**Lesson 5b: Sharing the Healthy Harvest**

**Concept:** Students will be involved in harvesting the crops grown in the garden and use the produce to prepare a healthy meal for the school community to taste.

**Objective:** After participating in this lesson, students will be able to:

- Understand the importance of having healthy, locally grown foods in our communities
- Identify the difference between fresh, frozen, and canned food
- Prepare a fresh meal from the garden

**Lesson:**

1. Read *Stega Nona’s Harvest* (not included in these materials). Discuss what Stega Nona decides to do with the overabundance of food that she harvests from her garden. Have the students decide what they can do with the harvest from the school garden. (ex/donate to a homeless shelter, have a school farmer’s market to raise money for future gardening endeavors, community celebration)

2. Get the students involved in harvesting the crops when they are fully grown and ready to be picked. Review the concept of consumers and producers. Provide various scenarios or display pictures for the students to determine whether this demonstrates a producer or a consumer.(ex/growing food, harvesting food, preparing food, selling food, buying food, eating food)

3. Display a map of the United States and have the students identify and locate where they live. Explain that the food that they eat comes from various places around the world. Discuss how far food generally travels and the benefits of eating food that is locally grown. (ex/supports local farmers and foods are more nutrient rich)

4. Have the students create a healthy menu or a recipe using the harvested crops grown in the garden. Have them think of the many ways that they could prepare them. The students can present their ideas and use these ideas to create a class menu.

5. Once the menu is created have the students create Harvest Celebration Invitations to give to everyone in the school, as well as, parents and family members. (An invitation template is provided as an option) Also, invite all of the volunteers that have been a part of the process. This is a great way to share the harvest and introduce local, fresh foods into the school community. Ask a chef

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**GPS: Social Studies Focus**

**Grade 1:** SS1E4, SS1G2

**Grade 2:** SS2E2

**Materials Needed:**

- *Stega Nona’s Harvest* by Tomie De Paola
- Harvest Invitation
- Menu Materials (paper, pictures of foods, writing & drawing utensils)
- Is It Fresh, Frozen, or Canned? Taste Test
- Post-Taste Test from Unit 1

**Time:** time and part of the day to be determined by the school

**Vocabulary:**

- healthy
- harvest
- community
- share
- taste
- raw, frozen, canned
- fresh
- local
from a local restaurant to donate their time to assist the students with the preparation of their menu creations.

6. Here are some suggested taste testing activities that can be introduced at the Harvest Day celebration:

   1) **Is it Fresh, Frozen, or Canned?** - choose a food in all three forms. Prepare each one to be tasted. Participants can close their eyes or wear a blind fold when tasting each item and guess which one it is. They can also decide which one is their favorite.

   2) **Cool Weather Crop Taste Test** – use the cool weather crops from the school garden and any additional ones that can be provided for the taste test. The participants can taste a sample of each food and fill out the Post –Taste Test. A school wide poll can be created based on the total responses.

   3) **Featured Meal from the Garden** – Meal to be prepared by the students and the assistance of a local chef and school nutritional staff using fresh produce from the garden.
Join Us!

What: ________________________________
Where: _______________________________
When: ________________________________

Join Us!

What: ________________________________
Where: _______________________________
When: ________________________________
Which food is fresh, frozen, and canned?

<table>
<thead>
<tr>
<th>Food: ________________</th>
<th>Which did you taste first, second, third?</th>
<th>Which was your favorite?</th>
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<tbody>
<tr>
<td>Fresh</td>
<td></td>
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<tr>
<td>Frozen</td>
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<td>Canned</td>
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