

WHAT'S GOOD IN MY HOOD?



What's your name?



NAME: _____



With more than 80% of the U.S. population living in urban areas, there is a need for programs that help city and town residents become more environmentally literate. Informed perspectives about the health and well-being of a community empower residents to make their neighborhoods a safer, cleaner and healthier place to live.

What's Good in My Hood? is designed to be useful for schools, homes, after-school programs, youth groups and any other group interested in having dialogue about their community and making their community a better place.

Users are encouraged to share information about their community and feedback about the usefulness of this workbook by visiting www.nyrp.org.

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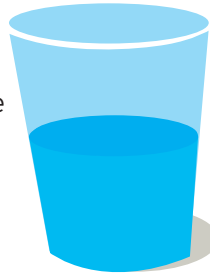


Welcome to your chance to make this world a better place, starting with your neighborhood. This workbook will ask you a lot of questions that will help you come up with your own answers about how to take your neighborhood from good to great!

WHAT'S GOOD IN YOUR HOOD?

Is this glass half empty or half full? Your answer has a lot to do with your outlook on life. Either answer is fine; however, when you think of something as half full you are generally more hopeful about how much you have.

This workbook will lead you through an investigation of your neighborhood to help you access resources that help you survive.

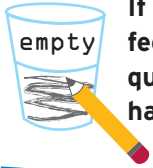


Each question will ask you how you feel about your neighborhood.

If you have a **positive** feeling about the question, make the glass half full.



If you have a **negative** feeling about the question, make the glass half empty.



SURVEY: WHAT DO YOU THINK?

How do you feel about...

...how your neighborhood looks? Is there a lot of trash?



...how your neighborhood feels? Is it safe?



...the type of food you have access to in your neighborhood?



...the amount of parks and green spaces to use in your neighborhood?



TABLE OF PAGES

What's Good in My Hood? is an innovative urban community workbook that guides users through a 5-unit investigation of their neighborhood. Each unit asks questions that lead to answers about what is and what is not good in your neighborhood and how it affects the food, water and shelter sources that you depend on to survive.

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who are you?

What do you like to do?
What can you do?

I started this workbook on:

month

day

year

What's your name?

first

middle

last

Do you have a nickname? yes no If yes, what is it?

When were you born – month, day, year?
(Leave the year blank if you are over 30)

month

day

year

What's your zip code:

City:

State:

How do you most often travel/get around? foot bike bus train car airplane

Are you more of an indoor or outdoor person? (Check one)

What is your favorite?



Place in the world:

Person:

Song:

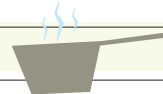
Meal:

Movie:

Thing to do when you get home from school/work:

Thing to do on a Saturday:

Can you?



Yes

No

Cook

Swim

Do you?

Yes

No

Care for a pet

Care for a garden

Like to go camping

Do you recycle?



Yes

No

Aluminum cans

Plastic bottles

Paper

Cardboard

Clothes



Have you ever?

Yes

No

Planted a tree

Cared for a tree

Visited another country

Been on TV

Been on the radio

Met a famous person

If I won a million dollars I would use it to:

Unit 1



challenge:

Where do you live?
What are the living and non-living things, human-made and natural, that make up your environment?



WHAT'S GOOD IN MY HOOD?

vocabulary

Environment: The living and non-living things that make up your surroundings

Nature: All the things natural in the world that are not made by humans, such as the weather, animals, plants and the sea.

Litter: Scraps of paper or other trash on the ground.

Population: A population is all the living things that live in the same area.

City: A very large town where many people live and work.

Urban: An area that supports a larger than average number of people for a given area or unit of space.

Suburban: An area where people live that is located right outside of a city

Rural: An area where people live with a lot of open land and farms.

Community: A group of people who live in the same place/area.

Neighborhood: The area where people live.

For the first time in history, more than 80% of the world's population lives in a city. A city is an area with a large population of people. New York City (NYC) is the most populated city in the United States of America. Close to 8.4 million people live in NYC. Find out how many people live in your city at <http://factfinder.census.gov/>

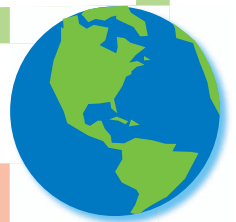
READY, SET, WRITE...

In 60 seconds or less, write as many things that you think you will find in your neighborhood.

Living Things
Example: Pigeon

Non-Living Things
Example: Mailbox

As of 2011, there are 6,958,698,317 people living on the planet Earth.



WHERE IN THE WORLD ARE YOU?

What **planet** do you live on?

What **continent** do you live on?

What **country** do you live in?

What **state** do you live in?

What **city** do you live in?

URBAN SCENE

Check out the picture below. What is good in this neighborhood?



NEIGHBORHOODS

Neighborhoods are everywhere! Label each picture with a type of neighborhood below.

Suburban Urban
Rural

Circle the type of neighborhood you call home.



Draw a ✓ where you think you will most likely find:

	Urban	Suburban	Rural	All
Farmhouses				
Apartment Buildings				
Parking Meters				
Backyards				
Cows				
Gardens				
Skyscrapers				
Deer				
Parks				

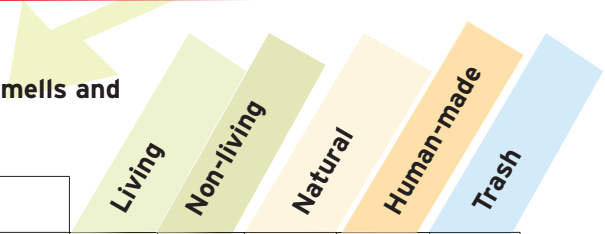
Date _____ How Many Blocks? _____

Street Name: _____

City, State: _____ Zip Code: _____



Take a walk down a street in your neighborhood. Observe and list everything you see in the data sheet below. Be sure to use colors, smells and sounds in your descriptions. Check as many boxes that apply.



What is it?	Describe it	Living	Non-living	Natural	Human-made	Trash
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						

data



What is it?	Describe it	Living	Non-living	Natural	Human-made	Trash
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						

DATA SHEET DOWNLOAD WHAT'S GOOD IN MY HOOD?

List your findings from your data sheet. Then, draw a ✓ in the columns that apply.

	Like	Don't Like	Surprised to Find	NOT Surprised to Find
Living things	✓		✓	
Non-living things				
Natural				
Human-made				

Fill in the boxes with things you find on your street.

ON YOUR STREET

Something...

Beautiful	You Like to Eat	Colorful	Big
Silent	You Have One of	You Don't See Often	Making Your Community Better
You'd Make Disappear	You Want More of	Valuable	Smelly
Tiny	Showing Community Pride	Green	Loud

Name _____

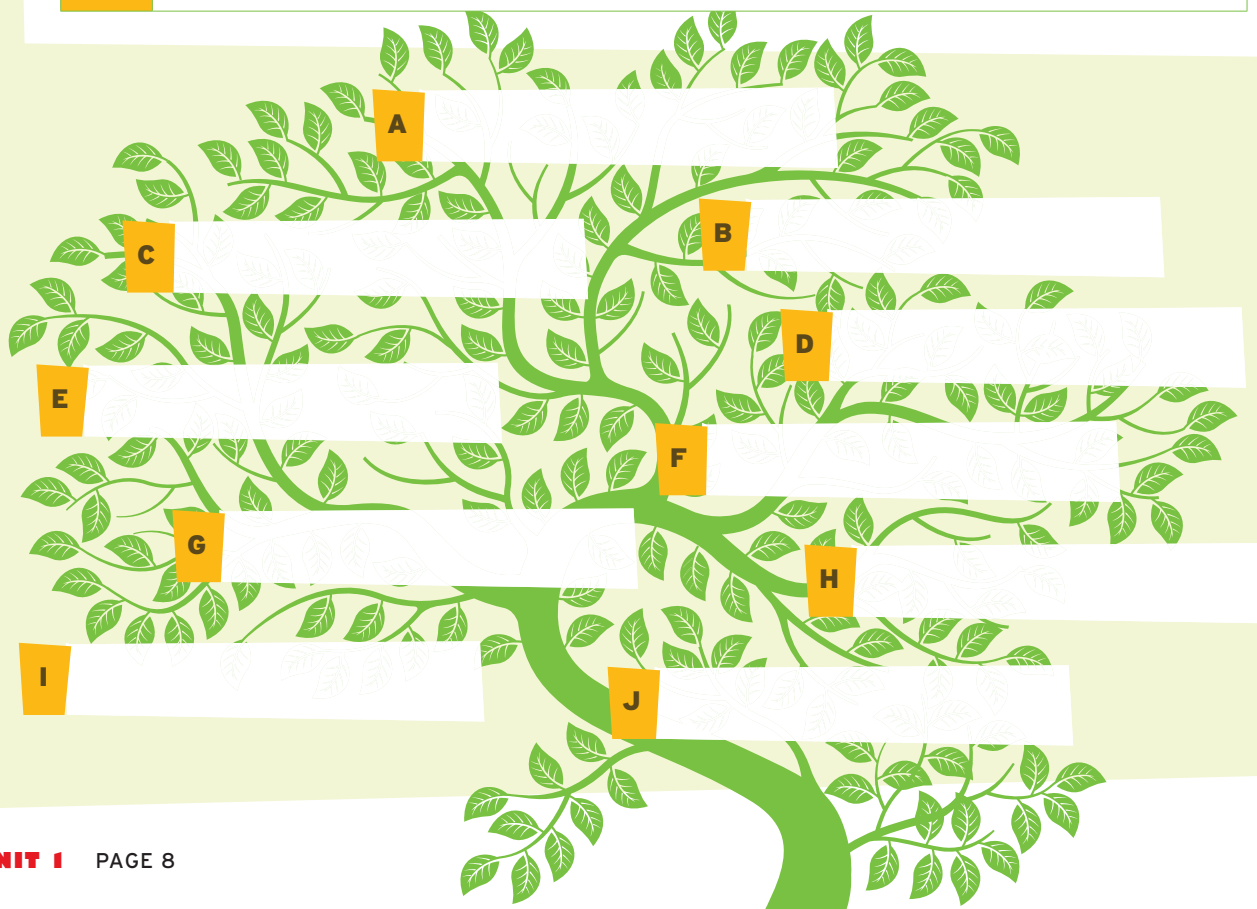
Date _____

homework

WHO'S IN YOUR HOUSEHOLD FAMILY TREE?

Families are people you care about and who care about you. List all of the people who live with you. Letter A should be you. If you have room, you can add your pets.

Letter	Names (or nicknames)
A	Me
B	
C	
D	
E	
F	
G	
H	
I	
J	



Name _____

Date _____

homework

WHO'S DONE WHAT?

Ask each family member the questions below.

Draw a **✓** for yes, an **X** for no or **?** for not sure.

	Family Members									
	A.	B.	C.	D.	E.	F.	G.	H.	I.	J.
Have you visited places outside of your city?										
Have you grown a garden?										
Have you been camping?										
Have you ever held a snake?										
Do you like being outdoors?										
Can you swim?										
Do you like visiting parks?										
Do you like nature?										
Have you ever planted a tree?										
Have you ever cared for a plant?										

WHO CARES ABOUT WHAT?

Environmental issues are anything that affects the living and non-living things in your immediate surroundings.

