Abstract

Surveys reveal adolescent’s failure to consume enough fruits and vegetables and dietary inadequacy. There are many personal and environmental factors that affect personal food preferences. Human nutrition depends on agriculture-based businesses. AANP was implemented in a middle school using five lessons based on growing plants in VDI units and questionnaires; covering plants, nutrition, health, and agriculture. A mixed method, single sample, cross sectional survey of the participants revealed significant findings related to food preferences and gardening plans. A formative evaluation exposed the complications of implementing an indoor garden and complex lesson plans in a crowded science curriculum. Participants preferred a variety of fruits and vegetables and enjoyed the indoor garden. While the results show significant changes in attitude toward these foods, plans to change eating behaviors failed significance. An expanded taste test will provide opportunities to explore additional food-related topics. Follow-up research could measure the sustainability of garden-based instruction.