

Overview of Farm to School Lessons

Power Point-based Farm to School Classroom lessons cover local food and nutrition topics, allowing students to gain a more in-depth understanding of the relationship between soil, plants and food, as well as learning the importance of nutrition and physical activity. Lessons may be taught during the suggested month, or during any month that may fit within other curriculum.

Lesson 1: Healthy Soil

Introduces plant life cycle and the relationship between healthy food and healthy soil; discusses waste management and composting techniques.

Lesson 2: Native Plants

Explains how seeds travel; introduces natural habitats and native plants and animals; describes how to identify plants and animals native to Wisconsin.

Lesson 3: Food and Nutrition

Introduces 'MyPlate' food categories, proper portion sizes and strategies for making informed food choices; discusses how food is related to energy.

Lesson 4: Food Systems

Discusses how food gets from farm to table and different processing techniques; explores the relationship between soil, plants and food and how they relate to one another.

Lesson 5: Our Personal Food System

Describes the connection between food and physical activity; explores ways to make healthy choices in multiple settings and factors that can influence those choices.

Lesson 6: Local Food System

Introduces the concept of local food/agriculture; discusses different ways to grow and access local food.

Lesson 7: Review

Reviews all of the previous lessons in a fun, game format.

