



GRADE 1

Farm to School Lesson Plan

Month	April
Topic:	Final Review Session
Monthly Essential Question:	What have we learned?
Content Areas Addressed:	Science, Health

Standards Addressed:

- Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood. (CCSS.ELA-LITERACY.SL.1.3)
- Ask and answer questions about key details in a text read aloud or information presented orally or through other media. (CCSS.ELA-LITERACY.SL.1.2)

Key Terms: Energy, Soil, Local Foods, Seeds, Food System

Materials Needed: PowerPoint presentation

Introduction: (5 min) This month's lesson will focus on a review of all the material that has been covered throughout the school year in Farm to School. The lesson will begin with a combination of slides that will review past content. A review game will conclude the lesson.

Development: (20 min)

- **Healthy Soil:** What do plants need to grow? The four most important factors for plants to grow are sun, soil, water and air. The sun is important because it is used as food for the plant. The leaves collect the sunlight and use it for energy, like our bodies use food. Soil is the material that plants grow in (dirt). The roots of the plants help the plant get nutrients, which are another form of plant food, from the soil, to help them grow. Water is a liquid that helps hydrate plants and animals. The plant roots drink the water from the soil after it rains to help them get more nutrients or plant food. Air is the space around us. Air contains gases like oxygen that help plants, animals and humans breathe.
- **Native Plants:** Have you ever wondered how plants can grow on their own? Seeds plant themselves after they are released from the flower or fruit. Seeds can also travel from wind, animals, water or insects In order for us to be healthy we must eat healthy and be active every day.
- **Food and Nutrition:** Eating the right foods and getting up to move will help us stay healthy. MyPlate represents what your plate of food should look like every day. There are five food groups listed on the plate. A food group is made up of foods that are similar to each other. For example, apples and pears are similar because both grow on trees and are fruits, so they are in the same food group. But apples and chicken are not similar, one grows on a tree and the other comes from an animal, so they are not in the same food group. Who remembers how many fruits and vegetables we should eat every day? (five)
- **Food Systems:** Where does our food comes from? (grocery store, refrigerator, restaurant, garden, etc.) Our food does come from many different places. Some of it travels from really far places, and other foods can be grown in our backyards. All of our food is a part of the food system. Raise your hand if you or your parents grow your food in a garden. Raise your hand if you buy your food from a farmers market. Raise your hand if you buy your food from a grocery store. Now raise your hand if the food you eat is part of the food system. (Everyone's hands should be raised).
- **Our Personal Food System:** How does your body get the energy it needs? Do you remember when we talked about needing both food and exercise to stay healthy (54218)? You have enough energy when the amount of energy your body brings in (from what you eat and drink) equals the amount of energy your body uses (for the things you do and the ways you move). For example, when you eat breakfast in the morning, your body takes in energy. How do you use that energy? (walking, breathing, thinking, etc.). Some foods give you more energy than others. It's important to eat foods from the different food groups so that your body gets the energy it needs. Eating healthy foods gives us the energy to complete different tasks throughout the day. Some activities use up more energy than others. For example, doing 20 jumping jacks gets your heart beating faster than cleaning your room. Jumping up and down is a high-energy activity, and cleaning your room is a low-energy activity.
- **Local Food System:** Food comes from many different places. Some of it can be grown in Wisconsin, but some of the food we eat is grown in other parts of the United States or in other countries. If a food is grown near our homes, it is considered local. This could mean that it was grown on a farm in Wisconsin, or maybe it was grown in a state close to Wisconsin like blueberries from Michigan. One way to buy local foods is to shop at a farmers market. If you buy your food from a farmers market the food most likely came straight from the farm. Another way to have local foods is to grow them yourself. Has anyone ever grown fruits or vegetables before? What are some reasons that we can't grow certain fruits and vegetables in Wisconsin? One factor that makes it hard to grow plants in Wisconsin is the long winters. Tropical fruits like bananas and oranges require warm weather and a long growing season. They would not make it through a Wisconsin winter; therefore we cannot buy those foods locally. Instead, we have to plant seeds that do not take too long to grow (around 100 days or less to grow from a seed to a full plant).

Sampling & Closure: (5 min) Conduct local fruit or veggie tasting. Instruct each student to take a 'polite bite' (eat at least one bite and only say polite things). Continue to "What's Behind the Box?" review game. Instructions and trivia questions are on the following page.

What's Behind the Box' Game Instructions

Objective: 'What's Behind the Box' is a trivia game to review past material with students. The instructor will ask a series of 8 questions. After a student correctly answers the question they will come up to the smart board and click to remove a square. Once all of the squares are removed, an image will appear.

"I am going to ask you questions about the things we learned this year in Farm to School. If you know the answer, raise your hand. If you get the answer correct, you can come up to the board and remove one of the boxes. Under the boxes there is a picture. When we answer all the questions correctly, we will be able to see the picture under the boxes! Do you think we can answer all the questions correctly?"

Questions:

1. Plants need four things to grow. Can you name one thing?
 - Sun, Water, Soil Air
2. There are several ways that seeds can travel. Can you name one way?
 - Wind, animals, water, insects
3. To be healthy we have to eat healthy foods. Can you name three healthy foods that you like to eat?
 - Any fruits or vegetable
4. How many servings of fruits and vegetables should we eat every day?
 - 5
5. How does our body get energy?
 - From the food that we eat
6. What is local food?
 - Food that is grown close to where we live
7. We talked about things that are high energy and some that are low energy. Can you name one high energy activity?
 - Running, jumping, basketball, etc.
8. Where is one place that we can get food?
 - Grocery store, farm, restaurant, farmers market, garden, cafeteria

At the end of the game ask students if they think they can answer the final question. The final question is, "What was your favorite thing this year in Farm to