

# Foods That Grow

## TEKS: First Grade

### Math

- 8 (A) Estimate and measure length using nonstandard units such as paper clips or sides of color tiles.
- (F) Compare and order two or more objects according to weight/mass (from heaviest to lightest).
- 9 (A) Collect and sort data.
- 11 (A) Identify mathematics in everyday situations.
- 12 (A) Explain and record observations using objects, words, pictures, numbers, and technology.

### Reading:

- 4 (A) Confirm predictions about what will happen next in text by "reading the part that tells."
- (B) Ask relevant questions and seek clarification.

## Meets Additional TEKS:

Reading: 1(F); 4(C); 6(C); 10(A); 13(A); 14(A,B,C,D)  
Math: 5(C); 7(A,B,C)  
Science: 4(A,B); 5(D); 10(B,D)

## Objective:

Students will be able to describe the health benefits of eating whole foods as opposed to eating processed foods.

Students will be able to identify where their food comes from.

Students will be able to articulate the importance of a diet which is rich in vegetables and fruits.



## Activities:

1. Introduction (5 minutes) – The *Foods That Grow* video and discussion.
2. Shared Reading (15 minutes) – Explore a book that explains the life cycle of a carrot.
3. Points to Ponder (5 minutes) – Options for further discussion.
4. Manufactured/Whole (20 minutes) – Discussion and sorting of familiar foods.
5. It's My Favorite (15 minutes) – Students illustrate a favorite food and the class sorts them as whole or manufactured.

6. Potato Connection (40 minutes) – Activity that explores the properties of a potato.

7. What Do We Eat (25 minutes) – An activity that discusses what part of plants we eat.

## Materials:

**Introduction: Video:** Foods That Grow

**Shared Reading: Book:** The Life Cycle of a Carrot by Linda Tagliaferro

**It's My Favorite:** paper, colors

**Potato Connection:** a small potato for each student, unifix cubes, balance scale, "Potato Connection Recording" worksheet

## Did You Know...

China grows more watermelons than any other country in the world.<sup>1</sup>

In Chinese, watermelon is xigua.

Watermelon is not a fruit, it is really a vegetable. It is a relative of the squash, pumpkin, and cucumber<sup>2</sup>

If you have a mosquito bite, rub the inside of a banana peel on the bite. It will help to alleviate the swelling and itching.<sup>3</sup>

## Pedagogy:

Remember to use Bloom's Taxonomy and Gardner's M.I.! For example, in this lesson, you might ask students to CREATE a way to show the life cycle of a carrot (Bloom). Alternatively, for a naturalistic style of learner (Gardner), you might suggest that students plant seeds for a class garden.

## Brain Builder Vocabulary:

benefit  
whole foods  
processed foods  
choice  
edible

## Additional Books:

Life Cycle of A Bean (AND) Life Cycle of An Apple Tree by Linda Tagliaferro  
Tops and Bottoms by Janet Stevens

## Other Resources:

<http://urbanext.illinois.edu/food/siteindex.cfm>

<http://urbanext.illinois.edu/foodfun/abc.cfm?ID=27>

<sup>1</sup> [http://www.sde.idaho.gov/site/cnp/ffvp/fruit\\_veg/Fresh%20Vegetable%20Fun%20Facts.pdf](http://www.sde.idaho.gov/site/cnp/ffvp/fruit_veg/Fresh%20Vegetable%20Fun%20Facts.pdf)

<sup>2</sup> [http://www.sde.idaho.gov/site/cnp/ffvp/fruit\\_veg/Fresh%20Vegetable%20Fun%20Facts.pdf](http://www.sde.idaho.gov/site/cnp/ffvp/fruit_veg/Fresh%20Vegetable%20Fun%20Facts.pdf)

<sup>3</sup> [http://www.sde.idaho.gov/site/cnp/ffvp/fruit\\_veg/Fresh%20Vegetable%20Fun%20Facts.pdf](http://www.sde.idaho.gov/site/cnp/ffvp/fruit_veg/Fresh%20Vegetable%20Fun%20Facts.pdf)