



GRADE 3

Farm to School Lesson

Month:	April
Topic:	Final Review Session
Monthly Essential Question:	Why did we learn?
Content Areas Addressed:	Science, Health

Standards Addressed:

- Ask and answer such questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers. (CCSS.ELA-LITERACY.RI.3.1)
- Engage effectively in a range of collaborative discussion (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 level topics and texts, building on others' ideas and expressing their own clearly. (CCSS.ELA-LITERACY.SL.3.1a, c, d)
- Ask and answer questions about information from a speaker, offering appropriate elaboration and detail. (CCSS.ELA-LITERACY.SL.3.3)

Key Terms: Landfill, Native, Processing, MyPlate, Local Food, Greenhouse

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 happens to an item once it is in the landfill? (nothing, decomposes) Decomposes means that the trash breaks down back into soil. In order to keep our communities and environment healthy, we need to decrease waste. If we remember these four "Rs" we will be able to create a healthy environment. Here are ideas for ways we can use the 4 "Rs" in our community. Reduce the use of paper and plastic shopping bags by using reusable shopping bags. Use reusable water bottles rather than disposable plastic bottles. Throw paper, plastic, aluminum and glass in recycling bins instead of the garbage. Create a new item from something you would have thrown away - using yogurt containers instead of Tupperware for your leftovers or glass jars for arts and crafts supplies.
- **Native Plants:** "We have many plants and animals that are happy and healthy living here in Wisconsin. They have ways to handle our cold winters and short summers, and they have the food and water they need to be healthy. When we find a plant or an animal in an area where it can grow and live a happy and healthy life, we call it native to that area."
- **Food Systems:** "Food processing means to treat or prepare food through specific steps. One example of a processed food is potato chips. What is the original form of this food? Potatoes. We grow the potatoes and pick them. We send them to a factory where they are sliced into thin pieces and fried. They are put into bags and shipped to our grocery stores. There are many other foods that are processed through a series of steps. Can you think of any? What are some different ways we can prepare a potato? (Mashed potato, baked potato, potato chips, French fries)."
- **Food and Nutrition:** "Why do we need to eat? Food is fuel for our bodies that gives us energy, helps us grow and keeps us healthy. The MyPlate image shows us what our plate should look like at each meal. What do you notice about this image? There are five food groups: fruits, vegetables, grains, protein and dairy. Half of our plate should be fruits and vegetables."
- **Energy:** "How does our body tell us that we are running low on energy? Sometimes we can feel tired, hungry or thirsty. We need to fuel up on good foods in order to give us more energy. When it's time to fuel up, we want to be sure we're giving our body the best types of fuel that we can so we can run at peak performance. There are some categories of food that our bodies need to give us the energy we need: protein, carbohydrates, fat, vitamins, minerals and water. We need all of these things to keep our bodies going but we don't need the exact same amount of each category. We also know that we don't go to the store and pick up packages of 'protein' off of the shelves. We eat these nutrients through foods. Do you remember each category?"
- **Local Food:** "Many of the farmers use greenhouses so they can grow plants that are not native to this area. Does anyone know what it means if a food is local? Local means that the plants can be grown in an area that is close to where you live. In Wisconsin, if a plant is local it means that we can grow the plant in the Wisconsin climate. If a food is global, it means that it was brought to Wisconsin from somewhere else in the United States or the world. Plants that are local to Wisconsin can easily grow in the short Wisconsin summers, but plants that are global might require a greenhouse to get them started so that they can successfully grow in Wisconsin. How do greenhouses help plants grow? Greenhouses use sunlight to: trap heat inside, keep bugs out so they do not eat the plants, protect against freezing temperatures outside of the greenhouse, keep moisture inside to help plants grow."

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 "Are you Smarter than a 5th Grader?" review game. Instructions and trivia questions are on the following page.

'Are you Smarter than a 5th Grader?' Game Instructions

Instructions: 'Are you Smarter than a 5th Grader?' is a trivia game to review past material with students. The room should be split into 2-4 groups, depending on the size of the classroom. There are a total of 10 trivia questions. The questions are gathered from content from past lessons. The questions are arranged by grade level and topic. As the grade level increases, so does the difficulty of the question.

Power Point Directions: Each group can select what question they will answer. Once you click on the link from the home page, you will be directed to the corresponding question. Be sure to click the "Return" link after the answer slide to be directed back to the home screen to select the next question. You can associate points to each question if you would like, however scoring is not necessary (suggested scoring: 5 points for 5th grade question, 4 points for 4th grade question, etc.). *"Do you think you are smarter than a 5th grader? I am going to ask you questions about the things we learned this year in Farm to School. When it is your groups turn, select the grade level and topic of question you would like to answer. Discuss with your group (quietly) what you think the answer is. At the end of the game we will all get a chance to answer the million dollar question. Are we ready to play?"*

Google Slides Directions: Same as Power Point, except you will not be able to return to the Game Board screen. Students will not be able to choose a category, but will just answer the questions in order of the slides.

"Do you think you are smarter than a 5th grader? I am going to ask you questions about the things we learned this year in Farm to School. When it's your group's turn to answer a question, discuss with your group (quietly) what you think the answer is. At the end of the game we will all get a chance to answer the million dollar question."

Questions:

1st Grade:

- Local Food: What is local food?
 - Food that is grown close to where we live
- Energy: How does our body tell us that we are running low on energy?
 - Tired, hungry, thirsty

2nd Grade:

- Food Systems: What is one thing that a potato can be made into?
 - Chips, potatoes, French fries
- Food and Nutrition: What is one reason we need to eat?
 - Gives us energy, helps us grow, keeps us healthy

3rd Grade:

- Food and Nutrition: Think back to when we learned about MyPlate. How much of our plate should be fruits and vegetables?
 - ½ of our plate should be fruits and vegetables
- Native Plants: Which one of these items is not native to Wisconsin? Deer, cranberries, cherries, shark, apples
 - Sharks are not native to Wisconsin because they need to be in salt water to live

4th Grade:

- Native Plants: What does it mean if a plant or animal is native to Wisconsin?
 - Native plants and animals have ways to handle our cold winters and short summers, and they have the food and water they need to be healthy.
- Energy: There are five food categories that help give us energy. Can you name two?
 - Carbohydrates, Protein, Fat, Water, Vitamins and Minerals

5th Grade:

- Food Systems: What does food processing mean?
 - Using many steps to turn one food into a different form of food
- Healthy Soil: We talked about the four "Rs" that make our environment healthy. Can you name one of the "Rs"?
 - Reduce, Reuse, Recycle, Repurpose

The game will end with the million dollar question which is, "What was your favorite thing about Farm to School this year?" This will ensure that all students will win the million dollar question.