



HARVESTING LESSON

3RD THROUGH 5TH GRADES

KEY

In this lesson, students will harvest from the Learning Garden.

UNDERSTANDINGS

- Harvesting should be done with clean hands and tools.
- Plants from our Learning Garden are healthy to eat.
- Plants from our Learning Garden have different nutritional properties.

STANDARDS

ALIGNMENT

Next Generation Science Standards

- 5-LS1-1. Support an argument that plants get the materials they need for growth chiefly from air and water.

Common Core – English Language Arts

- SL.3.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 topics and texts, building on others' ideas and expressing their own clearly.
- SL.3.3. Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.
- SL.3.6. Speak in complete sentences when appropriate to task and situation in order to provide requested detail or clarification.
- SL.4.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.
- SL.4.3. Identify the reasons and evidence a speaker provides to support particular points.
- SL.5.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.
- SL.5.3. Summarize the points a speaker makes and explain how each claim is supported by reasons and evidence.

MATERIALS &

PREPARATION

- Review harvesting documents (see Teacher Background)
- Prepare for harvest and collect harvesting supplies
- Nutrition label printout, at least one per student
- Online access to: www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database (or preprinted information for harvestable Learning Garden crops)
- Coloring and writing materials



- Review lesson and familiarize yourself with your Learning Garden
- Optional: supplies for additional Learning Garden activities

TEACHER BACKGROUND

Review your school district's safe handling guidelines and ask your regional Garden Educator for more information. Review Harvesting documents which include:

- Harvest Basics (A Plant-Centric Harvest Guide)
- Planning Your Learning Garden Harvest
- Five Steps to Food-Safe School Gardening
- Creating Your Harvest Kit

These resources can be found online at biggreen.org/teaching-in-your-garden/garden-skills-lessons/harvesting-your-learning-garden/.

Connect this lesson to nutrition and health. Students ages 4-13 need on average 1.5 cups of fruit (www.choosemyplate.gov/fruit) and 2 cups of vegetables (www.choosemyplate.gov/vegetables) every day.

In addition, the following site offers more information about specific crops: www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database.

INTRODUCTION

Spend time discussing the following introductory questions:

- Who has visited our school's Learning Garden?
- What grows in our school's Learning Garden?
- Do plants have nutritional value? Do plants come with a nutrition label?
- What important information can we obtain from learning about plant nutrition?

LESSON

Welcome your students to the Learning Garden, and line students up along one side. Stand on the opposite side of the Learning Garden so you can address the entire group.

Ask students if they know what they will be doing in the Learning Garden for the day's lesson. Let them know they will be practicing their harvesting skills!

1. Ask students if they know what is currently growing in the Learning Garden.
2. Introduce the crop(s) to be harvested and review the plant part(s) that will be eaten. Review with students how we know this vegetable is ready to harvest and choose the appropriate harvest method: student harvest or teacher harvest.
3. *If every student has the opportunity to harvest:* Demonstrate how to harvest the crop safely, focusing on exactly what part



of the plant to harvest, how to harvest it, and ways you could harvest incorrectly. Review the steps and ask students if they have any questions. Instruct students to place their crop in a harvest container for that specific crop.

If not every student has the opportunity to harvest: Harvest within sight of all students, and place harvested crops into a harvest container for that specific crop.

4. After you have finished harvesting with your students, return inside with your produce. Weigh and track your harvest. Store crops appropriately.
5. Let your students know that they will now be working in groups to learn more about one specific Learning Garden crop. Break students into groups, and let each group choose, or assign, a crop.
6. Write the following prompts on the board, and let students know they will be researching the following:
 - a. What is my crop's serving size?
 - b. What vitamin or mineral is the highest for my crop?
 - c. What does that vitamin or mineral do for my body?
 - d. Choose one recipe that your group would like to make that uses your crop.
 - e. Name one or two fun things you learned about your crop.
7. Once crops are assigned and groups are formed, give students 10 minutes to explore nutritional resources that relate to their crop. Guide students to <https://snaped.fns.usda.gov/seasonal-produce-guide> for research support.
8. Consider creative ways your students can display the nutritional information that relates to their Learning Garden crop. For example, you may want to have students prepare a final poster, take notes in their science journal, or record their findings on a piece of paper. Use the Nutrition Label template, if desired, or distribute large butcher paper or poster board.

CONCLUSION

Have students share key parts of the day's lesson and review the Key Understandings.

Students should clean up the Learning Garden as needed.

ADDITIONAL LEARNING GARDEN ACTIVITIES

Extend your Learning Garden experience and have your students participate in additional activities as appropriate:

- A tasting activity is a great follow up activity to the harvesting lesson. Choose a recipe for your class that is simple and requires little to no cooking, like a salad or a sandwich!



- Other follow up activities can include: planting, watering and weeding.





LEARNING GARDEN NUTRITION

PLANT NAME:





TOMATO



One serving size is 1 medium tomato. The main nutrients in tomatoes are vitamin A and vitamin C, which provide healthy benefits like helping your eyes, fighting sickness, and boosting your immune system. Our group would like to make Baked Tomatoes with Cheese. Tomatoes are in season in the summer. Smelling tomatoes is the best way to tell if they are ripe!