Benefits of School Gardens
The following studies investigated the impacts and benefits of school garden programs.

**Academic:**

**Positive impact on student achievement and behavior**

**Significantly increase science achievement score**

**Environmental Attitudes:**

**Instill appreciation and respect for nature that lasts into adulthood**

**Improve environmental attitudes, especially in younger students**

**Social:**

**Study shows that when young children are participating in garden activities they are:** (1) communicating their knowledge about the world to others, (2) conveying emotions, and (3) developing important skills that will help them be more successful in school.

**Improve life skills, including working with groups and self-understanding**

**Improve social skills and behavior**
Nutrition and Health:

Positive changes in BMI, and several dietary behaviors


Review of literature supported idea that youth garden programs have the potential to increase fruit and vegetable intake and increase willingness to try fruits and vegetables.


Positive social interaction during gardening, harvesting, sharing, preparing, and eating produce may influence young people’s food consciousness and eating habits.


Increase servings of fruits and vegetables more than students in a non-gardening nutrition education program and a control group


Increase children’s knowledge about the benefits of eating fruit and vegetables and participants reported eating healthier snacks


Increase interest in eating fruits and vegetables and improve attitude toward fruits and vegetables


Improve nutrition knowledge and vegetable preferences


Improve attitude toward vegetables and toward fruit and vegetable snacks