

## Lesson #3 Food for Friends

### Overview:

Community service lesson, Community Supported Agriculture (CSAs), co-op's, food banks. lesson (trip/school for reflection lesson conclusion)

### Objectives:

This lesson is designed for students to gather a recognizable connection between the food they eat and the way it is grown. Students will gain basic knowledge of the nutritional value of the vegetables harvested locally.

<b>Key Concepts:</b> Food Pyramid, Organic Gardening,
<b>Subjects:</b> Social Studies, Biology, Ecology, Geography, Botany, etc.
<b>Duration:</b> 1 class periods (40 minutes)
<b>Setting:</b> In the classroom
<b>Season:</b> Spring
<b>Interdisciplinary Connections</b>



Produced by the Graduate Students in Environmental Education EVE 546 Spring 2009



For more information please contact:  
Scott M. Graves, 203-392-6604, [gravess1@southernct.edu](mailto:gravess1@southernct.edu)  
| Southern Connecticut State University |  
| Environmental Studies & Science Education | Jennings Hall |  
| School of Arts & Sciences |  
| 501 Crescent Street New Haven, CT 06515 |

### Introduction (background):

Most people get their vegetables from their local grocery store. However, a growing number of people choose to plant their own, working the soil for many weeks in order to eat food that they are more familiar with. These people are gardeners and over the next few weeks you will learn how to build, plant, water, and harvest food from your own garden.

### Materials:

Hand outs that show various garden sizes and typical local vegetables grown.  
Access to computer lab for in class research  
2 tape measures  
10 feet of string to see the footprint of different size gardens

### Engagement-Opening or Essential Question:

#### Engage:

Show pictures of Cove River Site (or school ground area you plan to garden)  
Ask class if they have ever gardened before?  
Do they have a garden at home?  
If so have they helped with that garden?  
If not where do they get their vegetables from?  
How do plants grow? What do they need?  
What plants/vegetables did Native Americans typically grow? How about European settlers?

### Exploration:

#### Explain:

#### Elaborate:

The class will then return to the Cove River site or school garden area to plant their vegetable. Based on their in-classroom measurements and computer research, students should calculate how long it will take before harvest. During this time they can select what food bank they would like to work the community service aspect of the lesson with. They can draft a letter collectively or email and inform the bank of their work.

#### Evaluate:

Students will be evaluated based upon their commitment to growing and harvesting their vegetable, their journal recordings, and their vegetable research. A test to complete the lesson should be administered to evaluate basic understanding of historical farming techniques, current techniques, early types of food harvested, and the plant cycle.