

THE MCCARTHY PROJECT

HEALTH, NUTRITION AND WELLNESS FIELD TRIPS AND PROGRAMS



Stephen McCarthy
Leader and Facilitator

“I know a man who grabbed a cat by the tail and he learned 40 percent more about cats than the man who didn’t.”

~ Mark Twain

• EDUCATIONAL FARM TO SCHOOL FIELD TRIPS • Grades K-12

Stephen McCarthy creates and leads field trips to help your kids “experience” farms and food.

Making the food-growing experience real to our kids, and showing that food is not a want, it’s a need - and how our food - or lack of it - truly affects our daily lives. We customize and lead field trips to vetted farms that connect students and school staff with both traditional and non-traditional local farmers. Your students will learn about the food they eat at school and at home, seeing how it is grown, harvested, and prepared for market. They will also learn about “sustainable farming” is, what “local food systems” are, and how their food choices support local farmers and local food systems. This could include co-ops and local farmers markets. Because our field trips meet Minnesota Education Standards, they are excellent support for health and nutrition education curriculum already in place in your school.

Sample questions curious students will ask and find answers to:

- Do farmers take good care of their land and their animals?
- What about harvesting? (apples, eggs, wool, milk, potatoes...)
- What happens to the food once it leaves the farm?

What types of farms, companies, stores and food-related venues could be visited?

Real working farms of all sizes and types, including vegetable/fruit/crop farms, beef/pork/poultry/turkey farms, dairy farms, exotic animals, specialty farms & more. The Field Trips we put together will depend on the standards being met, grade levels, study areas, and the age of the students.



• OUTDOOR PHYSICAL EDUCATION PROGRAMS • Grades K-12

Created and led by Stephen McCarthy, incorporating:

- Outdoor Strategy Games
- Ropes and Climbing Walls
- Natural Movement

With more than 10 years experience developing health and wellness programs, Stephen will customize an outdoor physical education “field trip” for your class or school that will enhance a student’s knowledge of the environment and the role humans play in the system, how to stay in shape, and why all of this is important - while incorporating professional physical education activities. These programs utilize local outdoor parks, sports and fitness venues, and a variety of sports and physical activities to accomplish the goals our kids need - all of these being curriculum-based.

BONUS:

These programs can incorporate visits & talks by local sports celebrities designed to inspire your students as they get an opportunity to “meet the pros”.



For more information, call Stephen at 612-741-0982 • www.themccarthyproject.com