



# GRADE 4

## Farm to School Lesson Plan

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

### Standards Addressed:

- Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area . (CCSS.ELA-LITERACY.RI.4.4)
- Engage effectively in a range of collaborative discussion (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly. (CCSS.ELA-LITERACY.SL.4.1b, c, d)
- Support their argument with logical conclusions. Ask additional questions that might help focus or further an investigation. (C.4.7-8)

**Key Terms:** Soil, Native, Portion Size, Imported, Local      **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:** "Can you think of all the things that are thrown out after we eat our lunch? Can you match what food waste goes to what category? Organic waste comes from plant or animal sources. They can be easily broken down by other organisms over time. Many people turn their organic waste into compost and use them in their gardens. Recyclable waste is waste that can be processed into new, useful products. This is done to reduce the use of raw materials that would have been used. A reusable item is an item used in its original form more than once. A renewable resource is an item that can be replaced naturally and can be used again. Through proper management, these items can be replaced at the same rate or faster than humans can use them. A nonrenewable resource is an item of economic value that cannot be readily replaced by natural means on a level equal to its consumption."
- **Native Plants:** "Which plants are native to Wisconsin? We have many native plants living here in Wisconsin. When a plant is native to Wisconsin they can grow and live a happy and healthy life even with our cold winters and short summers. If our food comes from a plant or animal that is native to Wisconsin, then that food is also considered native to Wisconsin. Cranberries are native to Wisconsin. Wisconsin grows the most cranberries in the whole world."
- **Food and Nutrition:** "What do you notice about MyPlate? (colors for food groups, half of plate is fruit and vegetables, dairy in glass, says protein instead of meat, plate in on placemat) Does anyone have an observation of a similarity or difference between your plate and the MyPlate graphic? The perception of what a normal portion should be has become distorted. Our portion sizes have increased drastically throughout the years."
- **Food System:** "Some of our foods take many steps to get them into the form of food that we eat. This is called processing. Here are some processed foods. Let's learn about the steps it takes to make these foods. What is similar in all of these deconstruction chains? (soil at beginning). What would happen if something happened to the soil where each component was grown? (food could not grow healthfully, limited food produced). Can you deconstruct a hamburger bun? We need to start with soil. What plant is grown to make bread? We must grow and harvest the wheat plant. The wheat plant is then made into flour and we use the flour to make the hamburger bun."
- **Energy:** "How can we eat healthy when we eat away from home? Here are some tips. Ask for water or order fat-free or low-fat milk, unsweetened tea or other drinks without added sugars for a beverage. Ask for whole-wheat bread for sandwiches. Start your meal with a veggie salad to help control hunger. Ask for salad dressing to be served on the side. Choose main dishes that include vegetables (stir fries, kebobs, or pasta with a tomato sauce)."
- **Local Food:** "Let's think about a banana. Can we grow bananas in Wisconsin? Then how are we able to buy bananas in the grocery store all year long? The country that grows that most bananas is Ecuador. Banana plants take 9-12 months to grow and they need 80 degree temperatures to survive. Wisconsin only has 80 degree temperatures for a very short period of time. This is why most of the fruits and vegetables grown in Wisconsin have short growing seasons. So foods that are grown in other countries and shipped to the states are called imported. Local foods are foods that we can produce and grow in Wisconsin. Sometimes we are able to ship the things we produce in Wisconsin to other areas of the world that aren't able to grown certain things."

**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 5<sup>th</sup> Grader?" review game. Instructions and trivia questions are on the following page.

# 'Are you Smarter than a 5<sup>th</sup> Grader' Game Instructions

**Instructions:** 'Are you Smarter than a 5<sup>th</sup> 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 5<sup>th</sup> grade question, 4 points for 4<sup>th</sup> grade question, etc.). *"Do you think you are smarter than a 5<sup>th</sup> 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 5<sup>th</sup> 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:

### 1<sup>st</sup> Grade:

- Food and Nutrition: Have portion sizes increased or decreased in the last 10 years?
  - Increased
- Local Foods: What is one thing you could buy at a farmers market?
  - Fruits, vegetables, crafts and so much more!

### 2<sup>nd</sup> Grade:

- Native Plants: Can you name a red, tart berry that is native to Wisconsin?
  - Cranberries
- Food Systems: We learned where our food comes from. Where does our hamburger bun come from?
  - Soil to wheat to flour to bun

### 3<sup>rd</sup> Grade:

- Food and Nutrition: Think back to when we learned about MyPlate. How much of our plate should be fruits and vegetables?
  - Half of our plate should be fruits and vegetables
- Healthy Soil: Name two things that can be recycled.
  - Aluminum, plastic, glass and paper products

### 4<sup>th</sup> Grade:

- Native Plants: What does it mean if a plant is native to Wisconsin?
  - Plants that are native to Wisconsin can grow and live in the cold winters and short summers in Wisconsin.
- Local Foods: What does it mean if a food is local?
  - Foods that can be grown in Wisconsin are called local foods.

### 5<sup>th</sup> Grade:

- Energy: Name one way that we can make healthy choices when eating away from home.
  - Answers will vary
- Local Foods: Imported foods are foods that are shipped from other countries because we cannot grow them in Wisconsin. Can you name one imported food?
  - Pineapple, Banana, Orange, Coconut, Mango, Kiwi, etc.

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.