Ask your family members to draw a **✓** for the 3 most important issues to them.

	Family Members									
	A.	B.	C.	D.	E.	F.	G.	H.	I.	J.
Common Urban Environmental Issues										
Crime - having a safe neighborhood										
Recycling - having recycling in your neighborhood										
Trash - having a clean neighborhood										
Trees - having trees in your neighborhood										
Clean Water - having clean water										
Global Warming - having a healthy planet										
Homelessness - having a place to live										
Joblessness - having a place to work										
Open Space - having more green spaces										
Other:										

YOU THINK YOU'RE SOOO SMART!

How many of the questions below can you answer?

HOW TO PLAY

1. Form two teams.
2. Decide which team will go first.
3. In teams, take turns selecting a question.
4. On your team's turn, read selected question out loud. You have 20 seconds to provide your answer.
5. If your answer is correct (determined by the teacher or adult leading the game), the point value of the question is added to your team score. In the event of an incorrect answer, the question is finished, the correct answer is given and it becomes the next team's turn.
6. Continue until all questions have been answered. The team with the most points wins.

PIECE OF CAKE

100 points

Define:
Urban

I KNOW, I KNOW!

200 points

Define:
Population

I AM SOOO SMART...!

300 points

What are
3 types of
trash found
in your
neighborhood?

BONUS

350 points

Name 5
non-living,
human-made
things in your
community.

100 points

Name 3
things found
in a
suburban
area.

200 points

Define:
Community

300 points

Name 5 types
of living things
in your
neighborhood.

350 points

Approximately
how many
people live in
your city?

100 points

Name 3
things found
in a
rural area.

200 points

Define:
Environment

300 points

Define:
Nature

350 points

True or false:
Farms can be
found in urban,
rural and
suburban areas.

Unit 2



challenge:

How do living things exist in your community?
 What contributes to *their* survival?
 What contributes to *your* survival?

CAN I LIVE?

vocabulary

Energy: Useable power that flows from the sun. Every living organism needs to obtain energy in order to live. We get all of our energy from what we eat. Everything we eat depends on plants. Plants get their energy from the sun.

Survive: To have all of your needs met; to do things to stay alive.

Resources: Things that can be used for support or help.

Needs: Things that keep you alive.

Wants: Things that are greatly desired or wished for.

Habitat: A place where a living thing finds everything it needs to survive (food, water, shelter).

Ecosystem: An interacting group of living things in a community.

Food Chain: The passing of energy between living things in an ecosystem or habitat; an order of who eats whom in an ecosystem to get energy.

Adapt: To make a change to be able to survive your environment.

Student Word:

Urban ecosystems include birds, buildings, puddles, litter, trees, rats and more. All of these living things need a safe space to live, healthy food to eat and clean water to drink and use to stay healthy and living. Many living things have adapted to the polluted resources found in urban communities and are still able to have their needs met. Have you? Do you? Could you?

READY, SET, WRITE...

In 60 seconds or less, classify each as a "need" or a "want."



Shelter



Food



Toys



Water



Video Game



Books



Clothes



Cell Phone

FAVORITE THINGS

Classify 5 of your favorite things as living or non-living and want or need.

	Want	Need	Living	Non-Living
1.				
2.				
3.				
4.				
5.				

URBAN SCENE

Review the images of living and non-living things below before conducting an inventory of your community. Once you complete your community inventory, add the tally total of each living or non-living thing and enter it in the box under its picture.

Another name for a fire hydrant is a "johnny pump."

There are over 4,000 species of cockroaches, but only 4 that are well known as pests. These are the Oriental, Asian, German and American cockroaches that are found in many urban areas of the world.

The first black rat came from southern Asia during the 13th century. Then, during the 18th century, another kind of rat, the brown rat, became an invader of many cities.



Fire Hydrant

Total:



Ring-billed Gull

Total:



Cockroach

Total:



Mailbox

Total:



Street Vendor

Total:



Starling

Total:



Restaurant

Total:



Squirrel

Total:



Cat

Total:



Rat

Total:



Subway

Total:



Parking Meter

Total:



Flowers

Total:



Pigeon

Total:



Traffic Light

Total:



Trash Can

Total:



Tree

Total:



Dog

Total:



House Sparrow

Total:



Bus Stop

Total:



Firehouse

Total:



Ant

Total:



Trash/Litter

Total:



Butterfly

Total:



Pay Phone

Total:

community inventory

Take a walk through your neighborhood and count the number of...

Living		Tally	Non-Living		Tally
Ring-billed Gull			Fire Hydrant		
Cockroach			Mailbox		
Starling			Street Vendor		
Squirrel			Subway		
Cat			Pay Telephone		
Rat			Parking Meter		
Flowers			Traffic Light		
Pigeon			Trash Can		
Tree			Bus Stop		
Butterfly			Firehouse		
Dog			Trash/Litter		
House Sparrow			Restaurant		
Ant			Other		
Other			Other		

Street: _____ City: _____

Zip Code: _____ Date: _____



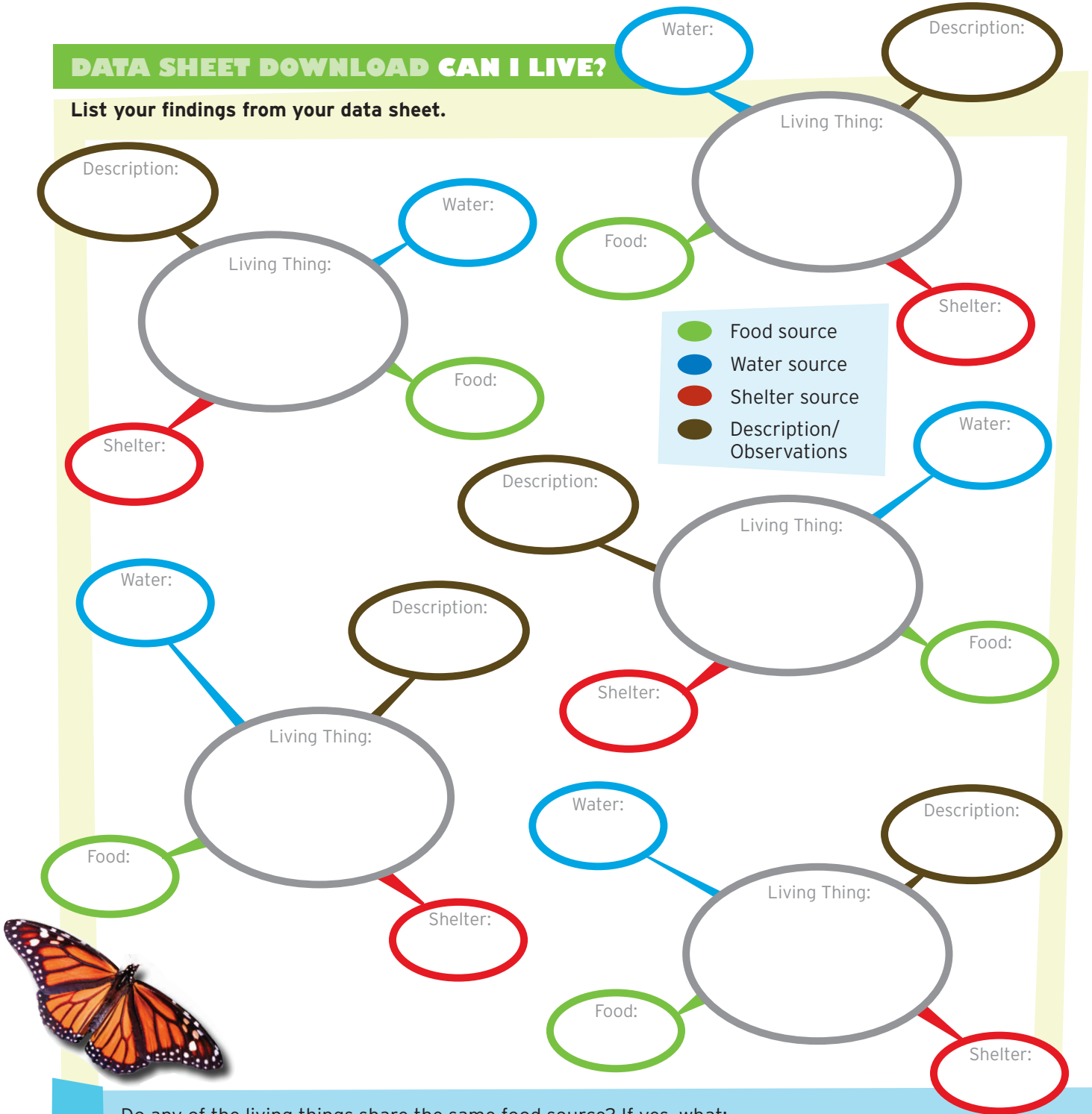
Plug in your findings from the Unit 1 data sheet. Then go out and identify the resources in your community that help it live and make observations about the non-living things in your neighborhood.

	Living Thing	Food Source	Water Source	Shelter Source	Observations
1.					
2.					
3.					
4.					
5.					

	Non-Living Thing	What does it do?	What is it made of?	Why is it here?	Observations
1.					
2.					
3.					
4.					
5.					

DATA SHEET DOWNLOAD CAN I LIVE?

List your findings from your data sheet.



Do any of the living things share the same food source? If yes, what:

Do any of the living things share the same water source? If yes, what:

Do any of the living things share the same shelter source? If yes, what:

Do you share any food, water or shelter sources with any of these living things? If yes, what:

Name _____

Date _____

homework

HOME ENVIRONMENT SURVEY

As you begin to learn more about your neighborhood, it's a great time to investigate your home environment. Is there nature in your home? What are the living and non-living things in your home? What kind of resources do you depend on for survival in your home?

Pretend you are a scientist assigned to investigate your home by answering the questions below:

Food

Where do you store your food to keep it fresh? _____

How do you cook your food? ___ on a stove (___ gas ___ electric ___ wood)
___ microwave ___ other: _____

Do you grow any of the food you eat? ___ yes ___ no

If yes, what: _____

Water

Where do you get your drinking water? ___ bottles ___ tap ___ other: _____

Shelter

Where do you live? ___ apartment ___ house ___ other: _____

Waste

Do you have trash pickup? ___ yes ___ no By whom? ___ city ___ private

Recycling

Do you have recycling pickup? ___ yes ___ no By whom? ___ city ___ private

Living Things Found in Your Home

	Want	Need	Natural	Human-made	Observations
1.					
2.					
3.					
4.					
5.					

Non-Living Things Found in Your Home

1.					
2.					
3.					
4.					
5.					

