

Purpose & SOL

- Students will discuss healthy eating options and students will harvest food for preparation and consumption in the garden.
- Health K.1 (a), 1.2 (f), 2.3 (b), 3.1 (a), 3.5 (a), 4.1, 4.4 (e), 5.4

Engage

- Discuss why healthy eating is important for growing strong and healthy.
- What kind of nutrients are in fruits and vegetables? Are these same nutrients in fast food?
- What are proteins, sugars, fats and fibers? Why do we need them?

Materials

- Mobile Kitchen Cart including: plates, utensils and napkins
- Cleaning and hand-washing station
- Vegetables from garden (lettuce, kale, tomatoes, carrots, etc.) and supplemental produce if needed
- Olive oil based vinaigrette

Procedure

1. Introduce the idea of healthy and unhealthy foods with the game “Healthy or Not?”
 - The teacher describes a snack, meal or activity. For example, John was out on his outside jumping on his trampoline and decided he was thirsty. “He went inside for a coke, was that a healthy choice or not?” The class must determine whether the food or activity is beneficial to overall health or not. If it is a healthy choice students will run in place, if it is not, they will put their heads down.
2. Working with the students, generate a list of foods that students like to eat. Record this on chart paper in the garden or inside the classroom. Make sure that the list includes healthy, moderately healthy, and unhealthy foods. Using a red, yellow and green marker, label each food choice. Red represents rarely to be eaten; yellow represents a sometimes food; and green represents an any time food. Have students help label foods that they eat throughout the day.
3. Have students to pick vegetables from the garden. Depending on the size of your garden you may have to supplement with outside produce.
4. Wash and chop the vegetables.
5. Using a large bowl mix toss the vegetables and a small amount of vinaigrette together. Serve each student a 3-4 bite serving. Encourage all students to take the 2 bite test. If they don’t like it after two bites they are free to dispose of their serving.

Did You Know? Fruits and vegetables lose nutrients the longer they sit after harvesting before eating.

Classroom Extension

Ask students to write out another recipe that includes ingredients they could grow in the garden.

