Combining education with policy change enables children to develop eating habits that are good for their bodies and good for the planet:

- **Gardening** builds appreciation for how nature provides us with food and makes children proud and excited to eat what they grow.

- **Cooking** connects children to fresh, whole foods and teach them skills that will feed them for life.

- **Investigating** the system that gets food from the farm to table — and how this system affects the natural environment — helps students develop scientific habits of mind they can use when making food decisions now and into the future.

- **Learning** about how what we eat affects our health motivates children to navigate through our current food environment and become advocates to for positive change so they can make choices to reduce obesity risk and help them reach their fullest potential.
LiFE Curriculum for Upper Elementary Grades

Using inquiry-based science to explore, understand, and critically think about our food and our food system.

LiFE Curriculum for Middle School

Learning evidence for why to make choices that promote health and using behavioral nutrition for how to make changes.

EARTHFRIENDS:
Exploring the Whole Story of Food

Providing direct education to children, parents, and teachers in both its fully equipped kitchen – Food Learning Laboratory – at Teachers College Columbia University and out in the field at schools, after school programs, and summer camps.

Center for Food & Environment

- A national leader in the areas of food education, food systems, and the diet-health connection.
- Part of the Teachers College Program in Nutrition, the oldest university nutrition program in the country, established in 1909.
- Takes a broad systems approach — from the farm to the fat cell.
- Uses research and theory-based approaches to develop educational materials that motivate, teach practical skills for making positive changes, and help create environments supportive to health.

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