

EAT

CAFETERIA CONNECTION

Ask the children to examine the food seasonality poster in the cafeteria to see if they can identify two vegetables that grow under the ground. Discuss their observations and ideas when the students return back from lunch. *Answers: Radishes, Carrots*

LEARN

CLASSROOM ACTIVITY

Objective

Students will be able to identify where & how different fruits & vegetables are grown.

10 Minute Lesson

Teachers will review how one fruit and one vegetable is grown. Students will gain understanding of the processes that fruits and vegetables go through before they are ready to be consumed. Students will learn new words related to growing fruits and vegetables.

LIVE

HOME ACTIVITY

Assign each student a name of a fruit or vegetable. With the help of an adult, have them learn how their fruit and vegetable is grown. Have them share their findings in class.

Teacher's Notes

Background

The Nature of Fruits & Vegetables

- Fruits and vegetables grow in many different places such as trees, underground, above ground and on vines.
- The growth of fruit and vegetables depend on the climate where they are grown.
- Just like other plants, all fruits and vegetables have a life cycle, some fruits and vegetables may go through their life cycle in a few months whereas others take a full year to go through their life cycle.
- Many of the fruits and vegetables consumed in schools are not grown locally and thus travel far to get to our plates.
- The further the fruit and/or vegetable needs to travel to get from the farm to our plates, the bigger impact it has on our environment.

10 Minute Lesson

Start the following discussion with the students:

Write the following words on the board and ask the students if they have ever heard of them & if they know what they mean: pollinate, harvested, ripe, greenhouse. Tell them to listen for the words in the following explanations and ask them about the words again at the end. You will explain the definitions of the words at the end of the lesson.

1. Explain how an apple is grown.

- In the winter, if the temperature reaches below 45° F, the apple trees like to “sleep.” Apple trees need to rest between 900-1000 hours so they can make healthy apples.
- In the spring, bees pollinate apple orchards.
- In the summer, apples begin to grown on the trees. The trees are thinned to help the fruit get bigger.
- In the fall, apples are harvested and ripened.

2. Explain how celery is grown.

- Celery is first grown in greenhouses for 2 months.
- When the celery plants are about 6 to 8 inches tall, they are transported to the field.
- The celery now grows in the field for about 4 ½ months before they are harvested. During this time, they need a steady supply of water so they can grow big & healthy.

Ask the students again if they now know what the words mean. Tell them the following definitions. (All definitions from American Heritage Dictionary and www.wordcentral.com)

Pollination- The transfer of pollen from an anther of the flower of one plant to a stigma of the flower of another plant.

Harvest- The season when crops are gathered.

Ripe-fully grown and developed

Greenhouse- A structure, primarily of glass, in which temperature and humidity can be controlled to help assist the growth or protection of plants.

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Have the students each plant a bean in a Styrofoam or plastic cup filled with soil. The students will water their beans and make sure they get adequate sunlight. The students should learn when they need to water their plants, i.e. when the soil feels dry to the touch. During the course of a month, the students should discuss their observations of the growth of the bean. They may notice things like roots being grown. The students should also track the growth of the beans on a classroom chart. Materials needed: beans (kidney, lima, etc) soil, cup, water, sunlight.