



# HARVESTING LESSON

*6<sup>th</sup> THROUGH 8<sup>th</sup> GRADES*

## **KEY**

### **UNDERSTANDINGS**

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

- Safe harvesting and food handling practices should be used.
- Plants from our Learning Garden have different nutritional properties.
- Getting a variety of nutrients from fruits and vegetables keeps me healthy.

## **STANDARDS**

### **ALIGNMENT**

Next Generation Science Standards

- MS-LS1-4. Use argument based on empirical evidence and scientific reasoning to support an explanation for how characteristic animal behaviors and specialized plant structures affect the probability of successful reproduction of animals and plants respectively.
- MS-LS1-5. Construct a scientific explanation based on evidence for how environmental and genetic factors influence the growth of organisms.

Common Core – English Language Arts

- SL.6.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- SL.6.4. Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts and details, to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.
- SL.7.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- SL.7.4. Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, and details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation.
- SL.8.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- SL.8.4. Present claims and findings, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning and well-chosen details; use appropriate eye contact,



adequate volume, and clear pronunciation.

## **MATERIALS & PREPARATION**

- Review harvesting documents (see Teacher Background)
- Prepare for harvest and collect harvesting supplies
- Print Blank Nutrition Labels, at least one per student
- Online access to: [www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database](http://www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database) (or preprint information for harvestable Learning Garden crops)
- Review lesson and familiarize yourself with what is growing in, and can be harvested from, your Learning Garden
- Optional: supplies for additional Learning Garden activities

## **TEACHER BACKGROUND**

Review your school district's harvesting, and safe food handling guidelines, and ask your 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/](http://biggreen.org/teaching-in-your-garden/garden-skills-lessons/harvesting-your-learning-garden/).

Connect this lesson to nutrition and health. Students ages 9-13 need, on average, 1.5 cups of fruit ([www.choosemyplate.gov/fruit](http://www.choosemyplate.gov/fruit)) and 2.5 cups of vegetables ([www.choosemyplate.gov/vegetables](http://www.choosemyplate.gov/vegetables)) every day.

In addition, the following site offers more information about specific learning crops: [www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database](http://www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database).

## **INTRODUCTION**

Spend time discussing the following introductory questions:

- Do plants have nutritional value? Do plants come with a nutrition label?
- How many fruits and vegetables should we be eating every day?
- Why is it important to eat fruits and vegetables?

## **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 today'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 researching more about one specific Learning Garden crop. Break students into groups, or let them work individually, and let each student choose, or assign, a crop.
6. Once crops are assigned, distribute the Blank Nutrition Label template to students, and review the handout. Students will be using the following website:  
[www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database](http://www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database) to fill in their nutrition label for their assigned crop and complete the additional boxes.
7. Give students 15-20 minutes to complete the handout.
8. Have students prepare a short peer-to-peer, or classroom presentation, that details the nutritional benefits of their crop.
9. Consider creative ways your students can display their work.

### **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 any of the following Learning Garden 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 may include: planting, watering and weeding.





# BLANK NUTRITION LABEL

NAME OF CROP: \_\_\_\_\_

## Nutrition Facts

Serving Size

Amount Per Serving

Calories		Calories from Fat
% Daily Value*		
<b>Total Fat</b>	g	%
Saturated Fat	g	%
Trans Fat	g	
<b>Cholesterol</b>	mg	%
<b>Sodium</b>	mg	%
<b>Total Carbohydrate</b>	g	%
Dietary Fiber	g	%
Sugars	g	
<b>Protein</b>	g	
Vitamin A	%	• Vitamin C %
Calcium	%	• Iron %

Did You Know?

Key Health Benefits of Fruits and Vegetables: