

Lesson 2:

SEASONAL AND NUTRITIOUS



GOALS

- Learn the nutritional values and importance of eating fresh, local, organic, seasonal produce
- Express creativity through a hands-on Produce Pals activity
- Understand what the beautiful variety of produce colors mean to our health and well being

PREPARATION

Prior to the lesson, shop at a local green grocer to purchase local, organic, and seasonal fruits and vegetables in all colors of the rainbow. The amount you gather or buy will depend on the number of students you plan to work with; this lesson plan is based on 15 students. It is preferable to get enough for students to snack on the items first, and then create Produce Pals with what is left over.

You will also be preparing two seasonal salads for the students to taste test and give feedback on, so be sure to purchase those ingredients and do any necessary prep work (cooking beans, roasting veggies, etc.) prior to the lesson as well.

SEASONAL PRODUCE GUIDE

Winter (Dec-Feb)	Spring (Mar-May)	Summer (Jun-Aug)	Fall (Sept-Nov)
Arugula Asparagus Beets Bok choy Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Chard Collard greens Dandelion greens Eggplant Grapefruit	Asparagus Beets Broccoli rabe Purple Cabbage Carrots Cauliflower Chard Grapefruit Kale Lemons Limes Mandarins Peas Raddish Raspberries Sugar snap peas Strawberries	Apricots Blackberries Broccoli Cauliflower Chard Corn Grapes Green Beans Kale Melons Nectarines Peaches Pears Peas Plums Raspberries Sugar snap peas Summer squash Strawberries Tomatoes	Apples Arugula Asparagus Blueberries Bok choy Broccoli Brussel sprouts Purple cabbage Cauliflower Celery Grapefruits Kale Pears Persimmons Pomegranates Sugar snap peas

ADDITIONAL ITEMS

- Other seasonal snacking fruits or vegetables not on this list
- Organic ranch or caesar dressing for dipping
- Fresh herbs like parsley, curly kale, or cilantro for students to use for Produce Pals

PLATING

Once all produce has been washed and prepped, place slices of fruits and veggies on a tray that students can taste / snack on during the lesson. Arrange it so it is pleasing to the eye. Once the snacking tray is completed, organize remaining produce into 5 different bowls by **colors of the rainbow** (red, orange/yellow, green, blue/purple, and white).

***Note:** When cutting up produce, keep items normally discarded like: ends of lemons or tails of radishes - these can be used creatively by the artists as hats or shoes or any number of things.*

LESSON MATERIALS (based on 15 students)

- Assortment of seasonal produce in varying colors
 - Refer to seasonal produce guide
- Ingredients for 2 seasonal salad tastings
 - Work with CK and WCCUSD Food Service teams to determine/arrange
- 2 large trays for snacking produce
- 2 pairs of tongs for serving
- 2 peelers
- 2 - 3 sharp knives for prepping produce (not for the kids)
- 2 - 3 cutting boards for prepping produce (not for kids)
- 5 medium size serving bowls for displaying the produce pieces by color
- 15 cutting mats (for kids)
- 15 safety knives (for kids)
- 30 compostable bowls for students' snacks and salads
- 15 reusable trays for students to gather their items for the Produce Pals activity
- 15 white mat boards or cardstock as backing for the final Produce Pals so nice photos can be taken. (These can be purchased inexpensively or donated from a local frame shop)
- Plenty of napkins
- Printed photographs of Produce Pals for reference
- 15 color copies of "Taste the Rainbow" handout
- 15 QR codes for the taste test survey
- 15 sharpened pencils
- 5 packs of post-it notes
- Organic hand sanitizer or easy access to organic soap and water

1. WELCOME (4 minutes)

- Before students arrive, set QR codes and pencils at each of their seats.
- If you have worked with this group of students before, say hello, remind them of your name. Honor them by letting them know you are happy to see them again and make eye contact with them when you greet them.
- If working with a new group, introduce yourself and tell students about Conscious Kitchen, a fresh local organic seasonal nutritious school meal program.
- If there is time, you may want to lead an icebreaker asking students to say their names and their favorite fruit or vegetable or a food memory.
- Offer students hand sanitizer, (unless the person facilitating at the site can oversee students washing their hands beforehand) then hand out napkins or compostable plates/bowls and have the students line up to serve themselves from the snack produce bowl to eat as they listen.

