



KINDERGARTEN

Farm to School Lesson

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

Standards Addressed:

- With prompting and support, ask and answer questions about key details in a text. (CCSS.ELA-LITERACY.RL.K.1)
- With prompting and support, retell familiar stories, including key details. (CCSS.ELA-LITERACY.RL.K.2)
- With prompting and support, identify characters, settings, and major events in a story. (CCSS.ELA-LITERACY.RL.K.3)
- Add drawings or other visual displays to descriptions as desired to provide additional detail. (CCSS.ELA-LITERACY.SL.K.5)

Key Terms: Water, Soil, Water, Sun, Seeds, Farms, Energy, Wheat
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:** "There are four important things that seeds need to sprout. Seeds need to be kept at a certain temperature to sprout. Surrounding a seed in soil (1) helps keep seed the correct temperature, and sunlight (2) helps keep the soil warm. Seeds also need to be able to breath. They use the air (3) between soil particles to breath until they sprout. The last thing seeds need to sprout is water (4). Water causes the seed to swell and soften which makes it possible for the plant to break through."
- **Native Seeds:** "There are three easy ways we can sort seeds – shape, size and color. Seeds can be sorted by shape. They can be flat (2 dimensional) like pumpkin or watermelon seeds, or they can be solid (3 dimensional) like corn or peas. Seeds can also be sorted by size. Some are tiny like carrot seeds, and some are very big like the seed on the inside of a peach. The third way we can sort seeds is by color. Some seeds are dark like apple seeds, and others are light like cucumber seeds."
- **Food and Nutrition:** "The MyPlate graphic is what our plate should look like every day. There are five food groups: fruits, vegetables, grains, protein, and dairy. Remember, at every meal we should fill half our plate fruits and vegetables."
- **Food Systems:** "Do you remember when we talked about where our food comes from? Farms create much of the food that we eat! They grow a variety of fruits and vegetables (corn, tomatoes, potatoes, wheat) and animals (milk, butter, meat) Food from the cafeteria or your home came all the way from a farm."
- **Energy:** "Where does our energy come from? (Food) How do we know when our body needs more energy? If we are low on energy we may feel tired or hungry. We need to make sure that we fuel our body up with healthy foods so that we can have enough energy to do the things we like to do!"
- **Local Food:** "The cooks in the school kitchen want to make delicious soup for your lunch. Let's look at where the ingredients come from. What goes into vegetable soup? "Before the cooks in your school kitchen can make soup, crops have to be planted, harvested and processed. Let's look at carrots and onions: First, the seeds are planted. Then the crop needs water and sunlight to grow. The farmer harvests the carrots and onions and delivers them to school. They are washed, peeled and diced. Then they are packaged and frozen. Now the cooks can make the soup with carrots, onions and other vegetables. The soup is then served on your lunch tray."

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

'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. Can you name one plant that is grown on a farm?
 - Corn, tomato, potato, wheat
2. Can you name one thing that plants need to grow?
 - Water, soil, air, sunlight
3. Where does our energy come from?
 - Food
4. What local vegetables can be frozen and used in soup?
 - Carrots and onions
5. There were five things on our MyPlate picture of what we should eat every day. Can you remember one thing?
 - Fruits, vegetables, grains, protein, dairy
6. What is your favorite vegetable?
 - Any answer will work here!
7. We need energy to do the activities that we like to do. Can you think of one thing you like to do that take energy?
 - Basketball, volleyball, running, jumping, etc.
8. Can you name one food that we get from cows?
 - Hamburgers, milk, cheese, etc.

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 School?"



Eating a Rainbow



I ate a rainbow today!

