

Focus on: Garden Nutritional Information

This lesson is meant to support the unit on Food, Vitamins, Minerals, & Exercise. You will need an edible garden for this lesson.

Clarifying Objectives:

4.L.2.1 Classify substances as food or non-food items based on their ability to provide energy and materials for survival, growth and repair of the body.

4.L.2.2 Explain the role of vitamins, minerals and exercise in maintaining a healthy body.

Key Vocabulary:

Definitions can be found at <http://learnersdictionary.com>

- Classify
- Food
- Non-Food
- Energy
- Survival
- Growth
- Repair
- Vitamins
- Minerals
- Exercise
- Maintaining
- Healthy Body

Focus Question(s):

How is the nutritional value of food changed when it is cooked or processed?

Materials:

School Edible Garden

Science Notebooks

Internet to locate food nutrition labels

Activities:

1. Take your class to your school's edible garden. Have students explore the garden looking for fruits and vegetables that are growing.
2. As students explore, have them record the fruits and vegetables they find.
3. Have students work in groups to share their findings.
4. Next, have groups generate at least one processed food for each fruit or vegetable listed. (Example: Potato and Potato chip; strawberry and strawberry ice cream; okra and fried okra; etc.

Guiding Questions:

- What foods can you find in the garden?
- Once these foods are harvested, what can be made from them that can be purchased in a grocery store or cooked?
- Which do you think is healthier – the food in the garden or the foods made from the food in the garden?
- What does the nutritional information tell us about the foods?
- How does the food from the garden compare to the processed foods according to the nutritional information?
- How does the food from the garden compare to the cooked foods according to the nutritional information?

<ol style="list-style-type: none">5. Have students research online to find the nutritional information for at least one pairing. Each group should select a different pair to research.6. Have students compare the nutritional information and draw conclusions.7. Have the groups present their findings to the class.8. Summarize class discoveries.9. Watch and discuss – Potato Chips: http://app.discoveryeducation.com/player/view/assetGuid/97672C68-56A6-413E-B027-96FEBA1C220E	<ul style="list-style-type: none">- Are all calories the same? Why or why not? (Calories from fruits and vegetables from the garden come from natural sugars and various vitamins and minerals, while the calories from processed foods provide little nutritional benefit.)- Which would you eat? Why?- Are all cooked foods bad for you? (No. Food is prepared differently. Garden foods can be cooked in healthy ways which will have very different nutritional information than processed foods which are not healthy.)- If one eats food with many calories, but no nutrients, what is the effect?- What can we do to make sure the food we eat are prepared in the healthiest way possible?
---	--