2. SEASONAL SALAD TASTING (10 minutes)

- If preparing a seasonal salad for tasting, do so while preparing the produce for the activity. All salad ingredients except the dressing should be combined in a large bowl before students arrive. Before students arrive (~ 5 minutes) add dressing to the salad bowl and toss until the salad is well mixed. Distribute salad evenly among 15 compostable bowls.
- Let students know that they will be taste-testing two different salads and giving feedback on how they did or did not like them. Share with the students that their voice is their power, and that this is a special opportunity to tell the Food Service Director what they want to be served at school. Tell the students that this is important research and we don't want to influence anyone else's opinion, so to please taste and take notes in silence. They can talk after the surveys are completed.
- Once students have finished tasting both salads, pass around the QR codes for them to scan on their cell phones or chromebooks and ask them to complete the survey before starting the lesson.

3. SET THE SCENE (3 minutes)

- Tell students that today we will be learning about the nutritional values of seasonal fruits and vegetables, how different nutrients/colors nourish our bodies, and creating educational art with food.
- Remind students that when they have a question you always appreciate it when they raise their hands quietly so you can call on them, that makes it fair for all and students don't talk over each other.

4. LESSON ON NUTRITION (8 minutes)

- Lay out the produce bowls by color (red, orange, yellow/white, green, blue/purple) so students can see them from their seats.
- Teacher: If students learned about organic before this class conduct a quick review. Ask them what they remember **organic** means and why it is important. Use leading questions if they are having difficulty responding/expressing themselves.
 - How do organic farmers grow their crops?
 - How are those practices different from other farmers?
 - How does organic farming affect the water and the insects or animals?
 - Does it protect the water and animals, or does it harm them?
 - How does organic farming affect the people who work on the farms?
 - How does organic food affect the people who eat it?

QUESTIONS

Why do fruits and vegetables grow in so many colors?

- Each produce color is created by specific **phytonutrients**
- These are natural compounds that help **protect plants** from germs, bugs, the sun, and other threats.
- Each color indicates an abundance of specific nutrients. Learn more here
- Ask students what they notice about the food in front of them.
- Write 'nutritious' on the board. Read it aloud, and then ask the students to read it with you.
- Ask what they think nutritious means? Listen to a few student ideas.
- Have a discussion about the answers they said and then state that the following: *Nutritious food is healthier, has more vitamins, nutrients, proteins and other elements that make our bodies strong and vibrant. Eating food that contains lots of vitamins, minerals and antioxidants helps our brain think more clearly, makes our eyes see better, builds stronger bones, gives us energy, and helps heal wounds.*

5. ACTIVITY: CREATE PRODUCE PALS (35 minutes)

- The activity today is to work in small groups of 2 to 3 people, to create a Produce Pal made from fruits and vegetables. Check out some pictures of Produce Pals that students have created here. Show students the images and post them somewhere for students to see.
- Direct students to gather in small groups of 2 to 3 people each. Ask for help from the teacher or facilitator that is present if needed to make this happen smoothly.
- Once groups have settled, give each student a cutting mat and safety knife to shape the fruits and vegetables into Produce Pals. Each group is invited to come to the produce table and take one plate for their group. Choose fruits and vegetables the group would like to start with and start your creations.

Try to use all the colors of the rainbow!

- Encourage groups to keep moving along so you have time to complete the lesson.
- Once each group has finished, give them a mat board to transfer their produce Pal onto as carefully as possible, and photograph each one (make sure board is clear of debris)
- Once the first group has finished, invite everyone to listen to the next steps. Explain that once each group finishes, each person in each group will get some post-it notes and a pencil. Their job is to use the Eat A Rainbow sheet to look up what vitamins are in each part of their Produce Pals, and how each part of their Produce Pal is good for our health. Have students write the nutrition information for 3-4 of their favorite or most-used colors in their Produce Pal on their post-it notes and adhere around their Produce Pal. Walk around and help students decipher the Eat A Rainbow sheet.
- For the grand finale, lay out the Produce Pals on a large table and invite students to share their work with one another. Preface this by telling students to look for something they appreciate about each one, but that's it's NOT ok to make judgemental or unkind comments about other people's Produce Pals.

Produce Pal Time Lapse Video

6. WRAP UP QUESTIONS

- What was your favorite thing you learned today?
- How might you define organic?
- Why is “in season” or “seasonal” important?
- What is your favorite produce color group? Why?
- How would you describe your experience today to your family?

