



Food Education Standard 2: Foods have sources and origins.

Growing Food in Soil

Grade Levels & Subjects: Early Childhood and Grades K-2 English Language Arts

Learning + Food Objectives:

Students will better understand food sources and origins by sorting fruits and vegetables based on their characteristics.

Common Core Standards:

Common Core English Language Arts

Language: Sorting and identify food

[CCSS.ELA-LITERACY.L.K.5.A](#)

Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.



MATERIALS NEEDED

- Pilot Light Video: "Polenta with Mushrooms and Greens with Chef Julia Weeman"
<https://vimeo.com/434060742>
- Fruit and Vegetable Chart (Attached below)
- Fruits and Vegetables Student Worksheet (Attached below)*

*This is just an example- feel free to use whatever platform or images that work best for your classroom!

CLASSROOM PROCEDURE

INTRODUCTION (5-10 minutes)

1. Tell students that today they will be learning about where our food comes from - particularly on land. Let them know that in other lessons, you will discuss other places that food grows, like water, but today, we will focus on food growing in soil and on land.

2. Ask students to think about their favorite fruit or vegetable. If students are hesitant to name a specific fruit or vegetable, you could suggest something like - do you like potato chips, french fries? Potatoes are vegetables! We want to hook students in thinking about fruits and veggies they like to eat and then thinking about where they come from/how they are grown.
3. As a class, list students' favorite fruits or vegetables. Ask students, where do you get fruits and vegetables from? Let each student answer, and then explain that we can buy fruits and vegetables from the grocery store or farmers' markets, but fruits and vegetables originally come from (and are grown from) the land under our feet. Explain that food can be grown on trees, in the ground, etc.

INSTRUCTION (30 minutes)

1. Tell students that today they will be talking about the differences between fruits and vegetables.
2. As a class, list some characteristics of fruits and vegetables. Students can talk about the different colors and sizes of some fruits and vegetables.
3. Show students the chart below with different fruits and vegetables below or a similar teaching tool. Go through each photo and ask students to classify each food by their color, shape, taste, etc.
4. After the looking at photos of the fruits and vegetables, tell students that they are now going to watch a video about how a delicious recipe is made using different types of foods that are grown in the ground. Watch "Polenta with Mushrooms and Greens with Chef Julia Weeman" <https://vimeo.com/434060742>
5. Pause the video after the swiss chard (greens) are introduced (1.18). Ask, do you think this food is a fruit or a vegetable? If they are having trouble, ask students what the food looked like. What color was it? Did it look like a leaf? Did it have a stem?
6. Using the worksheet below (or another platform), have students identify their favorite fruit and their favorite vegetable.

CLOSING (teacher discretion)

1. Students can share with their classmates what their favorite fruit and vegetable is. Teacher could create a graphic (like a web) showing students and their favorite fruit or vegetable and see if there are connections between students.

ADDITIONAL RESOURCES

- Informational sites on characteristics of fruits & vegetables:
<https://kids.britannica.com/kids/article/fruit/353156>,
<https://kids.britannica.com/kids/article/vegetable/400167>
- Informational site about growing vegetables, fruits, herbs: <https://harvesttotable.com/>
- *Sylvia's Spinach* by Katherine Pryor and illustrated by Anna Raff (published by Readers to Eaters)
 - Read-aloud from Katherine Pryor: <https://www.youtube.com/watch?v=8NojEfvCiSQ>

RECIPE FROM VIDEO

Video: "Polenta with Mushrooms and Greens" - <https://vimeo.com/434060742>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

Polenta with Mushrooms and Greens

Serves 4

Ingredients:

Polenta

- 3 cups water, chicken stock, or other broth
- 1 tsp. salt
- 1 cup coarse corn grits/polenta
- 3 TB butter or extra virgin olive oil (or combination)
- Optional:
 - 2 Tbsp cream
 - 1 bay leaf
 - 3 sprigs thyme leaves, picked (other soft herbs such as basil or parsley would also work well)

Mushrooms

- 1.5 lbs mushrooms, cut or broken into bite-sized pieces
- Chef's choice combination of alliums
 - 1 Tbsp minced garlic, shallot or onion **OR**
 - 1/4 cup diced spring alliums (scallions, spring onions, ramps, green garlic, scapes)
- 2-3 TB extra virgin olive oil (or other neutral oil)
- Salt (to taste)

Greens

- 1 large bunch swiss chard, spinach, lacinato kale, or other tender green, stems removed and chopped into 1 inch pieces, leaves torn into large pieces
- 1 TB extra virgin olive oil
- Salt (to taste)

Preparation:

1. Bring water and salt to boil. Add bay leaf, butter or olive oil and cream, if desired, then grits/polenta, stirring to incorporate. Lower heat to medium low and cook 30-45 minutes, stirring occasionally, until soft and creamy, adding more water or stock if needed. Add thyme and adjust salt to taste.
2. While polenta is cooking, heat a heavy sauté pan over high heat. Add oil, then mushrooms. Season well with salt. Once water from mushrooms has mostly evaporated and mushrooms begin to brown, lower

heat to medium and toss to encourage even browning, letting them continue to cook and get color on all sides until they are crispy and cooked through. Add in your choice of allium, stirring until cooked and fragrant.

3. Don't forget to stir your polenta every 5 minutes or so while you're cooking your mushrooms and chard!
4. In a medium pot or deep pan, heat oil over medium. Add stems and cook until just tender. Add a splash of water, then greens, and cover. Reduce heat to low and cook 3-5 minutes or until leaves and stems are tender. Adjust salt to taste and add butter if desired.
5. Spoon polenta into a bowl or serving dish and spoon the vegetables on top.

The student worksheet below can be printed or copied onto
any online learning platform.



Fruit and Vegetable Chart



Strawberry

Fruit



Peach

Fruit



Banana

Fruit



Tomato

Fruit



Apple

Fruit



Cherry

Fruit



Carrot

Vegetable



Cauliflower

Vegetable



Lettuce

Vegetable



Onion

Vegetable



Potato

Vegetable



Sweet Potato

Vegetable



My Favorite Fruits and Vegetables

Draw a picture of your favorite fruit and vegetable.

My favorite fruit is: _____.

My favorite vegetable is: _____.