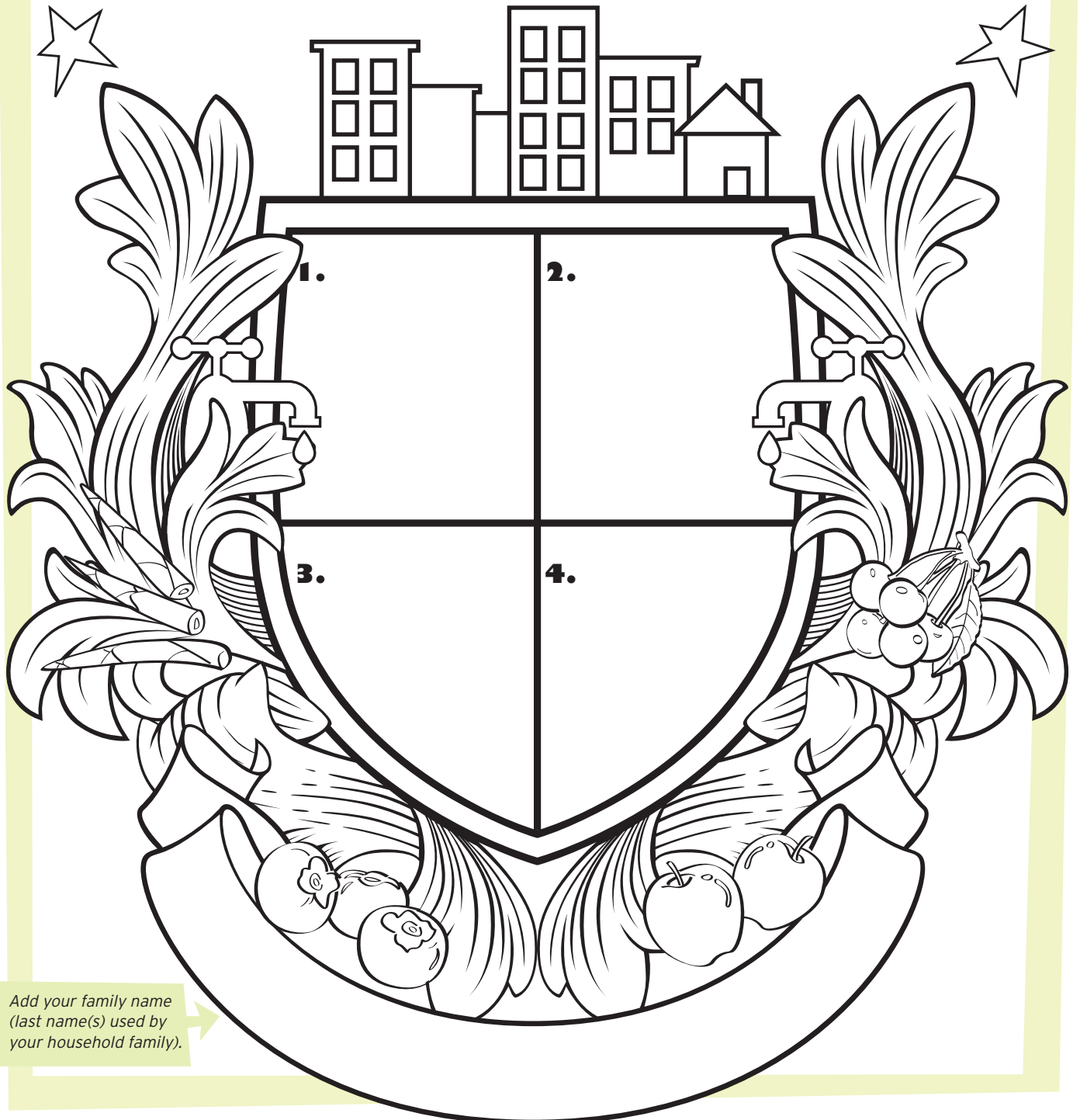
Name _____

Date _____

homework

FAMILY SURVIVAL CREST

1. Draw a picture of your apartment building or house (your shelter source) in box #1.
2. Write or draw 3 things your family eats to survive (your food source) in box #2.
3. Draw where you and your family get your water (your water source) in box #3.
4. If your family became a musical band, what would your name be? Write it in box #4.



Add your family name (last name(s) used by your household family).

YOU THINK YOU'RE SOOO SMART!

How many of the questions below can you answer?

HOW TO PLAY

1. Form two teams.
2. Decide which team will go first.
3. In teams, take turns selecting a question.
4. On your team's turn, read selected question out loud. You have 20 seconds to provide your answer.
5. If your answer is correct (determined by the teacher or adult leading the game), the point value of the question is added to your team score. In the event of an incorrect answer, the question is finished, the correct answer is given and it becomes the next team's turn.
6. Continue until all questions have been answered. The team with the most points wins.

PIECE OF CAKE

100 points

True or false:
You need PlayStation® to live.

100 points

Name 5 things you can recycle in your city.

100 points

Where does trash in trash cans go in your city?

I KNOW, I KNOW!

200 points

Define:
Survive

200 points

Define:
Habitat

200 points

Define:
Energy

I AM SOOO SMART...!

300 points

Name 1 non-living thing in your neighborhood. Describe what it does and what it is made of.

300 points

What is another name for a fire hydrant in NYC?

300 points

Name 3 things that make New York City a great habitat for rats.

BONUS

350 points

Define:
Ecosystem

350 points

Where do black rats come from?

350 points

Where do cockroaches come from?

Unit 3



challenge:

Where is water in your community?
Where does it come from and go?
How do you depend on water?
How does it depend on you?

IF WATER COULD TALK

vocabulary

Precipitation: When atmospheric water falls under gravity. Main forms include drizzle, rain, sleet, snow and hail.

Watershed: The land area where all the water “runoff” from rain and melting snow or ice drains to a single place like a river, lake or ocean.

Impervious: A surface water cannot soak through. Examples: sidewalks, roads and parking lots.

Pervious: A surface water can soak through. Examples: grass, soil and sand.

Runoff: Water that doesn't soak into the ground and instead moves to the lowest point.

Groundwater: Underground water that is held in the soil and pervious rocks.

Reservoir: A place for storing a fluid or regulated water.

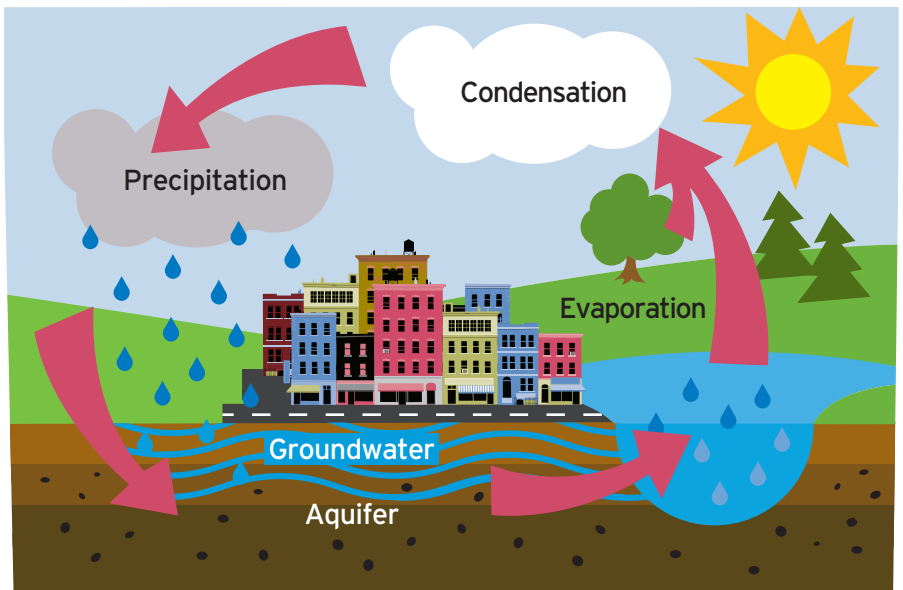
Evaporation: When water is changed from its liquid form and joins the atmosphere.

Pollution: The act of dirtying the pureness or cleanliness of something.

Toxic: Capable of causing injury or death, especially by chemical means; poisonous.

Student Word:

Water on earth today has been here for millions of years. Because of the water cycle, water moves from the earth to the air to the earth again and again in a never-ending cycle. Water keeps moving and changing from a solid to a liquid to a gas, over and over again.



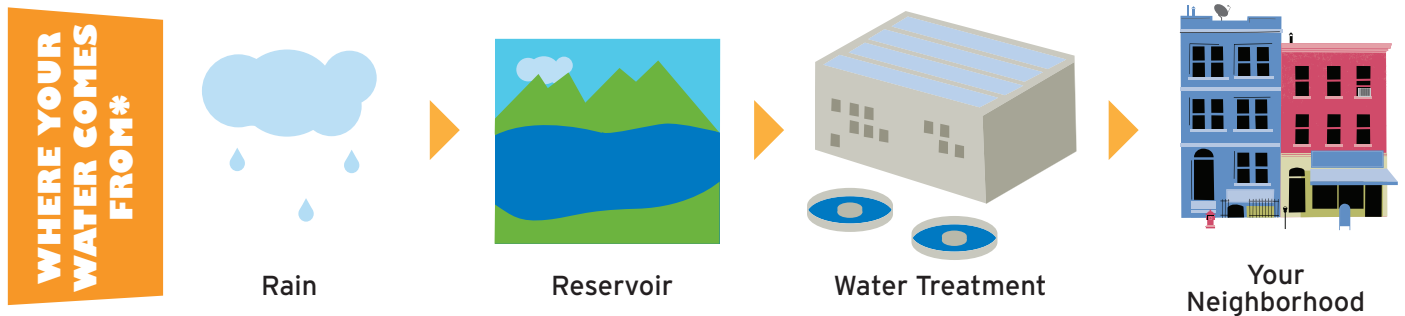
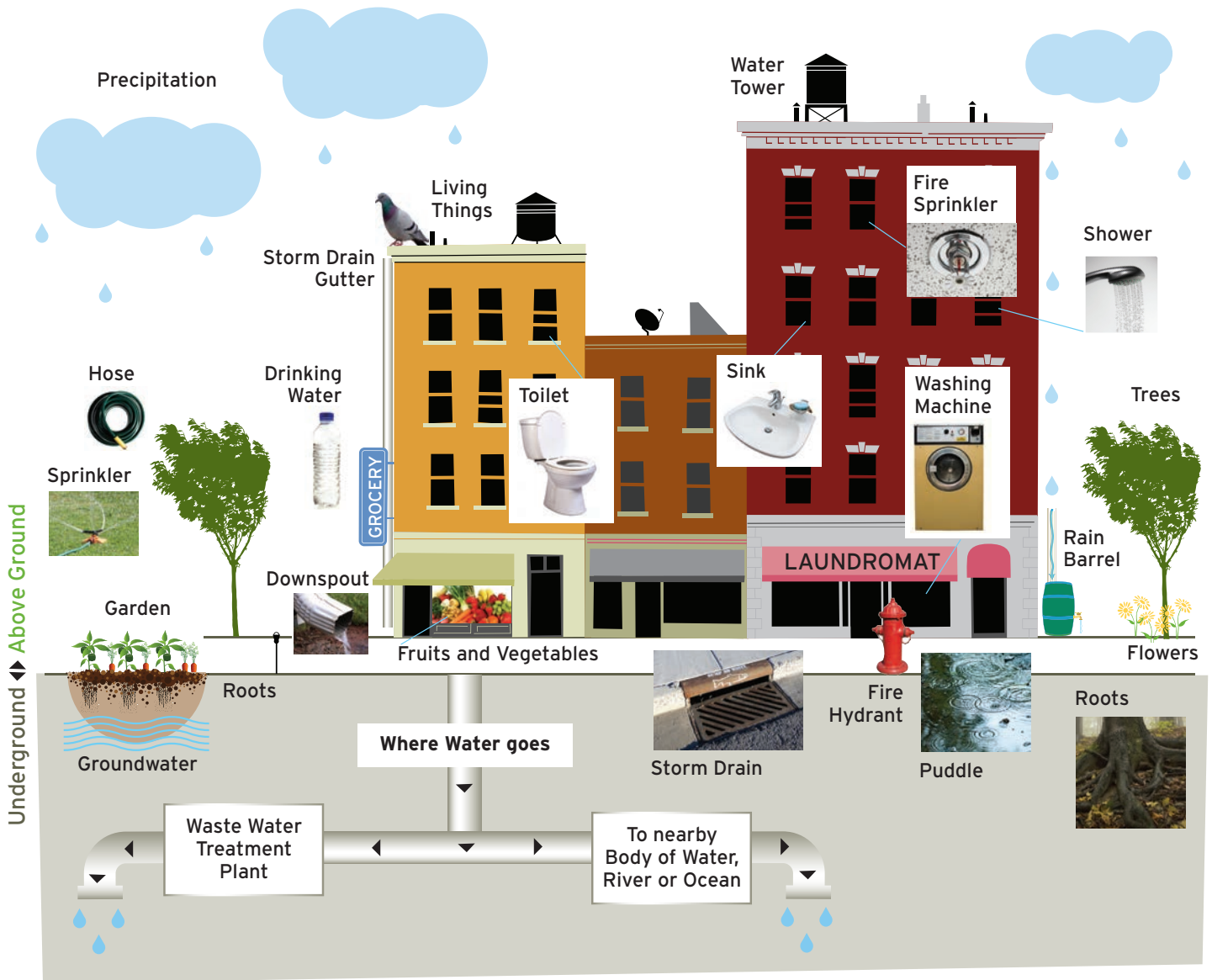
READY, SET, WRITE...

In 60 seconds or less, write below all of the ways you use water.

A grid of eight white water drop shapes arranged in two rows of four, set against a light blue background. This is intended for students to write down ways they use water.

URBAN SCENE

Water is everywhere around us and allows us to survive.



The water you get from your faucet can come from two places - from the water in lakes or rivers (**surface water**) or from water that comes from wells (**groundwater**). Many people who live in large cities or towns get their water for drinking from lakes and rivers. But most people in the United States get their drinking water from groundwater after passing through an aquifer.

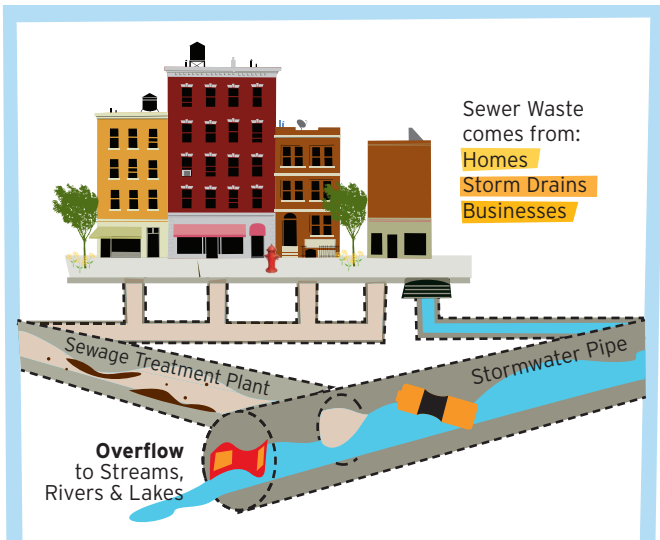
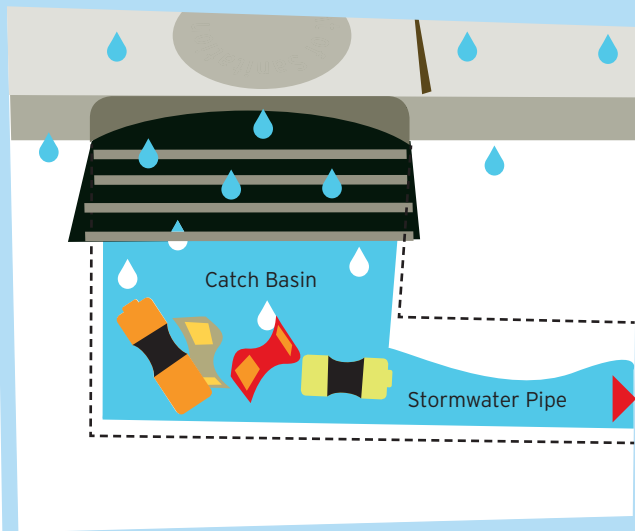
* Water sources and processes vary by city.

STORMWATER AND WASTEWATER

Each time something is dropped on an **impervious** surface like a sidewalk, no matter what it is, it can end up washing away and become a part of **stormwater runoff**.



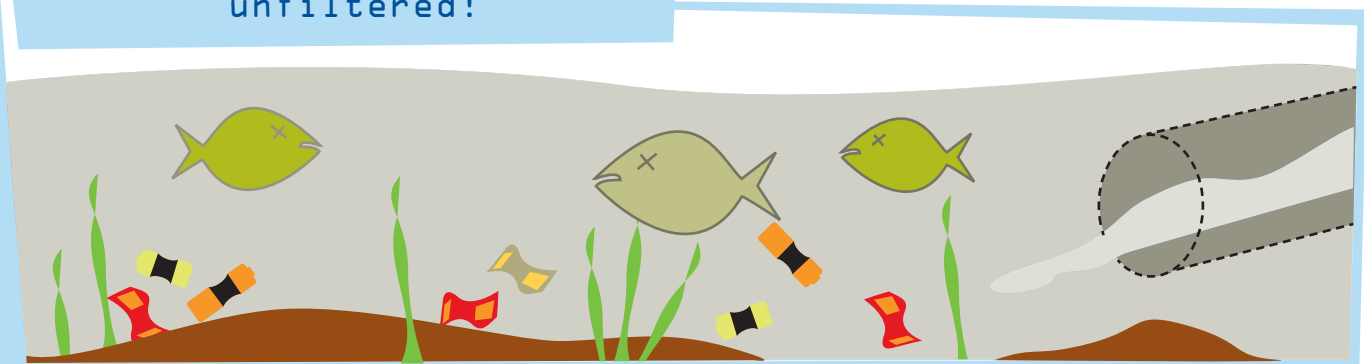
Storm drains were created to catch rainwater to keep streets from flooding. Most storm drains empty out into a nearby body of water.



Combined Sewer Overflows

(CSOs) are when an overflow of sewage from pipes carrying raw sewage (toilet water) to a sewage treatment plant mix with a stormwater pipe. This usually happens when there is heavy rain and pipes become “backed up” and then mix and empty out into a nearby body of water.

Everything that goes into the storm drain ends up in our waterways **unfiltered!**



Date _____ Time of Day _____

Weather: Sunny Cloudy Rainy Other _____

Cold Warm Hot Temperature _____



Visit <http://water.epa.gov/type/watersheds/address.cfm> and investigate your school to answer the questions below.

Your Name:
Watershed Address:
Closest body of water to you:
Next closest body of water to you:
Closest ocean to you:

List 5 different ways you use water:	How many of each is in your school or home?	
1.	Toilets	
2.	Sinks	
3.	Water Fountains	
4.	Sprinkler Hoses	
5.	Fire Hydrants	
Where do you get your drinking water? Find out at http://water.epa.gov/drink/local/index.cfm	Other:	
	How many bathrooms are in your school?	
	Girls	
	Boys	
Where does your shower water come from?	How many fire hydrants are on your street?	
Where does water go when you flush your toilet?	How many storm drains are on your street?	
Where does water go when it leaves your sink?	Does your school have a water meter? ___ Yes ___ No ___ I don't know	
How many gallons of water a month does your school use?		

DATA SHEET DOWNLOAD WATERSHED WALK: IF WATER COULD TALK

List your findings from your data sheet.

Where is water in your neighborhood?

Example:

Puddle

Where does it come from?

Rain

What does it do?

Drinking water
for birds

Where does it go?

It evaporates
in the Sun



FUN FACTS

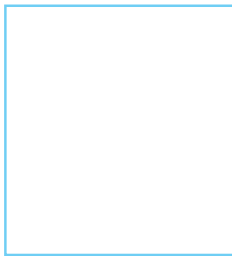
Without water the Earth would look like the moon.

All living things need water to survive. People can live several weeks without food, but only a few days without water. We should drink 6 to 8 glasses of water each day!

Water makes up 83% of our blood, 70% of our brain and 90% of our lungs. Overall, our bodies are 70% water.

A tomato is about 95% water. An apple, a pineapple and an ear of corn are each 80% water.

WATERSHED ID



Name _____

Age _____

Favorite # _____

DRAW YOURSELF HERE

Watershed Address:

Nearest Body of Water _____

Next Closest Body of Water _____

Ocean _____

Your Signature _____

Date _____

Name _____

Date _____

homework

WATER USE SURVEY

We all need water to stay clean and alive. We use water every day in many different ways. Do you know how much water you use each day?

How many 8oz. glasses of water are in one gallon of water?



+



+



+



+



+



||



= 8oz. glass of H₂O



= 1 gallon of H₂O

Domestic Water Use

Estimated Gallons of Water Used

Keeping clean

Washing hands and face

Tap running
2-5 gallons per minute

Showering

Water running
5 gallons per minute

Taking a bath

Full tub
30-40 gallons total

Brushing teeth

Tap running
2 gallons per minute

Preparing food

Washing food

Water running
5 gallons per minute

Cooking

Approximate your use

Drinking

Tap water

Running water
1/4 gallon per minute

Household

Flushing the toilet

Regular flush
2-5 gallons per flush

Washing dishes by hand

Running water
20 gallons per minute

Washing clothes by machine:
Low setting

20 gallons
per complete cycle

Washing clothes by machine:
High setting

30 gallons
per complete cycle

Washing clothes by hand

20-30 gallons per minute

Name _____









Date _____

homework

WATER USE SURVEY

Calculate your daily water use. Record a tally each day, each time you do any of the following activities that require water.

I estimate that I use _____ (number) gallons of water a week.

	Toilet	Shower	Bathtub	Brush Teeth	Wash Hands	Wash Dishes	Laundry	
								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Weekly Total								
Gallons per use 	x 3	x 50	x 30	x 2	x 3	x 20	x 25	
Weekly Water Usage Total		+	+	+	+	+	+	=

I actually use _____ gallons of water a week.

This makes me feel: _____

How can I reduce my usage? _____

YOU THINK YOU'RE SOOO SMART!

How many of the questions below can you answer?

HOW TO PLAY

1. Form two teams.
2. Decide which team will go first.
3. In teams, take turns selecting a question.
4. On your team's turn, read selected question out loud. You have 20 seconds to provide your answer.
5. If your answer is correct (determined by the teacher or adult leading the game), the point value of the question is added to your team score. In the event of an incorrect answer, the question is finished, the correct answer is given and it becomes the next team's turn.
6. Continue until all questions have been answered. The team with the most points wins.

PIECE OF CAKE

100 points

True or false:
Water we use today is the same water that was used by dinosaurs.

100 points

Name 3 forms of water.

100 points

What percent of your body is water?

I KNOW, I KNOW!

200 points

Define:
Pollution

200 points

Define:
Runoff

200 points

Define:
Reservoir

I AM SOOO SMART...!

