

DRAFT 1

Lesson Title: Healthy Vegetable Fantasy

Grade Level: 4

Subject Area: English Language Arts

Setting: Classroom and school garden

Instructional Time: 1 hour

Grade Level Expectation (s):

W.GN.04.01: Writing a cohesive narrative piece such as a myth, legend, fantasy, or adventure, creating relationships among setting, characters, theme, and plot.

W.PR.04.02: Apply a variety of pre-writing strategies for both narrative and informational writing (e.g., graphic organizers such as maps, webs, Venn diagrams) in order to generate sequence and structure ideas (e.g., plot, setting, conflicts, resolutions, definitions, description, or chronological sequence).

3 MNN Behavioral Outcome (USDA Guidance on Apple Sheet):

Eat vegetables everyday having fun doing so.

SNAP-Ed Core Nutrition Messages: (Page 5 of Maximizing the Message):

Eat smart to play hard. Eat fruits and veggies at meals and snacks.

Goal:

Students will explore fantasy stories that include healthy vegetables as main and minor characters and with a setting in the garden. Students will visit a garden and taste test vegetables for inspiration and utilize story mapping to create their own healthy garden vegetable fantasy stories.

Learning Objectives:

The students will use story maps to write fantasy stories.

The students will taste new vegetables and discuss their place in MyPyramid.

Background (Registered Dietitians and Horticultural Specialists.)

Vocabulary (less than 5 recommended, none required)

Fantasy

Hybrid

Advanced Preparation

- Slice vegetables for taste testing

Supplies

- Story map handouts for each student
- School garden or example vegetable plants for writing inspiration
- A copy of a fantasy vegetable book. Recommended books include:
 - The Brave Potatoes by Toby Speed (ISBN: 0-399-23158-7)
 - The Runaway Garden: A Delicious Story That's Good for You, Too! by Jeffery L. Schatzer (ISBN: 9781587264368)

Procedures

Step 1:

Ask students to share which are their favorite fruits and vegetables to eat. Review the vegetable group on the MyPyramid for Kids poster.

Step 2:

Read an example fantasy story with vegetables as a theme along to the class. Remind them to pay attention to the character, setting, problem and solution. (The Brave Potatoes, or the Runaway Vegetables) Point out the food groups on MyPyramid that the book characters fall into.

Step 3:

Review story parts (character, setting, problem, solution). Draw a story map on the board and fill in the details as a class.

Step 4:

Introduce the concept of hybrid vegetables; explain that broccolini is a hybrid vegetable (in this case a cross of two "parent vegetables," broccoli and Chinese kale). If possible, taste test a new vegetable (Broccolini). For examples of freaky hybrids visit; <http://www.freakingnews.com/Hybrid-fruits-and-vegetables-Pictures--1079.asp>

Explain to the students to imagine they will be "plant breeders" and that that they will write their own fantasy vegetable stories but first they need to go to the school garden for some inspiration!

Step 5:

Walk in the school garden. Have the students observe the different plants. What fantasy vegetables can they imagine? What characters do they see in these nutritious snacks growing in the garden? If possible, have students harvest the vegetable of their choice for inspiration.

Step 6:

Return to the classroom. Provide students with a story map handout. Have students build a short story with their fantasy vegetable as a character.

Assessment

Story map and short stories.

Scoring Rubric

Student Pages

Story map

Visual Aid Drafts/Suggestions

Differentiated Instruction & Extensions

Teacher extends lesson in a discussion format using the following questions:

Strategies for Below-Level Readers

- Have students create a Healthy Fantasy Vegetable story in the form of a comic.

Strategies for Above-Level Readers (50-100 words) Optional

- Have students create a play from their story and have them act it out for the class.

Extension Ideas

- Clean and prepare sample fantasy hybrid combinations of vegetables to taste test. Chop the vegetables into smaller pieces so students can sample two flavors in one bite. (For example, carrot + tomato = “carmato”, zucchini + green beans = “zubeanni”, etc.)
- Utilize children’s activities for the Runaway Garden provided by Mitten Press at <http://www.mittenpress.com/promo/64368-guide.pdf>

Supporting Resources

Teacher Resources

Literature

Websites A cute video from Sesame Street is “Fairy Tales Today; Food Strike”
http://www.sesamestreet.org/video_player?p_p_lifecycle=0&p_p_id=videoPlayer_WAR_sesameportlets4369&p_p_uid=4371dd33-1552-11dd-8ea8-a3d2ac25b65b

Interactive Technology Opportunities

Story Map Template:



