

Dear Teacher:

GrowingGreat Pilot K-2<sup>nd</sup> Lesson #2 – *Farm to Table*

Today's lesson is "Farm to Table." Your GrowingGreat Docent will lead the students through an interactive lesson designed to teach them that foods are grown on a farm, by a farmer, before it gets to a grocery store, farmers' market or restaurant. A GrowingGreat "Grill Me About" handout is available to be sent home via email or backpack. Please contact your GrowingGreat Docent for an electronic document.

Your Teacher Packet includes:

- An outline of the lesson

Suggested books to compliment the "Farm to Table" lesson:

*How Did That Get In My Lunchbox? The Story of Food* by Chris Butterworth

We hope you and your students enjoy the lesson!

Sincerely,

GrowingGreat

# LESSON OUTLINE

## K-2 Pilot Lesson # 2: **Farm to Table**

**Objective:** Students understand that a farmer grows food on a farm before it gets to a grocery store, farmer's market or restaurant.

### **Main Concepts**

- Humans eat food to live and grow.
- Our food originates from a farm.
- Whole and close to the source foods are high-quality options.
- We buy food from grocery stores, farmers' markets, schools, and restaurants.
- A farmer has to grow fruits, vegetables, and grains before we can buy them.

**Lesson Outline** (approximately 45 minutes)

1. **Read Book:** (10 minutes)
  - K-1<sup>st</sup> Grade: *The Little Red Hen* by Byron Barton
  - 2<sup>nd</sup> Grade: *Bread Comes to Life: A Garden of Wheat and a Loaf to Eat* by George Levenson
2. **Introduction/Review:** (10 minutes)
  - Review GrowingGreat Nutrition Lesson #1.
  - Living things like plants and animals need food to live and grow.
  - Humans need a variety of foods from different food groups.
  - Half your plate at every meal should be made up of fruits and vegetables.
3. **Lesson:** (10-15 minutes)
  - Main Concepts – a farmer grows foods we eat such as fruits, vegetables, and grains beginning with planting a seed in the ground. Seeds need water and sun to grow into a plant or tree.
4. **Activity:** (10 minutes)
  - Butter in a jar
5. **Review/Conclusion:** (5 minutes)

**Note:** GrowingGreat curriculum aligns with Common Core Standards and Next Generation Science Standards. Please refer to lesson document for standards.