

Health

1.NPA.2.1

Classify the sources of a variety of foods.

Materials:

- Where Does it Come From Ppt
- Two different colored note cards for each student (preferably green and white)

Focus Step:

Show slides 2-4 in the Where Does it Come From Ppt. Ask students what each item is made from:

- t-shirt –(click for next picture) cotton
- Paper – (click for next picture) trees

Side 4 shows a vase of flowers. Ask students where flowers come from? Hopefully they will acknowledge that flowers come from bushes and flower gardens (click for next picture). Emphasize that even though we can buy flowers in the grocery store or at a florist's shop, they grow from the ground and must be cut and shipped to stores for purchase. Today's lesson will focus on where our food comes from.

Statement of Objectives:

By the end of this lesson, you will be able to describe key sources of a variety of foods.

Teacher Input:

Ask students if they know where foods come from? Answers may include plants and animals. This quick video from WonderGroveKids provides a short vignette describing where fruits and vegetables come from.

<https://www.youtube.com/watch?v=CdPRZ3wjCxA>

Plants provide fruits, vegetables, grains, and some sources of protein like nuts and legumes. Animal can also be sources of food. Chickens lay eggs, goats and cow produce milk which can provide cheese, yogurt, and ice cream. Some people eat meat from fish, chicken, turkeys, cows (hamburger and steaks), and pigs (ham, bacon, and pork chops).

Some foods are eaten “whole” like green beans, carrots, broccoli, and baked potatoes. While other foods must be processed, which means they have to be changed before they can be eaten like some grains are milled and made into cereal or mixed with other ingredients and made into pasta or crackers.

Farms, ranches, and fruit orchards are the sources of most of our foods. Grocery stores purchase foods from farmers or from factories that process foods and package them for selling. Some families buy directly from farms or purchase fresh foods at local farmer's markets. This is a way to buy the freshest foods available. Fresh fruits and vegetables offer the most nutrients; however, frozen and canned foods are healthy options as well.

Packaged and processed foods usually have more salt and sugar in them, which we want to eat in moderation.

When you see food in the grocery store or at the market, think about where it came from and how it got there. Try to eat as many fresh fruits and vegetables as possible to keep your body healthy and strong.

Assessment:

Show slides 5-19 and ask the students to hold up the green index card if the food comes from a plant and a white index card if the food come from an animal. Slide 19 is spaghetti and meatballs so students can hold up both cards. You can also ask if the food is processed or not processed as an extension exercise.

Closure:

Today you learned of a variety of sources of food and you can now classify food according to their source.