

Jennifer Halbach
OMHS

Gardening Lesson Plan for 7th Grade Health

Lesson: Garden and Nutrition Introduction

Objective: Students will be able to connect eating food from a garden to the enjoyment of eating healthy foods.

Standards: Health Standard 2.2 - Demonstrate the ability to make healthy food choices in a variety of settings.

Preparation/Materials:

- *check garden for edibles - decide which foods will be sampled now, and which to save for next lesson
 - *Questions for "popcorn"
 - * Micheal Pollans - "Food Rules"
 - *MyPlate Sayings
 - *Buckets of clean water for students to rinse produce in
-

Anticipatory Set: Students will play "popcorn". It is a game where I read of gardening statements like "I have tasted kale". If it is true for the student they will pop up in their seat and then quickly sit down. If not, they will stay seated and wonder what kale is!

Access Prior Knowledge: Next students will work in groups on a Venn Diagram comparing what plants need to be healthy to what humans need to be healthy. After 5 minutes of brainstorming, the class will contribute ideas to the Venn Diagram on the board.

New Information: Students will read Micheal Pollan's Eaters Manifesto: "Eat food, Not too much, Mostly Plants". They will compare that with the MyPlate saying "Make half your plate fruits and vegetables". Students will discuss if they are choosing that healthy way of eating, and if not, why not.

Assimilation or Activity: Garden Tour. Teacher will lead students through all nine garden beds, talking about what is growing there. Students will be able to rinse and eat a variety of edible weeds, flowers, herbs, and greens. They will consider what they are eager to try and if there are things they hope to grow.

Closure: Students will sit in a circle on the grass and discuss the tour. What did they like best? What didn't they like? Is there something they would like to grow? Did it encourage them to eat more plant foods? In thinking about the Venn Diagram - what did they do to keep their bodies healthy during the tour? What could they observe was keeping the plants healthy?

Assessment: Informal Assessment - observe what they already know about healthy plant and healthy people, adjust teaching methods accordingly. How much did students participate? Where they willing to try new things?

Reflection: This is where I will write what went well and what needs to adjusted for future lessons.