300 points

What percentage of the planet is covered with water?

300 points

Define:
Watershed

300 points

What does CSO stand for?

BONUS

350 points

How many 8 oz. glasses of water equal one gallon?

350 points

Approximately how many gallons do you use each time you flush the toilet?

350 points

Name 5 places you can find water in your community.



challenge:

Where is food in your neighborhood?
Where does it come from?
How is the food connected to seeds?

SEED TO ME

vocabulary

Pollination: The transfer of pollen from the stamen to the pistil.

Seed: The source of new plants that forms when flowers develop fruits after pollination.

Germination: Sprouting, when a seed begins to grow into a plant.

Agriculture: Growing plants and raising animals for food and other materials, like clothing fiber.

Diet: Everything that you eat and drink.

Whole Food: Food that has not been altered or has not had ingredients added to it.

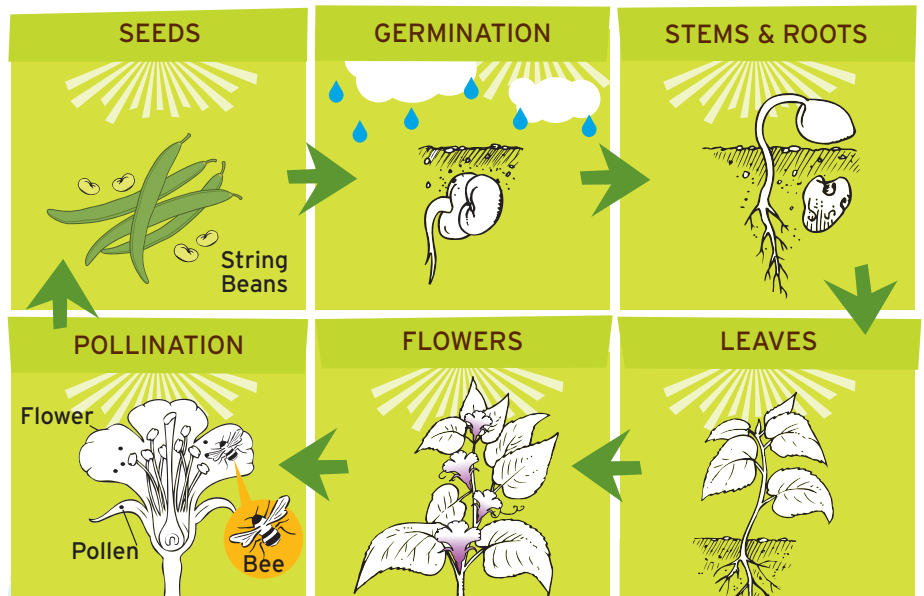
Slow Food: Food that is grown locally, on small farms and in gardens.

Organic: Process of growing that does not use toxic chemicals.

Processed Food: Food that has been changed from its natural state so it is easier to store, transport and prepare for eating. Processing can reduce the nutritional value of food.

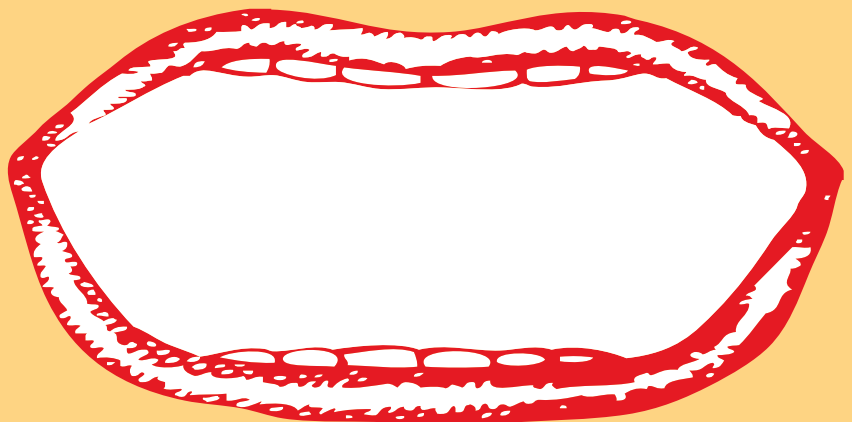
Fast Food: Preheated or precooked food served very quickly in large quantities, sold in stores and restaurants.

Most of everything that we eat can be traced to a seed. Dry seeds are asleep. To wake them up, all you need to do is give them water or plant them in the ground at the right time of year. All seeds need sunshine, good soil, nutrition and water to become plants that grow, bloom and produce seeds and fruit. The parts of the plant that we eat are then harvested and brought home, to a store or to a restaurant.



READY, SET, WRITE...

In 60 seconds or less, write all of your favorite foods.



URBAN SCENE

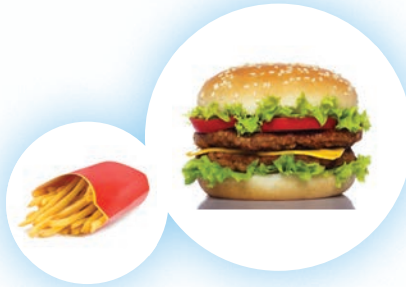
Visit http://www.usda.gov/wps/portal/usda/usdahome?navid=YOUTH_RESOURCES to learn more about food and how it is grown.

Breakfast



Cereal & Milk

Lunch

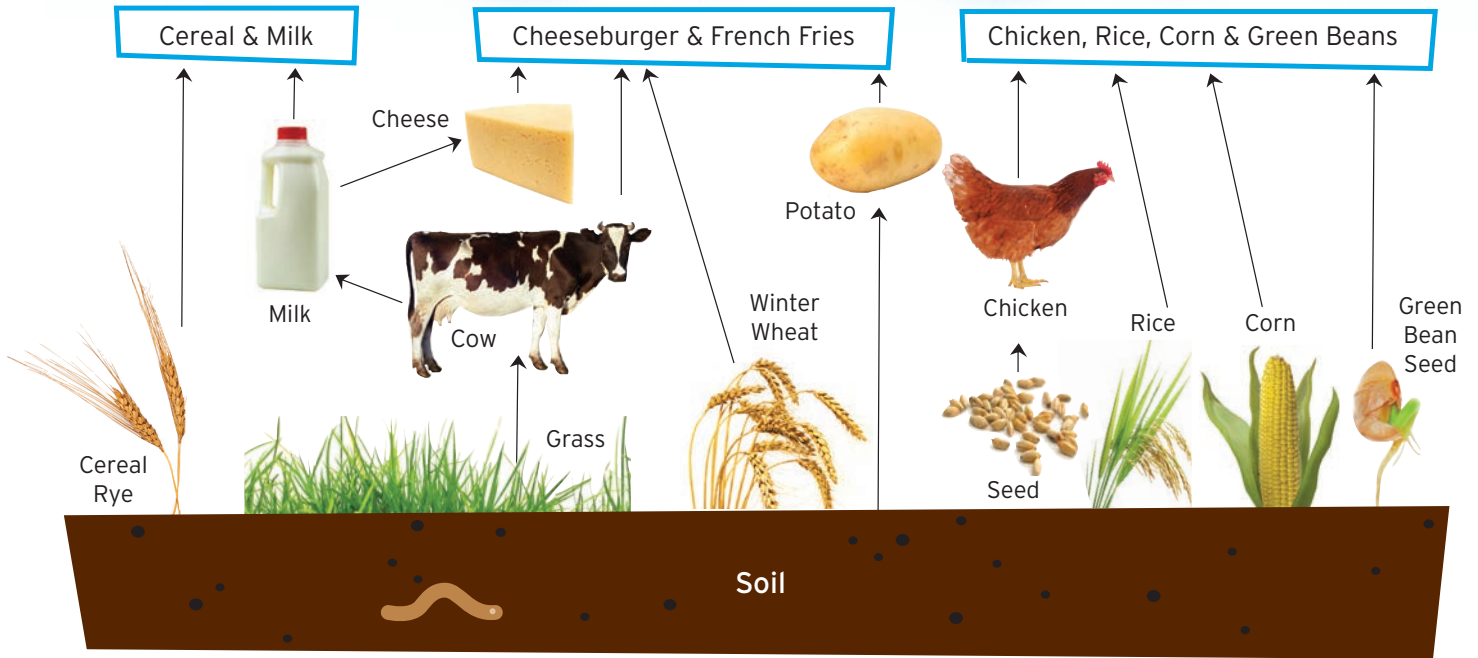


Cheeseburger & French Fries

Dinner



Chicken, Rice, Corn & Green Beans



HOW IS OUR FOOD PROCESSED?

A. Wheat
Mature Plant



C. Flour
Seeds have been ground



E. Uncooked Pasta
Roll the Dough



G. Ready to Eat!
Serve the Meal



B. Wheat Seeds
Separated from Plant



D. Dough
Mix Flour and Eggs



F. Cooked Pasta
In Boiling Water



Date _____ Time of Day _____
 Season _____ Weather _____



Log all of the places you can find food in your community.

No.	Name	Type	Place	Comments
1	Example: McDowell's	4	B	They are open 24 hours.

Types of Food Sold	Code
Chinese	1
Italian	2
Dominican	3
American	4
Japanese	5
Mexican	6
Venezuelan	7
Other:	8

Places food is sold	Code
Corner Store	A
Restaurant	B
Carry Out or Fast Food	C
Grocery Store	D
Fresh Food Market	E
Sidewalk Cart or Stand	F
Garden	G
Other:	H

Date _____ Time of Day _____

Season _____ Weather _____



Choose a store on your street where you buy most of your food. Survey what food is available in the store.

Store Name: _____

Address: _____

Type: ___ Corner Store ___ Grocery Store ___ Market ___ Cart/Stand ___ Other: _____

Meats: ___ Local ___ Other Vegetables: ___ Local ___ Other Fruits: ___ Local ___ Other

Fruits	✓	★	Fresh	Frozen
Apples				
Avocados				
Bananas				
Cherries				
Cucumbers				
Grapes				
Lemons				
Limes				
Melons				
Oranges				
Peaches				
Pears				
Peppers				
Pineapples				
Plantain				
Plums				
Squash				
Strawberries				
Tomatoes				
Zucchini				

Meats	✓	★	Fresh	Frozen
Beef				
Chicken				
Fish/Seafood				
Pork				
Turkey				

Spices/Herbs	✓	★	Fresh	Dry
Basil				
Garlic				
Cilantro				
Ginger				
Mint				
Oregano				
Parsley				
Red Pepper				
Black Pepper				

Vegetables	✓	★	Fresh	Frozen
Asparagus				
Broccoli				
Carrots				
Cauliflower				
Celery				
Chard				
Corn				
Kale				
Lettuce				
Mushrooms				
Onions				
Potatoes				
Spinach				
Yam				
Yucca				

Grains	✓	★
Cereal		
Oats		
Rice		
Wheat Bread		
White Bread		





Dairy	✓	★	Fresh	Frozen
Cheese				
Ice Cream				
Milk				
Yogurt				

Snacks	✓	Healthy	Un-healthy
Candy/Gum			
Chips			
Cookies			
Crackers			
Dried Fruits			
Granola Bars			
Pretzels			
Soda			

✓ - Have it ★ - Organic

Ask someone that works at the store about where some of your favorite items come from.

Looking at your data sheet, fill in how many places you found food in your neighborhood in the rectangles below. Then, color in the number of boxes to equal the number of places you found.

	Example: C. Carry Out	A. Corner Store	B. Restaurant	C. Carry Out	D. Grocery Store	E. Market	F. Cart or Stand	G. Other	H. Other
Total Number Found	4								
10									
9									
8									
7									
6									
5									
4									
3									
2									
1									

What's the most common place to find food in your neighborhood?

THE COMPOSTING PROCESS

Green Materials

- fruit and vegetable scraps
- green plants
- coffee grounds and filters
- fresh grass clippings
- horse manure

Brown Materials

- fallen leaves
- pine needles
- sawdust
- straw and hay
- shredded newspaper
- egg shells
- old potting soil

NEVER add to compost

Unacceptable Materials for your compost pile

- meat and fish scraps
- cheese and dairy products
- fats, oils and grease
- dog and cat waste
- cat litter
- dead animals
- large branches
- pressure-treated lumber
- invasive weeds
- weeds with seeds
- pesticide-treated plants
- diseased plants
- sand
- coal and charcoal ashes
- colored or glossy paper
- plastics, metals and glass

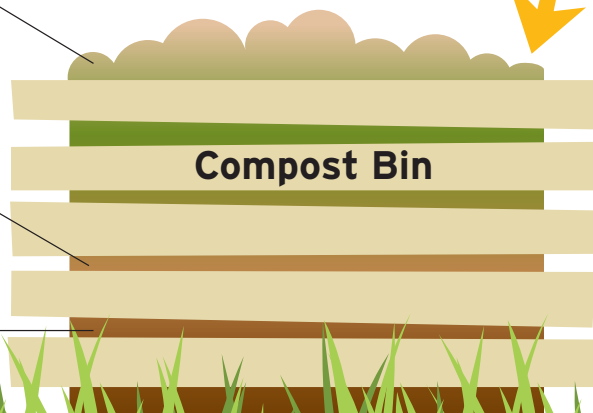
Warm Phase

- Microbes
- Bacteria

Cool Phase

- Microbes, Earthworms, etc.
- Fungi

Mature Compost



Name _____

Date _____

homework

Family Household Name:

Number of members:

Do you belong to a Community Supported Agriculture?
 Yes No I don't know

Circle how many times a week you shop for food: 1 2 3 4 5 6 7 8 9 10

Cooking Habits	Always	Sometimes	Never	Wish We Did	Comments
We cook our meals fresh					
We microwave a lot of our food/meals					
We go out of the house to eat					
We order precooked meals from carry outs/restaurants					
We cook meals together as a family					
We eat leftovers					

Eating Habits	Always	Sometimes	Never	Wish We Did	Comments
We eat together as a family, at a table					
We eat individually whenever we are hungry					
I eat whatever I want, whenever I want					

Family Traditions	Always	Sometimes	Never	Wish We Did	Comments
We prepare special meals on holidays					
Family members that do not live with us come over to eat meals with us					
We have cookouts, picnics and other outdoor meals					
My family teaches each other how to cook					

Name _____

Date _____

homework

KITCHEN INVENTORY

Take an inventory of the food in your kitchen at home. Check if it is fresh, frozen or organic and how you prepare it. Check more than one box if needed.

Fresh	Frozen	★	Meat	Baked	Fried	Grilled	Boiled	Sauce (dressing, gravy, cheese)
			Beef					
			Chicken					
			Fish/Seafood					
			Pork					
			Steak					
			Turkey					

Fresh	Frozen	★	Vegetables	Baked	Fried	Grilled	Boiled	Sauce
			Corn					
			Broccoli					
			Spinach					
			Carrots					
			Salad					
			Greens					
			Cabbage					
			Potatoes					

Box	Scratch	★	Sides	Baked	Fried	Grilled	Boiled	Sauce
			Macaroni					
			Pasta					
			Rice: white/yellow/brown					
			Beans					

Spices/Herbs	Fresh	Dried
Basil		
Garlic		
Cilantro		
Ginger		
Mint		
Oregano		
Parsley		
Red Pepper		
Pepper		
Salt		

Sauces	Fresh	Bottled
Ketchup		
Mustard		
Hot Sauce		
Soy Sauce		
Salsa		
Honey		

Beverages	Fresh	Bottled
Water		
Juice		
Soda		
Other		

Fresh	Frozen	★	Fruit
			Apples
			Bananas
			Oranges
			Strawberries
			Watermelon

Fresh	Frozen	★	Fruit
			Grapes
			Peaches
			Pears
			Tomatoes

Other Favorites

★ - Organic

YOU THINK YOU'RE SOOO SMART!

How many of the questions below can you answer?

HOW TO PLAY

1. Form two teams.
2. Decide which team will go first.
3. In teams, take turns selecting a question.
4. On your team's turn, read selected question out loud. You have 20 seconds to provide your answer.
5. If your answer is correct (determined by the teacher or adult leading the game), the point value of the question is added to your team score. In the event of an incorrect answer, the question is finished, the correct answer is given and it becomes the next team's turn.
6. Continue until all questions have been answered. The team with the most points wins.

PIECE OF CAKE	I KNOW, I KNOW!	I AM SOOO SMART...!	BONUS
<p>100 points</p> <p>True or false: Meat goes in the compost bin.</p>	<p>200 points</p> <p>Define: Diet</p>	<p>300 points</p> <p>What are the 4 key things a seed needs to grow?</p>	<p>350 points</p> <p>What does it mean to compost?</p>
<p>100 points</p> <p>Name 3 examples of whole food.</p>	<p>200 points</p> <p>Define: Germination</p>	<p>300 points</p> <p>Name 5 foods that grow in a garden.</p>	<p>350 points</p> <p>Define: Organic</p>
<p>100 points</p> <p>Name 3 examples of fast food.</p>	<p>200 points</p> <p>Define: Pollination</p>	<p>300 points</p> <p>What does USDA stand for?</p>	<p>350 points</p> <p>Name one food that does NOT come from a seed.</p>

Unit 5



challenge:

What's good in your neighborhood?
What's not so good?
What can you do to make it better?

DON'T SHOUT, SPEAK OUT

vocabulary

Communication: The exchange of thoughts, messages or information using speech, signals, writing or behavior.

Activism: The use of direct action in opposition to or support of a cause.

Human Rights: The basic rights to the freedom of speech, thought and expression.

Process: A series of actions that brings about a change or a result.

Debate: To engage in an educated argument by discussing opposing points.

Law: A system of rules and guidelines.

Policy: A plan meant to influence and determine decisions, actions and other matters.

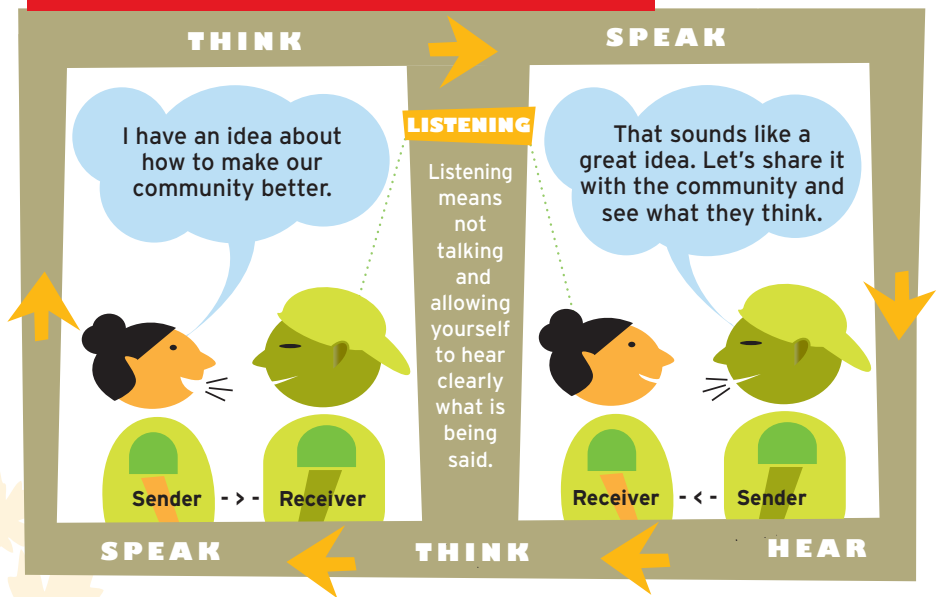
Democracy: Government by the people, exercised either directly or through elected representatives.

Justice: The upholding of what is fair.

Council: A group of people elected or appointed to serve as advisors on an issue.

Have you ever wanted to make something better in your community? Have you ever voiced your opinion on something and no one listened? The first step to being heard is having your facts straight and gaining the support of friends, family and/or your community. While people may not always agree with you, you still have a right to voice your opinion in a respectful and informed way.

THE COMMUNICATION PROCESS



READY, SET, WRITE...

In 60 seconds or less, write the ways you can make your community a better place.



URBAN SCENE

Let your voice be heard.



You have an idea!

You investigate your idea.

Is it based in truth? How do you know? Do other people feel this way?
Has someone had this idea before? What did they do about it?



You share it with your family, friends and community.



You decide if it is a **Local, State** or **National Issue**.

Local Issue

State Issue

National Issue

Share it by **writing a letter, making a phone call** or **attending a meeting** with your **Elected Official**.

Elected Officials are people who are selected by vote to represent the voice of the community.



Local Officials

Community Leader

Council Member(s)

Mayor

State Officials

State Assembly Representative

State Senator

Governor

Federal Officials

U.S. Representative

U.S. Senator

President of the United States

A change for the better in your community.

Date _____

data

WHO DO YOU TELL?

Go to www.congress.org to complete this page and fill out the names and telephone numbers of your representatives.

Federal Officials	Office	Name(s)	Contact Number(s)
	Example: President of your Country	Example: President Barack Obama	Example: (202) 456-1414
	U.S. Senator		
	U.S. Representative in Congress		

State Officials	Office	Name(s)	Contact Number(s)
	Governor		
	State Senator		
	State Assembly Representative		

Local Officials	Office	Name(s)	Contact Number(s)
	Mayor of your City/Town		
	Council Member(s)		
	Community Leader		

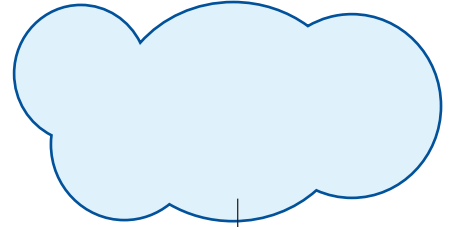
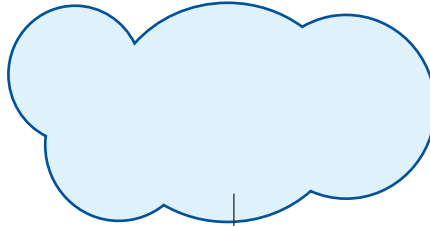
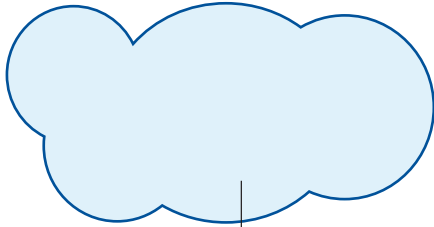
Do you know of any community groups in your neighborhood that help defend your rights?

Date _____

data

WHAT'S GOOD IN YOUR HOOD?

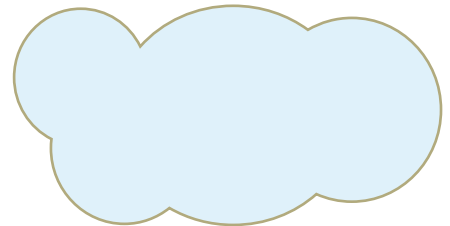
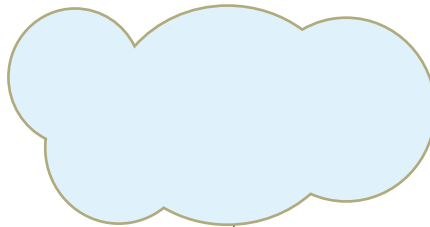
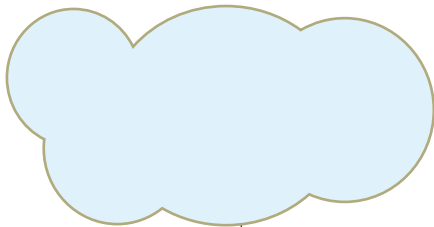
Name 3 things.



What can you do to keep things good in your neighborhood?

WHAT IS NOT-SO-GOOD IN YOUR NEIGHBORHOOD?

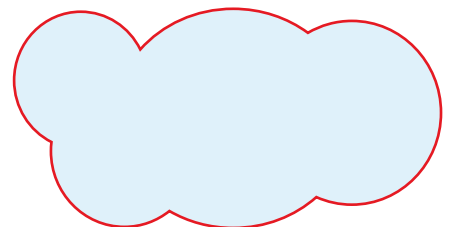
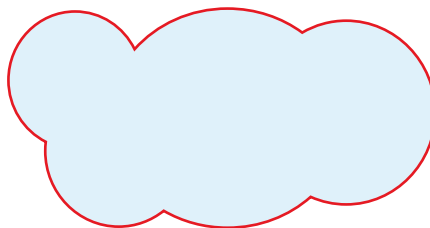
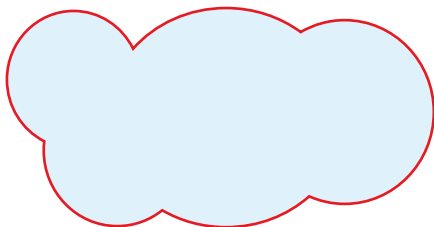
Name 3 things.



What makes them not-so-good?

WHAT CAN YOU DO TO MAKE THEM BETTER?

Name 3 things.



Who can help you make them better?

DATA SHEET DOWNLOAD WRITE A PERSUASIVE LETTER

Fill in this letter with information from your data sheet (opposite page).

Dear _____,

(Who would you like to tell or get support from?)

Since (date you started investigation) _____, I have been investigating my community and learning a lot of new things about what is good and not-so-good in my neighborhood.

Some of the good things are:

Some of the not-so-good things are:

Here are some ideas I have about making them better:

You can help me by _____.

Thank you for taking the time to read my letter. I look forward to hearing back from you.

Sincerely,



Name 3 issues in your community.

**ASK NOT
WHAT YOUR
COMMUNITY
CAN DO
FOR YOU,
BUT
WHAT YOU
CAN DO
FOR YOUR
COMMUNITY.**

Issue	Who can handle it in your community?			What do you do?
	Me	Community	Elected Official*	
Example: Traffic light doesn't work	✓	✓		Call 311 or the Department of Transportation
1.				
2.				
3.				

* **Elected Officials** are people who are selected by vote to represent the voice of the community.

Name _____

Date _____

homework

WHO'S IN CHARGE?

Household rules are important in helping to keep order in your home environment. While we may not like rules, rules are meant to make sure your family stays safe and healthy. Do you have rules in your home environment? If yes, list your family's top 3 rules below:

Sample Rules: No running in the house, no TV until homework is done, etc.

Rule 1:

Rule 2:

Rule 3:

Who is in charge of your household? Check off if they make and/or enforce the family rules in your home environment.

Makes the Rules

Enforces the Rules

Who is first in charge?

Who is second in charge?

Who is third in charge?

	Yes	No	If yes, what time?	Why?
Do you have a bedtime on school nights?				
Do you have a curfew/a time you have to be in the house?				
Do you have a time you have to wake up?				
Do you have to turn the TV off by a certain time?				

What happens if a rule is broken?

What can you do about a rule you do not like?



Name _____


Date _____

homework

IMPORTANT PHONE NUMBERS

In an emergency, you need to know important information fast. Make and keep this list of important phone numbers handy so you are prepared for emergencies.

Place	Name	Number(s)	Notes
Emergency/Police		911	Call in an emergency only!
			Call when we need help.
Nearest Hospital			
Family Member(s) cell phone number(s)			
Electricity/Power Company			In the event of a power outage.
Bureau/Department of Sanitation			Their responsibilities include garbage and recycling collection, street cleaning and snow removal.
Water Company/ Public Utilites			Their responsibilities include providing water, water treatment, etc.
Your family doctor or healthcare provider			
School			
			
			

 Other places important to you.

YOU THINK YOU'RE SOOO SMART!

How many of the questions below can you answer?

HOW TO PLAY

1. Form two teams.
2. Decide which team will go first.
3. In teams, take turns selecting a question.
4. On your team's turn, read selected question out loud. You have 20 seconds to provide your answer.
5. If your answer is correct (determined by the teacher or adult leading the game), the point value of the question is added to your team score. In the event of an incorrect answer, the question is finished, the correct answer is given and it becomes the next team's turn.
6. Continue until all questions have been answered. The team with the most points wins.

PIECE OF CAKE

100 points

Name of website that provides vital information about your Council Member.

100 points

Name one thing that is good in your neighborhood? Why?

100 points

Explain the communication process.

I KNOW, I KNOW!

200 points

Define:
Law

200 points

Define:
Communication

200 points

Define:
Democracy

I AM SOOO SMART...!

300 points

Who do you call if there is a power outage in your neighborhood?

300 points

Who do you call if your street needs snow removal?

300 points

Who do you call if there is a traffic light out in your neighborhood?

BONUS

350 points

Define:
Human Rights

350 points

Who is the mayor of your city?

350 points

Who is the governor of your state?



YOU'RE A STAR!

I completed this workbook on:

month	day	year
-------	-----	------

Thank you for taking the time to find out what's good in your hood.

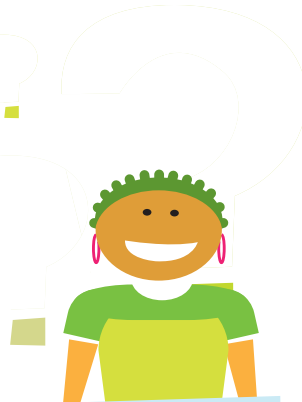
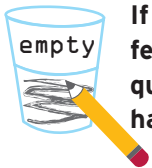
At the beginning of the workbook we asked you the questions below. Answer them again and compare your answers to see if you have made any changes since completing this workbook.


Each question will ask you how you feel about your neighborhood.

If you have a **positive** feeling about the question, make the glass half full.



If you have a **negative** feeling about the question, make the glass half empty.



Can you?	Yes	No
Cook 		
Swim		

Do you?	Yes	No
Care for a pet		
Care for a garden		
Like to go camping		

Do you recycle?	Yes	No
Aluminum cans		
Plastic bottles		
Paper		
Cardboard 		
Clothes		

Have you ever?	Yes	No
Planted a tree		
Cared for a tree		
Visited another country		
Been on TV		
Been on the radio		
Met a famous person		

SURVEY: WHAT DO YOU THINK?

How do you feel about...

...how your neighborhood looks? Is there a lot of trash?



...how your neighborhood feels? Is it safe?



...the type of food you have access to in your neighborhood?



...the amount of parks and green spaces to use in your neighborhood?



PLAN OF ACTION BLUEPRINT


Now that you have some ideas about what you can do to make your neighborhood better, you need a plan of action.

This page is meant to help you think and plan out your idea. This is only the beginning. You will need to do more than just think about your idea; you will need to get the support of your community to help you plan action steps to make your idea possible. If this process seems hard to do, think about all the people you will be helping and all of the people that will be willing to help you. **Stay strong** and **keep your eyes on the prize!**

Problem:

Suggested Solution (Check out: <http://www.dosomething.org/project/make-your-community-better-place-to-live>):

Action Steps	Who will do it	Timeline	Resources	Notes
		By When? (Day/Month)	A. Resources available B. Resources needed	
Step 1:			A: B:	
Step 2:			A: B:	
Step 3:			A: B:	
Step 4:			A: B:	
Step 5:			A: B:	

 If your plan calls for more than 5 steps, please continue planning on additional sheets of paper.

Use this page for inspiration and motivation. Below are some quotes and links. Fill in the sticky notes with your own quotes, notes and resources.

POSITIVE ATTITUDE

MAKE YOUR COMMUNITY A BETTER PLACE TO LIVE BY CONTRIBUTING TO THE WORLD AROUND YOU.

- Value and honor other people
- Listen to different points of view
- Be helpful, fair, caring and compassionate
- Share your time in the community and make it safer, cleaner and better

Tips for sharing your ideas for change.

- Practice by sharing with friends.
- Be confident and respectful.
- Be creative.
- Make eye contact with the listener.
- Use humor but keep it quick.
- Always keep a copy of your plan nearby.
- Keep your eyes on the prize!

WHETHER YOU
THINK YOU CAN,
OR THINK YOU CAN'T,
YOU'RE RIGHT.

— Henry Ford



PLACES TO GET HELP/SUPPORT

Churches	Libraries
Parks	Community Centers
Businesses	Police Stations
Schools	Community Colleges
Girl Scouts	Boys & Girls Clubs
Boy Scouts	



Interesting Links

<http://www.enchantedlearning.com/>
<http://www.planning.org/kidsandcommunity/>
<http://www.betterworld.net/>

TRASH/WASTE

What is it?



Where does Trash go?

Think about the trash/waste that you found on the ground in your neighborhood.

Is it one of these?

<p>Gently-used or outgrown clothes</p>	<p>Cans, Plastic, Paper, Cardboard, etc.</p>	<p>Food Scraps</p> <p>Meats</p> <p>Fruits & Vegetables</p>	<p>Broken Electronics, Tires, Appliances, Furniture, Cars, etc.</p>	<p>Other Waste For Example: Wrappers, Gum, Cigarettes</p>
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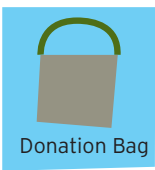
Can it be used again?

Yes

No

Where does it go?

Where does it go?



Donation Bag



Junk Yard,
Scrap Metal
Yard



Recycling Bin



Compost Bin



Trash Can

PEOPLE WHO CAN USE IT	FRIENDS OR FAMILY
CHARITY THRIFT SALE	TOO WORN TO USE. RECYCLE!

Someone gets to enjoy it, too!

RECYCLING PLANT

Paper/ Cardboard Glass
Plastics Aluminum Cans
Textiles*

Brand new resources for you to use again!

BRAND NEW SOIL

LANDFILL

Never goes anywhere, ever!

