This level 2 curriculum for the Junior Master Gardener program combines the teacher/leader guide with reproducible pages for young participants. Through dozens of exciting and fun activities, students can investigate plant growth and development, take part in service learning projects, and earn certification—all while undertaking an urgent mission to defeat Dr. Thistle! (204 pp.)
TEKS: Language Arts, Mathematics, Science, Social Studies

Junior Master Gardener Level 2: Operation W.A.T.E.R.: Dr. Thistle Goes Underground
While following the continuing saga of the evil Dr. Thistle and his plot to rule the earth’s ecosystems, students in grades 6-8 can learn important lessons on soils and water. Topics in this
book include soil color, texture and structure; soil nutrients; soil improvement; soil conservation; the water cycle; aquifers, watersheds and wetlands; water movement; and water conservation. Each of the eight chapters contains three hands-on activities to reinforce the concepts covered. Also included is a section on service learning and career exploration projects connected to soil and water. (212 pp.)

**TEKS:** Language Arts, Mathematics, Science, Social Studies

### JMG Golden Ray Series - Literature in the Garden

This curriculum seeks to engage children through powerful garden- and ecology-themed children’s books. It uses six books to inspire learning through outdoor activities, creative expression and open exploration. Dozens of hands-on activities encourage leadership development, individual responsibility, community involvement, and the development of critical thinking skills. (224 pp.)

**TEKS:** Geography, Science

### Learn, Grow, Eat, & Go!

Created by teachers, this multifaceted garden, nutrition, and physical activities curriculum is evidence-based and academically rich. Through a linear set of hands-on, proven lessons, your students will better understand plants and how plants provide for people’s needs. The 10-week (2 lessons/week) unit of study will step your class through process of establishing a thriving garden that is easy to create and maintain. See item JMG-014 for a complete curricula starter package.

The curriculum features opportunities for fresh vegetable tasting/evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance.

**TEKS:** Health, Math, Physical Education

### Learn, Grow, Eat, & Go! Children’s Books Set of Five

Set of five children’s books featured in the LGEQ curriculum including: A Place to Grow, I Will Never Not Ever Eat a Tomato, Two Old Potatoes and Me, Tops and Bottoms, and The Ugly Vegetables. See item JMG-014 for a complete curricula starter package.

**TEKS:** Health, Math, Physical Education

### Learn, Grow, Eat, & Go! Garden Journals Set of 25

This classroom set of 25 student journals is an important resource for your children’s weekly LGEQ experience. Students will record observations from the garden as well as analyze information presented in the classroom during food tastings, instructional lessons and gardening activities. The garden journals are tools to encourage students to communicate through various writing conventions including narrative, descriptive, and expository. Journal use will encourage writing across academic disciplines in the content areas of science, math, social studies and health. Journals are a great accompaniment to the LGEQ manual, Garden Kitchen Recipes, WAT Starter Kit and WAT Newsletters to support the full LGEQ experience with your youth. See item JMG-014 for a complete curricula starter package.

**TEKS:** Health, Math, Physical Education

### Learn, Grow, Eat, & Go! Garden Kitchen Recipes

This classroom set (25 copies) of the 10 Garden Kitchen Recipes highlight the 12 nutrient dense vegetables featured in the LGEQ Curricula. As a part of the full Learn, Grow, Eat & Go! unit of study, your students will evaluate a fresh sample of a vegetable and take part in a recipe demonstration that incorporates each of the 12 vegetables as an ingredient. The Garden Kitchen Recipes contain both recipes and questions that gauge the students’ comprehension, understanding of measurement, ability to make basic calculations, and find data from tables and charts. Recipes are written in English and Spanish and are a great catalyst for group instruction and can be a resource to send home to encourage family engagement. See item JMG-014 for a complete curricula starter package.

**TEKS:** Health, Math, Physical Education

### Walk Across Texas Starter Kit

This WAT starter kit contains a step by step planning and implementation guide, registration information, sample activity bingo page, and sample lesson plans in the content areas of math, social studies, health, english and language arts. This kit provides teachers with creative ways to implement more daily in-classroom activity. The WAT starter kit is a great resource for teachers to use when implementing the Walk Across Texas program as part of the Learn Grow Eat Go! Curricula. See item JMG-014 for a complete curricula starter package.

**TEKS:** Health, Math, Physical Education

### Walk Across Texas Set of Classroom Newsletters

This classroom set (25 copies) of the 10 Walk Across Texas (WAT) take home newsletters highlight easy ways for the entire family to get active. As part of the full Learn, Grow, Eat, Go! curriculum, classrooms are encouraged to adopt the WAT program to increase the habit of regular physical activity. The newsletters cover topics like: Getting Active, Tackling the Heat, Family Fun Time and others. Newsletters are written in English and Spanish and are a great resource to send home to encourage family engagement. See item JMG-014 for a complete curricula starter package.

**TEKS:** Health, Math, Physical Education
## CURRICULUM CATALOG

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