



GRADE 1

Farm to School Lesson

Suggested Month:	March
Topic:	Local Food System—Alternative Food Systems
Monthly Essential Question:	What is local food?
Content Areas Addressed:	Agriculture, Science

Standards Addressed:

- Participate in collaborative conversations with diverse partners about *grade 1 topics and texts* with peers and adults in small and larger groups. (CCSS.ELA-LITERACY.SL.1.1a, c)
- 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)
- 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)
- Retell stories, including key details, and demonstrate understanding of their central message or lesson. (CCSS.ELA-LITERACY.RL.1.2)

Key Terms: Local Foods	Materials Needed: Per student: one worksheet Sampling food Writing utensils
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Introduction: (5 min) *Introduce essential question—"What is local food?" "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? Today we are going to explore what fruits and vegetables can be grown in Wisconsin."

Development: (20 min) "I want you to think of your three favorite fruits or vegetables. Now that you have them in your head, try to decide if they are grown in Wisconsin, or if they are grown far away. Can three people share what their favorite fruit or vegetable is and if it can be grown in this area. Encourage them to think about things they can grow in their garden. 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). Where can we buy local foods? Some groceries stores may have local food available. Farmers markets are a great place to shop for local produce. Has anyone ever shopped at a farmers market? Let's watch a short video on how to shop at a farmers market. (<http://viewpure.com/RvCzTdfnNzk?start=0&end=0>) Have students return to their seats and pass out worksheets. "Did you know that some fruits and vegetables take a long time to grow and some take a short time to grow? We are going to do a worksheet to see if we can tell which plants take longer to grow." Have students identify which vegetables are shown in the pictures. Look at all the pictures of the vegetables on your paper. All of these vegetables are local. Under the picture, it tells us how many days it takes to grow these vegetables in Wisconsin. So if it says it takes 60 days to grow, that means that it takes 60 days from the time you plant the seed to when we are going to be able to pick these vegetables to eat. Students should circle the vegetable that takes longer to grow. "Let's do an example together" This activity can be completed together as a class. If time, have students turn over their worksheet and draw pictures or make a list of some foods that you think we can grow in Wisconsin. Remember that we talked about the plants needing to grow in our short summers.

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). *Review essential question. "There are many foods that farmers can grow in Wisconsin, and many of those foods we can grow in our own backyard. If you have never grown a fruit or vegetable before ask your parents if you can grow something this summer. Even if you do not have a backyard with grass, there are many plants that can be grown inside your home near a window or in a small container on a porch. "

Local Foods

Which vegetables take longer to grow?



Which one
takes longer?



What vegetable is this?
Days to grow: 60 days

What vegetable is this?
Days to grow: 30 days



Which one
takes longer?



What vegetable is this?
Days to grow: 50 days

What vegetable is this?
Days to grow: 80 days



Which one
takes longer?



What vegetable is this?
Days to grow: 90 days

What vegetable is this?
Days to grow: 120 days