

Dear Teacher:

GrowingGreat Pilot K-2nd 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-1st Grade: *The Little Red Hen* by Byron Barton
* 2nd Grade: *Bread Comes to Life: A Garden of Wheat and a Loaf to* Eat by George Levenson

1. **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.

1. **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.

1. **Activity:** (10 minutes)

* Butter in a jar

1. **Review/Conclusion**: (5 minutes)

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