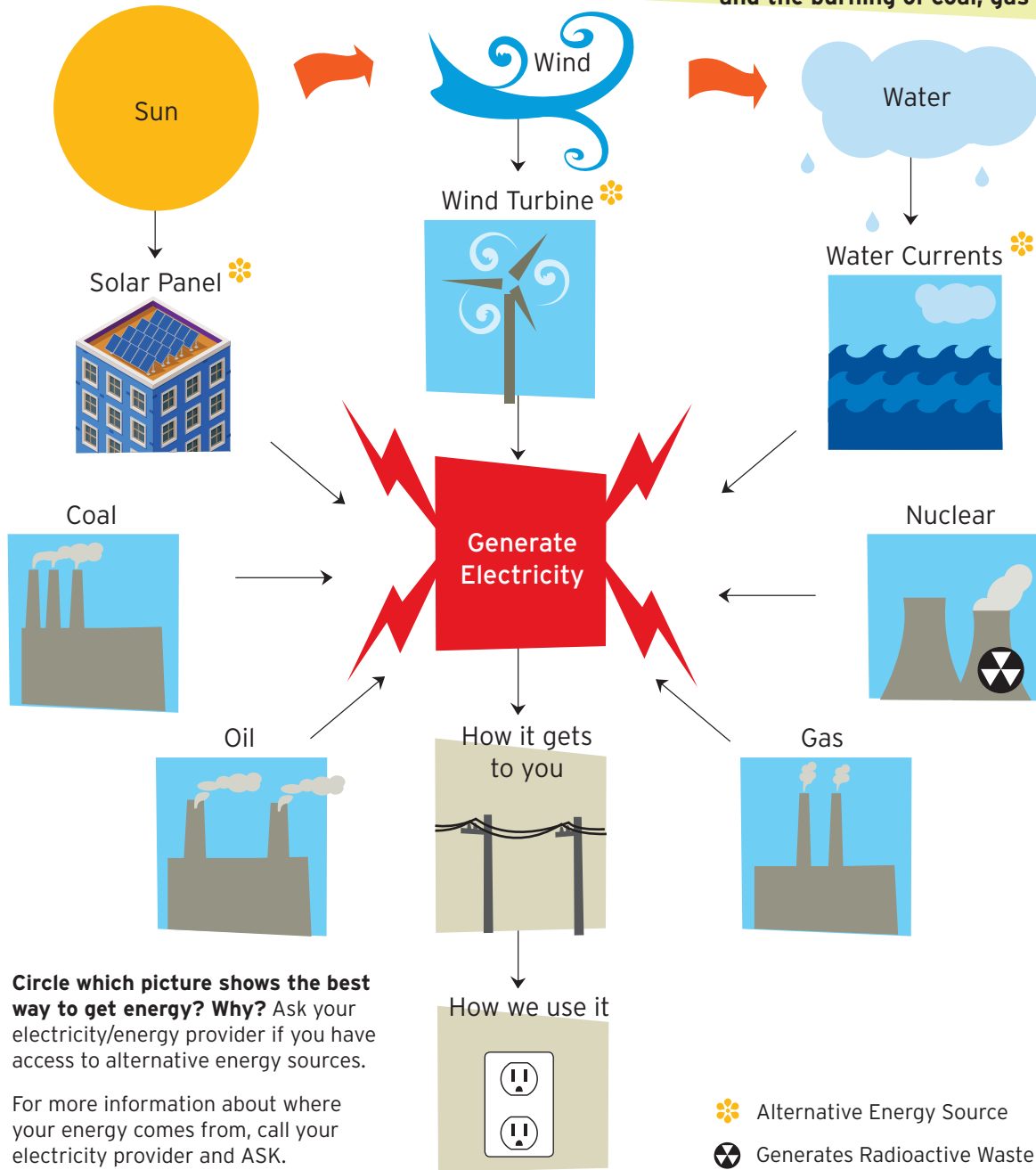
Visit http://en.wikipedia.org/wiki/Textile_recycling & <http://www.grownyc.org/clothing> to learn more about textile recycling.



Where does Energy come from?

ENERGY

Every time you use electricity or have the power to work and play you are using energy. Energy can come from Sun, wind and water, however most of the energy produced in the U.S. comes from nuclear substances and the burning of coal, gas and oil.



Circle which picture shows the best way to get energy? Why? Ask your electricity/energy provider if you have access to alternative energy sources.

For more information about where your energy comes from, call your electricity provider and ASK.



**URBAN FIELD GUIDE:
INSECTS, SPIDERS AND WORMS**



Queen Butterfly
(West)



Monarch Butterfly



Silver-spotted
Skipper Butterfly



Pearl Crescent
Butterfly



Garden Spider



Cockroach



Common Buckeye
Butterfly



Red Admiral
Butterfly



Lady Bird Beetle
(Ladybug)



Black-and-yellow
Argiope Spider



Cabbage White
Butterfly



Daddy Longlegs Spider



Praying Mantis

Black Swallowtail
Butterfly



Horse Lubber Grasshopper



Stinkbug



Fly



Bee

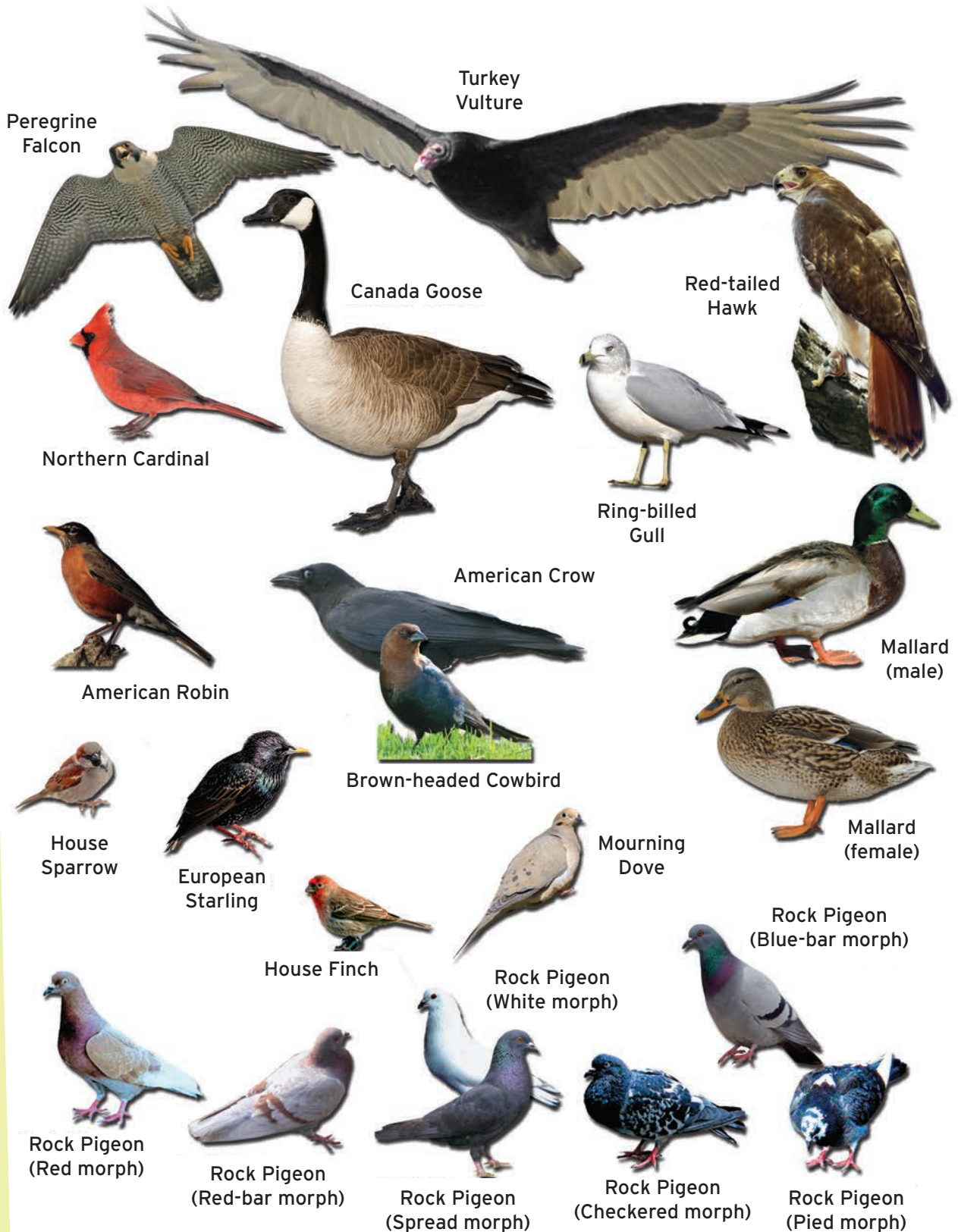


Ant



Worm

**URBAN FIELD GUIDE:
BIRDS**



**URBAN FIELD GUIDE:
REPTILES AND AMPHIBIANS**

Common Garter Snake
(Eastern variety)



Side-blotched Lizard
(West)



Western Fence Lizard
(West)

American Toad
(East)



Bullfrog



Western Toad
(West)

Leopard Frog



Painted Turtle
(East)



Eastern Box Turtle
(East)

**URBAN FIELD GUIDE:
MAMMALS**



Tree Squirrel

Brown Rat

White-tailed Deer

Mouse

Dog

Coyote

Cat

Virginia Opossum
with Young

Raccoon

**URBAN FIELD GUIDE:
PLANTS AND TREES**

Black-eyed Susan



Red Clover

Common Fleabane



Milkweed
(with 3
Silver-spotted
Skipper
butterflies)



Dandelion



Poison Ivy



Bull
Thistle



Crown Vetch



Honeylocust Tree
Leaf and seed pod
in autumn

Chicory



Red Oak Tree
Leaf and acorns
in autumn



Queen Anne's Lace

Sweetgum Tree
Leaf and seed pod
in autumn



English Ivy



Linden Tree
(also called
American Basswood)
Leaf and flower



Sycamore Tree
(also called London Plane Tree)
Bark, seed pod and leaf



Catalpa Tree
Leaf, flower
and seed pod





Congratulations!



Certificate of Completion

This certifies that

Your Name

has completed the *What's Good In My Hood?* workbook on

the _____ day of _____ in the year _____.

**You are officially prepared to tell others what's good in your neighborhood
and help make things better!**

Your Signature

Akima Price, WGIMH Creator and your #1 Fan!



The Importance of Environmental Education

New York Restoration Project (NYRP) believes in the power of urban green spaces to transform neighborhoods. Parks and community gardens strengthen social ties and provide a safe place for children to play.

Guided by the belief that such spaces provide great health, social and environmental benefits to the communities they serve, NYRP offers integrated greening, community-based and educational activities across New York City. By engaging with these spaces, those who live in the surrounding neighborhoods can build a sense of connection to and ownership over these spaces, becoming stewards of their own environment.



New York Restoration Project (NYRP) is a non-profit organization dedicated to transforming open space in underserved communities to create a greener, more sustainable New York City. In partnership with the City of New York, NYRP is also leading MillionTreesNYC – an initiative to plant and care for one million new trees throughout New York City's five boroughs by 2017. *What's Good In My Hood?* is a program of NYRP's youth environmental education initiative Nature in my Neighborhood. To learn more, visit www.nyrp.org.

Presented by:

