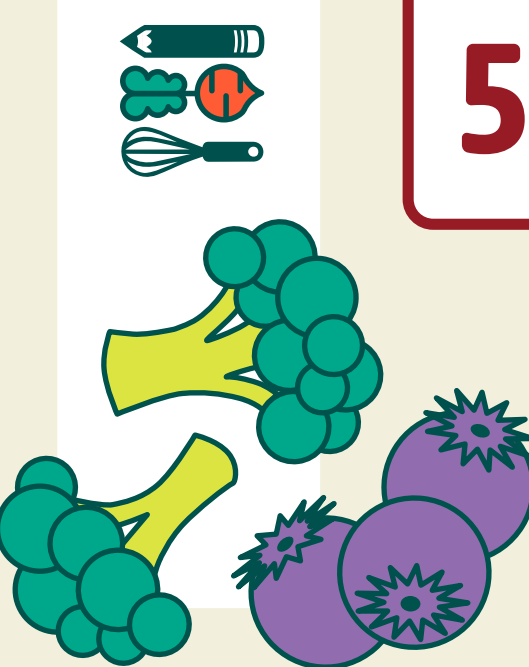




LESSONS PROGRESSION CHART

FOODCORPS LESSONS



FALL

WINTER

SPRING

- LIVING UP TO OUR FULL POTENTIAL
- MAKING HEALTHY FOOD CHOICES
- EXPLORING THE ECOLOGY OF FOOD
- GROWING AND ACCESSING HEALTHY FOOD
- PREPARING HEALTHY FOOD
- GARDEN EXTENSIONS LESSONS
- MAKING HEALTHY FOOD CHOICES
- EXPLORING THE ECOLOGY OF FOOD
- GROWING AND ACCESSING HEALTHY FOOD
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- MAKING HEALTHY FOOD CHOICES
- EXPLORING THE ECOLOGY OF FOOD
- GROWING AND ACCESSING HEALTHY FOOD
- PREPARING HEALTHY FOOD
- CONNECTING FOOD, CULTURE, & COMMUNITY
- GARDEN EXTENSIONS LESSONS

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PLANT A PIZZA
Students have a read aloud and then plant vegetable starts that can be used for making pizza. They design their own pizza slice with their favorite toppings and put them together to make Class Pizza Pies.
page 112

LOOKING CLOSELY AT LEAVES
Students learn the foundations of scientific illustrations by closely observing a leaf, drawing it with enough detail that a classmate can find it in a group of leaves, and practice the "ABC's of scientific illustration."
page 183

INSECT HOMES
Students learn what makes an appropriate insect habitat and then construct homes in the garden.
page 246

PLANT FAMILIES
Students closely observe a plant leaf to determine its characteristics and hunt in the garden for where the plant leaf belongs and for others from the same plant family. They then determine the common characteristics of their plant family.
page 320

PLANT A SALSA BED!
Students plant starts for a salsa garden bed that they will harvest and enjoy as fifth graders. They also "plant" intentions that they can revisit at the start of the next school year.
page 400

ROTTING AWAY, DAY BY DAY
Students look for signs of decomposition in the garden, consider the factors that influence the rate of decomposition, and then bury an object that they unearth a couple weeks later to observe.
page 477

Information to Help You Navigate the Lessons Progression Chart Poster

What is the FoodCorps Lesson Progression Chart?

A chart that provides an overview of FoodCorps lessons organized by grade, season and themes. They follow a progression where lessons can build off one another, and into the next grade level.

What are the Themes?

The six FoodCorps themes provide a framework for service members to identify the central topic for each lesson.

Living up to Our Full Potential; Making Healthy Food Choices; Exploring the Ecology of Food; and Connecting to Food, Culture, and Community are all conceptual themes. In the lessons under these themes, students are primarily working on building their knowledge of these central ideas. Growing and Accessing Healthy Food and Preparing Healthy Food are skills-focused themes, and in the lessons under these two themes, students are developing their skills in gardening, cooking, and accessing healthy foods.

■ LIVING UP TO OUR FULL POTENTIAL

This is the first "bookend" of the FoodCorps lesson themes. Lessons focus on growing positive connections with one another, healthy food, and the environment. Students reflect on how these relationships help us live up to our full potential and emphasize practices that support social and emotional learning.

■ MAKING HEALTHY FOOD CHOICES

Lessons focus on exploring big-picture concepts that guide healthy eating such as balancing the food groups, discovering our individual food preferences, and examining external factors that influence our food decisions.

■ EXPLORING THE ECOLOGY OF FOOD

Lessons focus on the scientific concepts that relate to food and food systems. Such key ideas include how plants grow, food webs, cycles, and the ecological impacts of the food system.

■ GROWING AND ACCESSING HEALTHY FOOD

Lessons focus on garden-based skills to grow healthy food and community advocacy skills to help improve access to healthy food.

■ PREPARING HEALTHY FOOD

Lessons focus on the skills required to prepare and enjoy a variety of healthy foods together. As students get older, the cooking activities become more complex and independent and involve meal planning and goal-setting in addition to food preparation.

■ CONNECTING TO FOOD, CULTURE, AND COMMUNITY

This is the last "bookend" of our themes. Lessons are all intended as year-end culminating activities in which students give thanks for their food, and make connections between healthy foods and their personal culture, school culture, or world cultures.



What are FoodCorps Lesson Topic Clusters?

The FoodCorps Lessons can be grouped in mini-topic clusters. Lessons within a given "cluster" use multiple strategies to address a particular concept. For example, students learn the concept of Go, Grow, Glow foods in the first lesson, make a snack with those foods in the second lesson, and plant go, grow glow foods to reinforce the concept in the third lesson. Please use this list as a reference for lessons that might be interesting to teach as a grouping. Note that there are lessons in some groupings that span multiple grades. Don't let this deter you from adapting each lesson to meet the specific needs of your group of students.

🌱 Basic Plants Needs | Kindergarten

- Up, Up, Up We Grow!
- Let us Grow Lettuce!
- Fabulous Five
- Bean Buddies

👁️ Foundations of Where Food Comes From | Kindergarten

- Who Eats What?
- Perfect Parfaits

🌿 Plant Parts | 1st Grade

- Plant Part Scavenger Hunt
- Planting a Tops and Bottoms Bed
- Plant Part Wraps
- Plant Part Mystery
- Imaginary Plants
- Tops and Bottoms Popsicles

🌱 Go, Grow, Glow | 1st Grade

- Go, Grow, Glow
- Go, Grow, Glow Quesadillas
- Planting a Go, Grow, Glow Bed

🌈 Eat a Rainbow | 2nd Grade

- Eat a Rainbow
- Plant a Rainbow
- Rainbow at the Salad Bar
- Rainbow Grain Salad
- Rainbow Smoothie (Kindergarten)

🌻 Sunflower Seeds | Kindergarten

- Sunflower House
- Sunny Honey Seed Snacks

🐛 Seeds | 2nd Grade

- Bean Buddies (Kindergarten)
- Saving Seeds
- How Seeds Travel
- Seed Tape

🐝 Insects | 2nd Grade

- Be a Bee!
- Planting for Beneficial Insects
- Insect Homes

🍲 Stone Soup | 2nd Grade

- If Our Class Were a Soup . . .
- Stone Soup (5th Grade)

🐛 Worms | 3rd Grade

- Worm Bin Wonders
- Exploring Our Worm Bin

🌾 Staple Grains | 3rd Grade

- Tortilla Time!
- Breaking Down Rocks, Building Up Bread
- Whole Grain Crackers

🍷 Processed vs. Whole Foods | 3rd Grade

- Get to the Source
- Let's Jam!

🍷 Food System | 4th Grade

- Neighborhood Food Maps (3rd)
- World Travels of Food
- Food Packaging

🍷 Flavor Profiles | 4th Grade

- Choose-Your-Own-Flavor Popcorn
- Salad Dressing Challenge

🌱 Planning and Designing Garden Space | 4th Grade

- A Patchwork Garden Quilt
- Seed Tape (2nd Grade)
- Garden Grids

🍷 Salsa | 4th Grade

- Plant a Salsa Bed
- What's in My Salsa? (5th Grade)

🍷 Decomposition | 5th Grade

- Cycle of A Nutrient
- Break it Down
- Rotting Away, Decay by Decay

🍷 Energy Transfer | 5th Grade

- What Do Plants Eat?
- Web of Life

🍷 Setting Goals | 5th Grade

- Full Potential Manifesto
- Gratitude Feast

🍷 Celebratory Lessons

- Tea Time
- Stone Soup
- Celebrating the Autumn Harvest
- Gratitude Feast

