



KINDERGARTEN

Farm to School Lesson

Topic:	Energy
Monthly Essential Question:	Our Personal Food System—What is energy?
Content Areas Addressed:	Science, Health

Standards Addressed:

- Add drawings or other visual displays to descriptions as desired to provide additional detail. (CCSS.ELA-LITERACY.SL.K.5)
- Participate in collaborative conversations with diverse partners about *kindergarten topics and texts* with peers and adults in small and larger groups. (CCSS.ELA-LITERACY.SL.K.1)
- Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood. (CCSS.ELA-LITERACY.SL.K.2)

Key Terms: Energy	Materials Needed: Energy PowerPoint Energy coloring page Crayons/colored pencils/markers Sampling food and supplies
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Introduction: (5 min) *Introduce the essential question—What is energy? Ask students to share their initial thoughts with the class and record answers. “Today we are going to be discussing what energy is and where it comes from. Just like lightbulbs need energy to function, so do we!”

Development: (20 min) Where does our energy come from? (Food) How do we know when our body needs more energy? (Hungry) “Different foods give us different amounts of energy” For high energy foods, note that that is a single portion. “We can eat more of foods that are low in energy than we can for foods that are high in energy.” Both sides of picture represent 1500 calories. “What do we use energy for?” Ask students to share their initial thoughts with the class and record answers. We use energy to be active, learn and grow! Everything we do requires energy! If you didn’t eat anything, could you run five miles? Ask students to share their initial thoughts with the class. Watch “Calorie” video. Have students get up and move with the music. Ask a few students what their favorite part of the video was. Pass out energy coloring activity and walk through activity. Have them draw/color food in the first blank box. Have them color 2 of the activities they use energy to do (Playing and growing)

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). *Revisit the essential question—What is energy? (Allows us to play, learn, grow) Where does energy come from? (Food) Next time your tummy gets the rumblies, remember that it’s your body reminding you that you’re low on energy and need something to eat!

Energy

What gives us energy?



What are 3 things we use energy for?

1: _____

2: _____

3: _____

