



GRADE 3 - GRADE 5

The Food We Eat



Lesson 1

SECTION 1: LESSON OVERVIEW

Duration

 50 MINUTES

Standards (NGSS)

4-LS1-1 STRUCTURE, FUNCTION AND INFORMATION PROCESSING: Construct an argument that plants and animals have internal and external structures that function to support survival, growth, behavior, and reproduction.

4-LS1-2: A system can be described in terms of its components and their interactions.

5 LS1-1 MATTER AND ENERGY IN ORGANISMS AND ECOSYSTEMS: Support an argument that plants get the materials they need for growth chiefly from air and water.

Learning Objectives

Students will be able to identify where the food they eat comes from.

Students will be able to state the importance of farming to a community.

Students will be able to state how the produce grown in the Flex Farm will benefit their community.

Preview / Background Knowledge

Students should be able to state where their family goes to purchase food.

Students should be able to explain where the food in the stores/ markets comes from.

Students should be able to explain how foods are traditionally grown.

Related Fork Farms Resources

FLEX FARM BADGE: ASSEMBLY
(If building with students and/or have students inspect Flex Farm)

FLEX FARM ASSEMBLY MANUAL

FLEX FARM ASSEMBLY VIDEO

The Food We Eat



SECTION 1: LESSON OVERVIEW

Materials Needed

FOR TEACHERS

Google Slide Deck: **The Food We Eat**

Image of the Flex Farm if not assembled yet

FOR STUDENTS

Student Guide: **The Food We Eat**

Crayons, markers, pencils and paper to create their comic strips/ series of pictures about where their favorite food comes from.

Vocabulary

INTRODUCE

Crops, farmers market, the concept of “farm to table”, produce

Driving Questions

Who feeds our community?

How do different plants become different types of food? (ie. peanuts become peanut butter)

What kinds of foods can we grow in our Flex Farm? How can that help our school community with the produce we grow?

SECTION 2: ACTIVITIES & PROCEDURES

Activity

THINK-PAIR-SHARE

Have students talk to a partner and discuss where the food that they eat comes from and how it gets to their community?

Have students make a list on paper or in a journal of where food comes from and how it gets to their community.

DISCUSS

Discuss as a class where the students’ community gets food and how it gets to those stores. Create a class list, discuss answers.

CREATE

Have students create a comic strip/series of drawings about where their food comes from. (from plant to finished product)

DISCUSS

Different types of systems that help provide produce to communities. How and what types of food do these systems provide for a community? Students will fill in the information from the class discussion in the **Farming Systems Chart**.

Farms, Community Gardens, Family/School Gardens, Orchards, Raised Gardens, Flex Farm

PREDICT AND DISCUSS

How to grow indoors with the Flex Farm. How does the Flex Farm work? Introduce the Flex Farm and explain how it works to grow plants.

Discuss what crops the class can grow in the Flex Farm and what meals/dishes can be made with the produce.

Introduce this as an indoor “hydroponics” grow system.

Assessment

The Flex Farm is an indoor growing technique.



Crops from our Flex Farm can be used to feed our school community.



A farm, garden and the Flex Farm can be local sources of food.



I can only eat food sold in stores.



LESSON 1: GRADES 3 - 5

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SECTION 3: ADDITIONAL RESOURCES

Additional Extension Options

[Origin of Crops Interactive Map](#)

ACTIVITY:

[Where Does Your Food Come From](#) - Peace Corps

Additional Resources

VIDEOS:

[Grow Your Own Food](#) - YouTube

[Grow Your Own Plants!](#) - [#sciencegoals](#) - SciShowKids

fork farms[™]

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STUDENT GUIDE

The Food We Eat

Vocabulary

Crops, farmers market, the concept of "farm to table", produce

Think-Pair-Share

Where does food come from?

How does it get to your community?

Driving Questions

Who feeds our community?

How do different plants become different types of food? (ie. peanuts become peanut butter)

What kinds of foods can we grow in our Flex Farm? How can that help our school community with the produce we grow?

Draw

Create a comic strip showing where your food comes from before it becomes a meal. Where does it start?

Farming Systems Chart

During the class discussion, fill in the appropriate information in the spaces below.

FARMING SYSTEM	WHAT GROWS HERE?	HOW ARE THESE CROPS SHARED?
FARMS		
COMMUNITY GARDEN		
FAMILY/SCHOOL GARDEN		
ORCHARDS		
RAISED GARDENS		
FLEX FARM		



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Important Questions

1. Who feeds our community?
2. How do different plants become different types of food?
(ie. peanuts become peanut butter)
3. What kinds of foods can we grow in our Flex Farm?
4. How can that help our school community with the produce we grow?

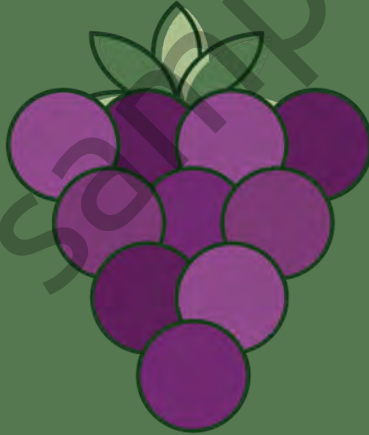
Key Vocabulary

“Farm to Table”	Fresh, locally grown food to sold local people and restaurants
Crops	Living plants grown by farmers
Farmers Market	Public market where farmers sell fresh produce
Produce	Fruits and vegetable

What food do you eat?

Plants We Eat

- Can you name a plant that you eat?
- Where did the plant come from?



BRAINSTORM

How do we get the food we eat?



Does your family
shop at a
supermarket?



Or a farmers market?



Maybe your family has a garden or a farm?



Or an orchard?



Plants are a very important source of food.

Can you name what plant is the source of the following foods?

- Bread
- Spaghetti Sauce
- Cereal

- Salsa
- Pasta
- Hummus

- Tofu
- Jam
- Tortillas

Farms

- An area of land that is devoted primarily to agricultural processes.
- Used for producing food and other crops.
- Food transported directly to processing plant or to a farmers market.



Community Gardens

- A community garden can be urban, suburban, or rural.
- It can grow flowers or vegetables.
- It can be one community plot or many individual plots.
- Food directly from garden plot to community homes.



Family / School Gardens

- A small piece of ground used to grow vegetables, fruit, herbs, or flowers.
- Produce goes directly from the garden to the families table.



Orchards

- Orchard fruit- or nut-producing trees which are generally grown for commercial production.
- Produce goes from the orchard to the processing plant, then to the stores.



Raised Gardens

- Mounded soil or a contained bed of soil above the surrounding grade.
- Used to grow fruits, vegetables, and herbs.
- Usually a home or school option where produce goes from raised beds to family tables.



Flex Farm

- Flex Farms are vertical hydroponic systems.
- Educational institutions, culinary operations, healthcare organizations, nonprofits, and families everywhere are using Flex Farms to produce harvest after harvest of nutritious vegetables, herbs, and more!

