



Little Buds  
**Learning Tower**  
Curriculum

The Issue:

## Fighting Childhood Obesity

This Curriculum is a sample of what can be taught based on the Learning Tower's attributes.

This tower serves as a teaching tool for educators, community centers, churches, etc.

The tower is made to be a fun and hands-on tool to teach children about how food grows, what foods are healthy and how to live a healthy lifestyle. Therefore aiding in the prevention of childhood obesity.



Book: Food Rules, By Michael Pollan