

DELICIOUS NUTRITIOUS ADVENTURES

Lesson Plans Overview

SUBJECTS



NUTRITION



SCIENCE

Aa

LANGUAGE
ARTS

GRADE LEVEL

K-3

Lesson Plans Overview

Delicious Nutritious Adventures is a nutrition-based curriculum intended to empower kids with the knowledge and skills to make healthy food choices for themselves. Aligned to common core literacy standards, the unit empowers students to taste new foods, learn why fruits and vegetables are nutritious and refine literacy skills.

The curriculum consists of 9 lesson plans, which can be used separately or as a series. Each lesson focuses on a different family of fruits and vegetables and encourages students to use their five senses to explore the different ingredients. Each lesson begins by exploring different fruits and vegetables through a literacy lens (reading about it, learning vocabulary, etc.) and then encourages students to use their five senses to explore the ingredients. The lessons encourage K-3rd grade students to try new foods in a fun and supportive way and build healthy habits.

We recognize that it may be difficult to do some of the tasting elements of these lessons with COVID-19 safety constraints. We urge you to use your best judgment and follow your district and school's guidance when implementing these lessons.

Note: If you are unable to teach the entire unit, we recommend beginning with the three core lessons: apple, root vegetable, and citrus. These lessons highlight ingredients students may be more familiar with while also introducing different varieties of the ingredient students may not have tried.

Tips for Tasting:

The tasting component requires teachers to source different ingredients for students to try. Your cafeteria manager may be able to assist with food sourcing and prep. The intention of the tasting portion is to afford students the ability to immerse themselves in healthy ingredients using their 5 senses. However, each lesson includes optional literacy-based activities that can be used if tasting is not feasible.

Lesson Plans:

Apples

We suggest using this lesson first, as apples are a very approachable ingredient and one most students have tasted before. The main focus of this lesson is to show how an ingredient can take on many different tastes, textures and colors. Students are encouraged to point out differences between the different apple varieties they try during the tasting.

Squash

This lesson gives students the chance to explore a more challenging ingredient and emphasize the adventure part of Delicious Nutritious Adventures! The goal of this lesson is to squash – pun intended – the mystery behind this misunderstood family of vegetables. Students learn about how different parts of the squash, besides its flesh, are edible including the seeds, leaves, tendrils, shoots and flowers. During the tasting, students get the chance to try squash in different ways, which may include pumpkin seeds, pumpkin puree, pumpkin butter and butternut squash.

Cranberries

This lesson focuses on all things cranberry. During the literacy portion, students will learn nutritional facts and fun facts about the

ingredient, most importantly how they are grown and harvested. Additionally, classrooms will take a trip back in time and explore how cranberries, one of the only fruits native to North America, were used by the Native Americans.

Citrus

This lesson emphasizes the varied texture, color and size of citrus fruits and encourages students to participate in noticing both differences and similarities. Students learn how, where and when citrus grows, and why it is important to include citrus in their diets.

Chocolate

This lesson emphasizes how different chocolate can be from the candy bars that we are all used to eating in terms of taste, appearance and nutrition profile – chocolate can be good for you! This unit explores where chocolate comes from, and helps students see how different parts of the cacao bean can be utilized and how chocolate can take different forms, such as bean, pulp, juice, powder and bar.

Legumes

This lesson allows students to discover legumes – specifically, beans, peas and lentils. This lesson is a great example of how the same ingredient or family of ingredients can come in different forms, such as dried, fresh, canned or cooked.

Root Vegetables

This lesson explores root vegetables, how they grow and which parts of the plant we eat (hint: we can eat the whole plant!) Students will learn about how many different colors one vegetable can come in. Most students will be familiar with carrots, but have they ever seen a purple or white carrot or a purple sweet potato?

Herbs

In this lesson, students explore herbs with a specific emphasis on how senses other than taste (sight, smell, touch) can be used to explore food. During the literacy portion, students are encouraged to use scent as a memory – do specific herbs remind them of Thanksgiving or a family recipe? While students are allowed to try the herb samples (small bites!), using additional senses is highly encouraged this month. This unit is also intended to highlight how food can be seasoned in a healthy and delicious way.

Berries

This lesson focuses on the berry family. Students are introduced to a variety of different berries and learn why berries are so nutritious. Students will also learn how berries grow and the different shapes and textures berries can take.

