



GRADE 4

Farm to School Lesson

Suggested Month:	March
Topic:	Local Food System—Alternative Food Systems: Local Foods & Farmers Markets
Monthly Essential Question:	How does food get to our plates? Part II
Content Areas Addressed:	Global Agricultural Systems, Agricultural Education, Ecology/Environment, Business Management/Marketing, Science

Standards Addressed:

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text. (CCSS.ELA-LITERACY.RI.4.1)
- 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)
- Identify the reasons and evidence a speaker provides to support particular points. (CCSS.ELA-LITERACY.SL.4.3)
- Read with sufficient accuracy and fluency to support comprehension. (CCSS.ELA-LITERACY.RF.4.4a, c)
- Understand how products made from plants and animals are made available for use by people. (A.4.1)
- Identify various plants and animals and the ways humans benefit from them. (E.4.1)

Key Terms: Farmers Market
Local Food

Materials Needed: Sampling food

Blank paper and writing utensils

Introduction: (5 min) *Introduce essential question—"How does food get to our plates?" The plants we use to grow fruits and vegetables change through the seasons. This means that some foods are only able to be grown at certain times. Let's watch a video on why people enjoy eating seasonal foods. (<http://www.nourishlife.org/2011/06/video-in-season/>) Each state has fruits and vegetables that grow at different times. Let's think about some fruits and vegetables that can only be grown seasonally in Wisconsin. There are several fruits and vegetables that can be grown during spring, summer, and fall in Wisconsin. However, during the harsh winter months it is hard to grow many vegetables outside. "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 grow certain things. Wisconsin produces the most cranberries in the United States. Where can we get local foods? We can grow them in our own garden or outside pots or we can go to farmers markets! What is a farmers market?" A farmers market is a place where farmers come together to sell their produce and other food items directly to the local public. Use student example. "Let's pretend [Student name] is a farmer. What are some different ways they could sell their produce? (Store, farm, farm stand, farmers market, etc.). Raise your hand if you have been to a farmers market. What does a farmers market look like? What does a farmers market sound like? What does a farmers market smell like? Why should you buy food from a farmers market? Today we talked about different foods that can be purchased at the farmers market. What are some reasons you might choose to purchase food from the farmers market? (Local fresh food, know the farmer, like the farmers market, keep money in community). Visiting and supporting the farmers' market is a good way to show your support for your local food growers. Plus it's fun!"

Development: (20 min) The Wisconsin Growing Season graphic is a chart that describes the growing season of fruits and vegetables in Wisconsin. The growing season for WI is from May to October, because this is when we have warm weather to be able to grow things. For fruits or vegetables that start before the May month on the chart, such as rhubarb and spinach, means that this produce may start to grow before the growing season if weather permits. The same thing can be seen in the produce that extends past October. These items can grow longer than October if the frost does not set in early. We are going to create our own booth at the farmers market." Instruct students to get out blank paper and writing utensils. Split the room into two groups. One side of the room is going to draw their booth to have things that would be seen at a winter farmers market. The other half of the room is going to create a booth that has items that would be found at a summer farmers market. Students are welcome to include things other than just fruits and vegetables. Display the WI Growing Season chart on the board while students are drawing. The chart might be helpful in helping students decide which fruits and vegetables would be growing during each market season. Have the students spend about five minutes designing their booth. Have students name some of the produce they are selling in their farmers market booth.

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. "Today we talked about different foods that can be purchased at the farmers market. What are some reasons you might choose to purchase food from the farmers market?" Challenge the students to read the sticker on fruits and vegetables at the grocery store to see where they come from. Do they see any stickers that say Wisconsin?