



# GRADE 2

## Farm to School Lesson

<b>Topic:</b>	Our Personal Food System– Eating Breakfast (suggested month: <b>February</b> )
<b>Monthly Essential Question:</b>	What foods should we eat for breakfast?
<b>Content Areas Addressed:</b>	Science, Health

### Standards Addressed:

- Ask and answer such questions as *who, what, where, when, why, and how* to demonstrate understanding of key details in a text. (CCSS.ELA-LITERACY.RI.2.1)
- Determine the meaning of words and phrases in a text relevant to a *grade 2 topic or subject area*. (CCSS.ELA-LITERACY.RI.2.4)
- Participate in collaborative conversations with diverse partners about *grade 2 topics and texts* with peers and adults in small and larger groups. (CCSS.ELA-LITERACY.SL.2.1a, c)
- Recount or describe key ideas or details from a text read aloud or information presented orally or through other media. (CCSS.ELA-LITERACY.SL.2.2)
- Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue. (CCSS.ELA-LITERACY.SL.2.3)

### Key Terms:

“Go, Slow, and Whoa” Foods

### Materials Needed:

Sampling food and supplies

Coloring utensils

**Introduction: (5 min)** \*Introduce essential question— “What foods should we eat for breakfast? When you wake up in the morning, what is the first thing you do? (eat breakfast, take a shower/bath, brush teeth, etc.) Do you feel hungry when you wake up? Why do you think your body wants you to eat in the morning? (we have not eaten for a while, uses energy when we sleep and needs to refuel). What do you usually eat for breakfast?” Have 2 student share. “As we grow older, we are given more choices for what foods we want to eat. When making these decisions, it is important to think about what foods will help us have enough energy to get through the day. One of the most important meals of the day is breakfast, because it wakes us up in the morning and gives us the energy we need to focus in school. Because breakfast is so important, we need to learn what foods will help us the most, and what food we should only eat sometimes for breakfast.”

**Development: (20 min)** “When making our breakfast decisions we can think of foods in three different categories– Go, Slow, and Whoa. The categories take a few different things into consideration, the amount of sugar, whether the food is whole wheat or white, fresh or canned, etc. A “Go” food is something we can eat as often as we want, this would be like an apple or grapes. A “Slow” food is something that we do not want to eat everyday, but is still somewhat healthy, an example would be whole wheat waffles. Then there are the “Whoa” food, these are foods that are not very healthy, but it is okay if we eat them sometimes, such as a doughnut. \*Let’s watch a video”

<https://www.youtube.com/watch?v=LulgvrJdlvU&index=7&list=PL7NwXYKfCmPfgXCcCHq0PeZDBbnJd1Ui5>

Let’s practice a few examples. I will list a food and raise your hand when the category you think it fits into is called. Banana (Go), White Bread French Toast (Whoa), Whole Wheat Toast (Go), Apple Juice (Slow), Vegetable Omelet (Go), Whole Wheat Pancakes (Slow), Cereal (Slow).” (After each food, have kids raise their hand when you call out Go, Slow, or Whoa.) If the kids are still struggling to understand, go through a few more examples.

“Now that we learned a little bit about healthy breakfasts, let me introduce you to Captain B. Fast. If it weren’t for Captain B. Fast, the caped breakfast crusader, kids around the world would be eating really unhealthy breakfasts! Just the other day, the Captain caught a kid about to chow down on 4 stacked pancakes covered with butter and drenched in maple syrup! In the blink of an eye, before the kid could even take a sip of his chocolate milk, Captain B. Fast had swooped into the kitchen and swapped his plate for one with 2 pancakes topped with fresh blueberries and a glass of skim milk on the side. Why did Captain B. Fast do that? (to make the breakfast healthier) Now for the captain’s next adventure! Think of your favorite “Slow” or “Whoa” breakfast. What might Captain B. Fast do to that meal? Using a blank sheet of paper, draw a before and after picture of your favorite breakfast. Be sure to label the foods, and show the healthy changes that the Captain makes.” Give the students about 10 minutes to complete their drawings. Ask for a few volunteers to share their drawings in front of the class.

**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. “After our discussion today, raise your hand if you think you eat a “Go” breakfast every day? If you don’t that is okay! Just try to make sure that your breakfasts are not “Whoa” breakfasts every day, because our bodies need the right energy to stay strong and healthy. Challenge yourself to eat “Go” breakfasts as much as possible, and save your “Whoa” breakfasts for special occasions.”