**CLASS 9**

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| **TOPIC** | Sustainable Urban Living: Integrating Nature into Daily Life – I. Urban Gardening | |
| **LEARNING CONTENT - DETAILED CHARACTERISTICS** | Topic: integration of nature-based practices into urban lifestyles. Exploring concepts such as urban gardening, rooftop greening, and green infrastructure.  Sharing practical tips and examples of how urban residents can incorporate nature into their everyday routines and contribute to a more sustainable city | |
| **KEY WORDS** | Urban Gardening, Ecosystem Services, Human Well being | |
| **SUGGESTED TOOLS** | Interactive lecture  Power-point presentation  Videos and readings  Handouts for analysis in groups  Discussion | |
| **TIPS / METHODOLOGICAL REMARKS**  **(if applicable)** | ………………………….. | |
| **IMPLEMENTATION OF THE CLASSES** | **STEP 1** | Presentation: Urban Agriculture - Exploring the benefits of urban agriculture. Strategies for implementing and managing urban agriculture projects |
| **STEP 2** | Discussion. Research findings - Review and Analysis of the Motivations Associated with Urban Gardening in the Pandemic Period.  Work card 1. |
| **STEP 3** | Videos: Urban gardening: Container Gardening, Rooftop Gardening, Community Gardens, Vertical Gardening, Indoor Gardening.  1. <https://www.youtube.com/watch?v=gjXtw81M3tI>  2. <https://www.youtube.com/watch?v=YerQvtlMPU0> |
| **STEP 4** | Quiz: Benefits of Urban Farming  Work card 2. |
| **STEP 5** | Overcoming Challenges in Urban Gardening - Case Studies and Success Stories. Strategies and solutions. Practical tips and resources for individuals interested in starting their own urban gardens.  <https://www.youtube.com/watch?v=YF2iQAGA5Bg> |

**ADITIONAL MATERIAL 1 - WORK CARD**

**WORK CARD 1. - Review and Analysis of the Motivations Associated with Urban Gardening in the Pandemic Period**

1. Take a look at the table - an extract from a scientific publication Cattivelli, V. Review and Analysis of the Motivations Associated with Urban Gardening in the Pandemic

Period. Sustainability **2023**, 15, 2116. <https://doi.org/10.3390/su15032116>

Some examples of motivations behind urban gardening cultivation and their references

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| **Category** | **Motivations** |
| Social motivations | Offering opportunities for socialisation |
| Social support for elderly people |
| Strengthening family ties |
| Social and ecological memory of ancient practices |
| Strengthening personal and social identity |
| Strengthening social cohesion and participation |
| Sharing value |
| Health related motivations | Increase the psycho-physical well-being of citizens |
| Better food habits |
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| Motivations related to the urban regeneration | Cleaning vacant lots, reducing crime, or just beautifying the neighbourhood, urban–rural linkages design/planning |

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| **Category** | **Motivations** |
|  | Protection of the environment and landscape |
| Reducing pollution |
| Food-related motivations | Access to food |
| Turning back on industrial agriculture and search for other methods of consumption, but also production methods |
| Access to food at cheaper conditions |

1. Share with your colleagues your opinion on the above examples.
2. Propose motivations or benefits that could be associated with urban gardening, especially in the context of a pandemic.

**ADITIONAL MATERIAL 2 – QUIZZ**

**Quiz: Benefits of Urban Farming**

**Instructions:**

* Read each question carefully.
* Choose the best answer from the options provided.
* Once you have completed all the questions, check your answers against the answer key provided.

Questions:

1. What is one of the primary benefits of urban farming?
   1. Increased traffic congestion
   2. Decreased access to fresh produce
   3. Enhanced food security
   4. Limited social interaction
2. Which of the following statements is true about urban farming?
   1. It is only suitable for rural areas.
   2. It requires large tracts of land.
   3. It can be practiced in small urban spaces.
   4. It is limited to commercial agricultural production.
3. How does urban farming contribute to food security?
   1. By exporting surplus produce to other regions
   2. By reducing the need for transportation of food from distant locations
   3. By limiting access to fresh and healthy food
   4. By increasing dependence on imported food
4. What environmental benefits can urban farming provide?
   1. Increased water pollution
   2. Enhanced soil erosion
5. Reduced urban heat island effect
6. Excessive use of chemical pesticides
7. How does urban farming promote community engagement?
   1. By creating social divisions within neighborhoods
   2. By limiting access to agricultural knowledge and skills
   3. By fostering collaboration and shared responsibilities
   4. By discouraging interaction among residents
8. True or False: Urban farming has no impact on the local economy.
   1. True
   2. False
9. What health benefits can be associated with urban farming?
   1. Increased exposure to air pollution
   2. Limited access to fresh produce
   3. Improved access to nutritious food
   4. Decreased physical activity
10. What social benefits can urban farming provide?
    1. Increased social isolation
    2. Limited cultural exchange
    3. Strengthened community bonds
    4. Reduced sense of belonging
11. What role can urban farming play in sustainability efforts?
    1. Increased reliance on fossil fuels
    2. Overconsumption of natural resources
    3. Reduced greenhouse gas emissions
    4. Limited concern for environmental impact
12. How does urban farming contribute to educational opportunities?
    1. By limiting access to agricultural knowledge
    2. By promoting experiential learning about food production
    3. By discouraging interaction with the natural environment
    4. By restricting access to green spaces