

### Key Message:

**Try more and eat new fruits and vegetables. Explore the world of possibilities in the garden and on your plate!**

### Subject Connections:

English Language Arts, Health, Science, Math

### Learning Objectives:

#### Students will be able to...

- Creatively share what they've learned about gardening, nutrition, and fruits and vegetables using a variety of media (written and oral).
- Promote the benefits of eating more fruits and vegetables to a diverse audience.

### Supplies:

- Harvest and clean vegetables and fruits ahead of celebration. See p. 66 for event ideas, preparation requirements, and schedule suggestions.
- Letter paper (or card stock), poster board
- Art supplies (colored pencils, markers, scissors, glue, paint, etc.)
- Computers with word-processing and slide-show presentation software, projector
- **Garden Journals**
- Student handouts (p. 90):

#### 1. **My Garden Fresh Moments**

### Featured Fruits and Vegetables:

**Any fruits and vegetables from the garden**

# Lesson 10: Harvest Celebration

**TOTAL TIME REQUIRED:** 145 minutes / 3 sessions

**Session 1: Getting Started** 15 min;  
**Activity I "Reflecting on Our Journey"**  
30 min (English Language Arts)

**Session 2: Activity II "What We Learned"**  
40 min (English Language Arts/Health/  
Science/Math\*)

**Session 3: Harvest Celebration** 60 min\*\*

\*Standards met will depend on project. See p. 11.

\*\*Time will vary. See suggested activities on p. 62.

### LESSON OVERVIEW:

In this final lesson of **Dig In!**, students will celebrate all that they have learned about fruits and vegetables and accomplished. They will reflect on their educational journey and create presentations to share with the rest of the school and local community. Everyone will get to enjoy the taste of a fresh harvest while eating and sharing their favorite fruit and vegetable dishes.

**ESSENTIAL QUESTIONS:** *What have I learned about fruits and vegetables? What have I learned in the garden? What have I learned about my own health? What was my growing moment?*

### TEACHING PROCEDURE:

#### Planning the Harvest Celebration

It's time to share and celebrate everything that you and your students have learned, discovered, and created throughout the last nine lessons! Your **Harvest Celebration** can be customized to suit your school, schedule, and community. You can have an all-day celebration, plan events throughout the week, or simply celebrate during a class period. Invite parents, the local community, media, and other classes to visit. Remember, it's all about sharing your knowledge, having fun, and celebrating your garden harvests and student accomplishments!

### Below is a suggested schedule to help you plan the celebration:

#### 2-3 months before

- Pick a date for your Harvest Celebration and add it to the school calendar and newsletter.
- Write and send invitations to parents, community members, local agricultural vendors, and media to join in the Harvest Celebration.
- Ask for parent volunteers to help organize.
- Invite guest speakers (gardeners, farmers, chefs).

#### 1 month before

- Put together a cookbook featuring favorite fruit and vegetable recipes created by the students, and print copies.


#### 2 weeks before

- Write and submit a press release to the local media summarizing your garden activities and announcing the celebration and purpose.

#### 1 week before

- Send reminders to parents and community members about the celebration.
- Enlist parent and community volunteers to help prepare the garden, fruit and vegetable dishes, presentation space, etc.
- Print and make copies of information for visitors to take home.

#### 1 day before

- Harvest fruits and vegetables from the garden. ( pp. 104-105)
- Prepare dishes for the celebration. (If possible, wait until day of celebration to keep produce fresh!)
- Set up sharing stations, put up signs, and finish displays and bulletin boards.

### Activity I. Reflecting on Our Journey (30 minutes, English Language Arts)

1. Distribute the handout **My Garden Fresh Moments** (p. 90). Have students reflect on their journey of learning about fruits and vegetables, nutrition, and gardening. Give them time to go through their **Garden Journals** and reread through their notes and reflections.
2. Ask: *What was your favorite moment? What was your most memorable activity? What is the most important thing you have learned about gardening, your own health, fruits, and vegetables? What was your favorite new fruit or vegetable? What are you the most proud of?*
3. Next, tell students they will take their personal reflections and turn them into a written piece to share. They will choose a “**Garden Fresh Moment**” in which they feel they learned the most, and write a poem, essay, song, short story, or article for the newsletter or the local newspaper.
4. Have students first work individually on their drafts, then in pairs to peer-edit their writing reflections. If they have time, they can create colorful illustrations of their favorite moments on the **My Garden Fresh Moments** handout.

### Activity II. “What We Learned” Presentations (40 minutes, English Language Arts/Health/Science)

1. Divide the class into groups of three to four students. Explain that students will work together to create a five-minute oral presentation to share with the rest of the school and visitors during the **Harvest Celebration**. Students in each group should choose a different topic from the list below (or select their own topic from the areas the class studied):
  - **The Food Supply System**
  - **Nutrients in Fruits and Vegetables**
  - **How to Make Healthy Food Choices**
2. First, have students in each group list everything they have learned under their topic. Next, have them organize the information to identify the most important parts of that lesson. Students in each group must summarize what they have learned regarding their topic and *how* they reached their discoveries, and communicate clearly *why* it is important to know and understand this information. They can use computers and slide-show software to create their presentation. Encourage them to use photos and video to share information. Students may also create skits, songs, or prepare cooking demonstrations.
3. Give groups opportunities to rehearse, plan, and revise their presentations at least twice before the **Harvest Celebration**. Have students practice in front of the class and ask for suggestions on how to improve their presentations.



### ARTFUL DISPLAYS

Work with the art teacher to create colorful displays of your students’ work and gardening experiences. Collect images of students working in the garden and have students prepare a bulletin board that includes images and writings.