

Lesson on Food from the Garden



This lesson plan is a free teaching material for use with the children's book Bluebear. The ebook is available on Amazon in Kindle format at <http://www.amazon.com/Robert-Lewis/e/B014B0QCJW>

Objective/Goals: This lesson is designed to introduce students to the tastes of the garden.

Materials: Bread (fresh baked, if possible), tomatoes, lettuce, zucchini, cucumbers, and any other vegetables plus fresh fruits, peeled and sliced, large bowl, mixing tongs, small cups, plates, forks, napkins.

Anticipatory Set: Ask students what meals they prepare at home with their families that have vegetables and fruits. Write responses on the board. Show the children the fruits and vegetables they will be using in preparing their snacks. Ask students to imagine all the things they can create. Show children the pictures of Bluebear in the garden and Bluebear eating his sandwich. Tell the children they will be like Bluebear and they will be able to create their own sandwich.

Direct Instruction: Tell children that you are going to make a treat for everyone using foods from a garden. Teacher will show children the ingredients before throwing into the big bowl and ask students to say, with quiet voices, what the item is. Teacher will mix the ingredients and distribute in cups. Ask some volunteers to pass out napkins, forks and cups of salad.

Guided Practice: Invite children to come to the table and make a sandwich with the ingredients you have prepared and laid out on the table. They can choose fruit, as well, to brighten their plates. Before children eat their sandwiches, ask them to draw a picture of their plate. After children eat, they can present their pictures to the class with an explanation of how they made their food.

Independent Practice: Ask children to repeat this activity at home with their family. Students can draw pictures of what they made with their family and present it to the group. Use pictures for classroom decoration.

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