



HARVESTING LESSON

PRE-KINDERGARTEN THROUGH 2ND GRADE

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.

STANDARDS**ALIGNMENT**

Next Generation Science Standards

- K-ESS3-1. Use a model to represent the relationship between the needs of different plants or animals (including humans) and the places they live.
- 1-LS3-1. Make observations to construct an evidence-based account that young plants and animals are like, but not exactly like, their parents.
- 2-LS4-1. Make observations of plants and animals to compare the diversity of life in different habitats.

Common Core – English Language Arts

- SL.K.1. Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.
- SL.K.3. Ask and answer questions in order to seek help, get information, or clarify something that is not understood.
- SL.K.6. Speak audibly and express thoughts, feelings, and ideas clearly.
- SL.1.1. Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.
- SL.1.3. Ask and answer questions about what a speaker says in order to gather information to clarify something that is not understood.
- SL.1.6. Produce complete sentences when appropriate to task and situation.
- SL.2.1. Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.
- SL.2.3. Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.
- SL.2.6. Produce complete sentences when appropriate to task and situation in order to provide requested detail or clarification.



MATERIALS & PREPARATION

- Review harvesting documents (see Teacher Background)
- Prepare for harvest and collect harvesting supplies
- Review nutritional information for harvestable crops
- Prepare Nutritional Station signs, if needed (see example)
- 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 4-8 need on average 1.5 cups of fruit (www.choosemyplate.gov/fruit) and 1.5 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?
- Can we eat the plants from our Learning Garden?
- Are the plants we eat from the Learning Garden healthy?

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 and learning about the plant(s) they harvest and why they are healthy!

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 be learning more about each Learning Garden crop. Set up the following activity in stations or review the information as a class together.
6. For each crop your students will be reviewing, write the crop name on the board. Ask your students to describe the crop using their senses and record their responses.
7. Remind students that to be healthy, they need to eat fruits and veggies every day. Students ages 4-8 need on average 1.5 cups of fruit and 1.5 cups of vegetables every day. You may view this webpage with students:
www.fruitsandveggiesmorematters.org/for-girls-fruit-and-veggie-daily-intake.
8. After you have described each crop your class harvested, go back through and share one or two health benefits of the crop. Record the benefits. Describe the health benefits to your students and continue to discuss why it is important to eat fruits and vegetables. Use the following webpages to find out more information about each crop:
www.fruitsandveggiesmorematters.org/fruit-nutrition-database
www.fruitsandveggiesmorematters.org/vegetable-nutrition-database
9. If you are setting up stations for your students, prepare station signs ahead of time for your students to review. These station signs should include the name of the crop and one or two nutritional facts for your students to review. Have the crop at the station and ask students to record observations for each crop on a piece of paper. (See sample Nutritional Station sign



for guidance.)

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.





TOMATO



My main nutrients, which are vitamin A and vitamin C, provide healthy benefits like helping your eyes, fighting sickness, and boosting your immune system.