

Nourishing Students:

Discovering Fruits and Vegetables with Early Learners

Rachel Brand, EdD
Program Manager

Cindy Hu, MEd
Education Program Manager



CALIFORNIA FOOD
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**CENTER FOR
ECOLITERACY**

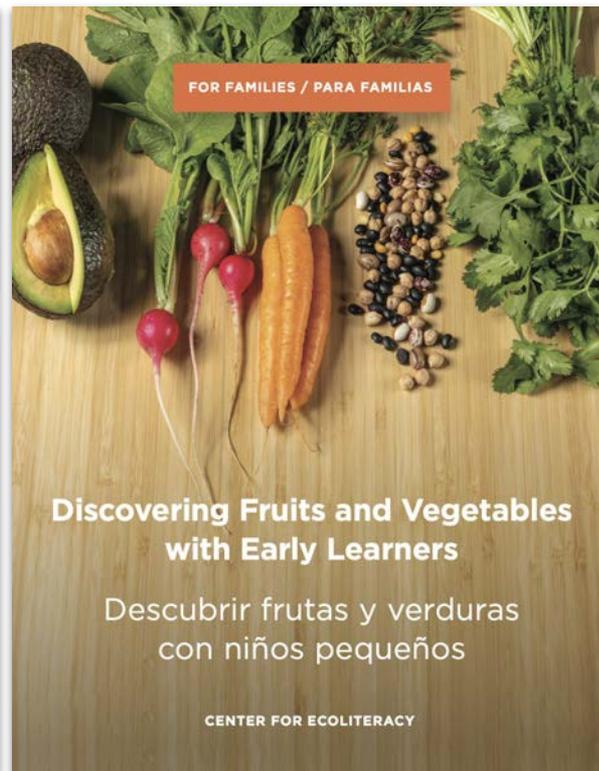
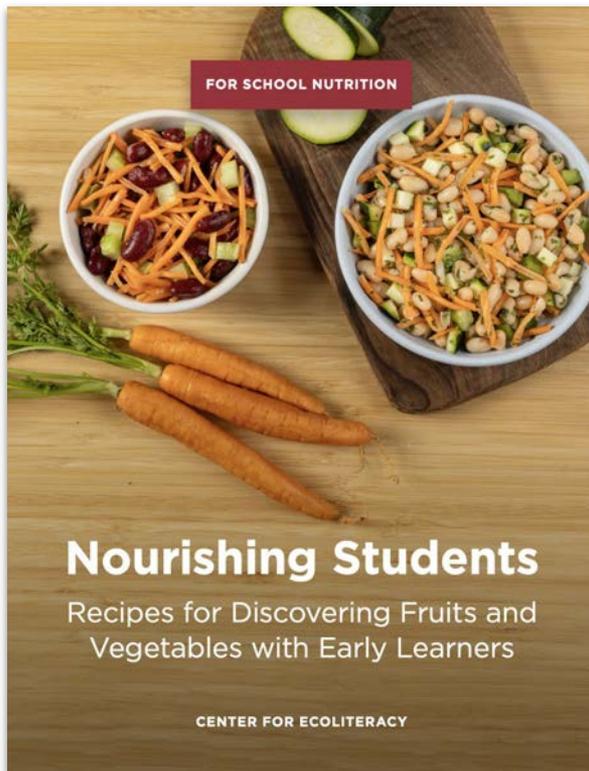
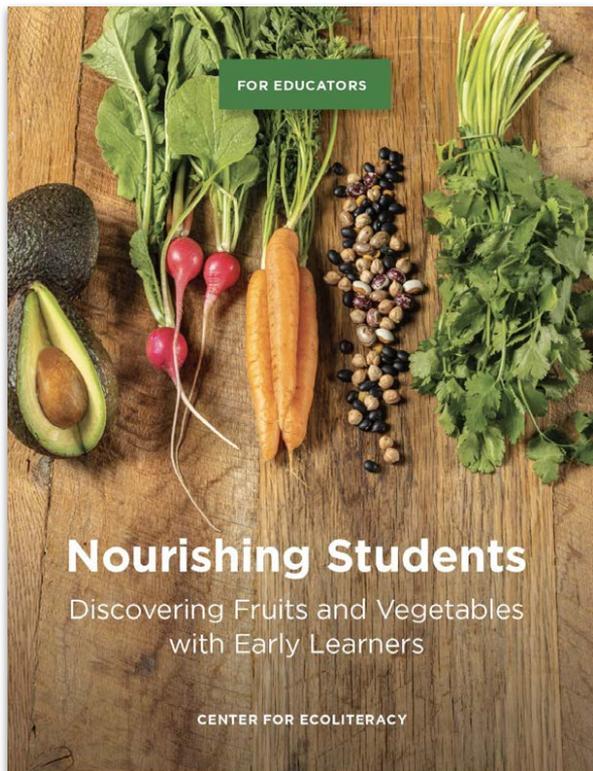


Agenda

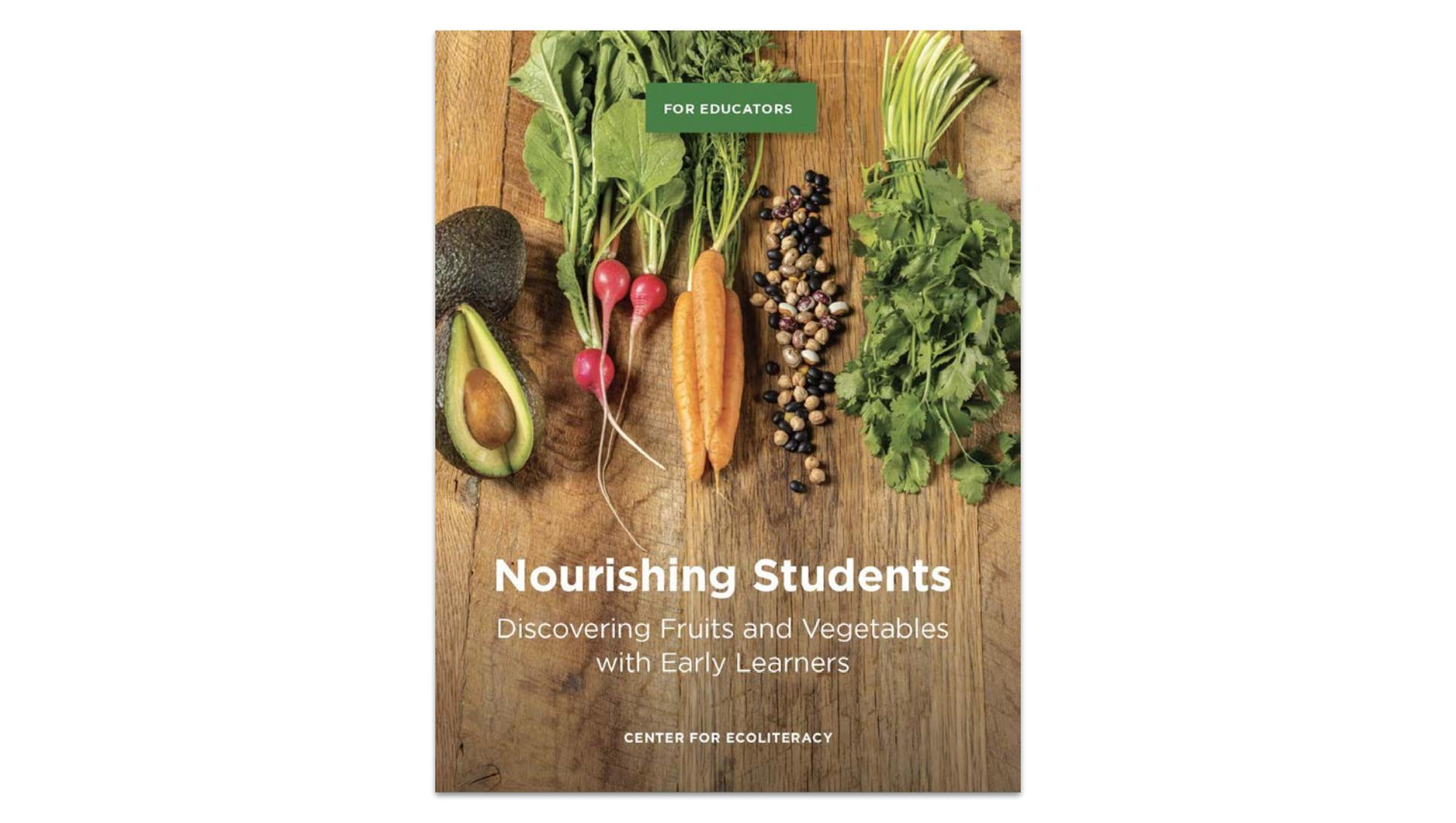
- *Nourishing Students Resources*
- Tour of Educational Activities
- Sprout an Avocado Activity
- Surveys and Stipends
- Q + A



Nourishing Students Resources



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A top-down photograph of fresh produce on a rustic wooden surface. From left to right: a whole dark avocado and a halved one showing the pit; three red radishes with green leaves; two bright orange carrots; a small pile of black, white, and brown beans; and a bunch of fresh green cilantro leaves.

FOR EDUCATORS

Nourishing Students

Discovering Fruits and Vegetables
with Early Learners

CENTER FOR ECOLITERACY

Each Unit Contains

- Engaging Activities
- Fun Fruit and Vegetable Facts
- Children's Book Recommendations
- Resources for Families
- Bilingual Learning Card
- Standards Connections



Tour of Educational Activities



Sprout a Bean

Bean Match



Carrot Art



Taste a Carrot



Plant Emotions

Directions

1. Ask students to describe what happens to your face as you mimic different emotions. Write down their observations on the board. For instance, if you smile, they might say, "smiling, eyes sparkling, showing teeth."

ACTIVITY #3

Plant Emotions

Activity Overview

Plants can "tell" us how they are feeling, just like we encourage students to tell us how they are feeling. In this activity, students will observe how light can cause a plant to grow and that they are not just sitting in their soil. In this activity, students will observe how light can cause a plant to grow and that they are not just sitting in their soil. In this activity, students will observe how light can cause a plant to grow and that they are not just sitting in their soil.

HANDOUT

Plant Emotions



ACADEMIC CONNECTIONS:

- For a complete description of each academic connection, please see the appendix.
- Transitional Kindergarten:**
- DRDP-TK: SED 2, LLD 4, COG 2, COG 9 & PD-HEALTH 4.
 - Standards: Science: 1.2 & 3.2; Health: 1.2
- Kindergarten:**
- DRDP-K: SED 2, LLD 4, COG 1 & PD 4.
 - Standards: Science: K.LS.1.1; Health: 1.3.M



OURISHING STUDENTS

Sprout an Avocado

Learning Card



ABOUT AVOCADOS

Vocabulary: Pit, Sprout, Germination

Colors: Avocados are usually black or green.

Growth: Avocados grow on trees.

Consumption: Avocados are a fruit. We eat the flesh of the avocado.

Health: Avocados are a nutrient-rich food.

DISCUSSION QUESTIONS

- Have you ever eaten an avocado? What dishes are made with avocados?
- Have you ever seen an avocado grow?
- How would you describe the shape of an avocado? Draw an avocado in the air with your finger.
- How many letters are there in the word avocado? What about the word *aguacate*?

ACTIVITIES

Use the activities in *Nourishing Students* or scan the QR code to view avocado activities. Activities include: Avocado Geography, Graph an Avocado, Sprout an Avocado Pit, and Resources for Families.



SOBRE LOS AGUACATES

Vocabulario: Semilla, Germinar, Germinación

Colores: Los aguacates suelen ser negros o verdes.

Crecimiento: Los aguacates crecen en los árboles.

Consumo: El aguacate es una fruta. Comemos la pulpa del aguacate.

Salud: Los aguacates son un alimento rico en nutrientes.

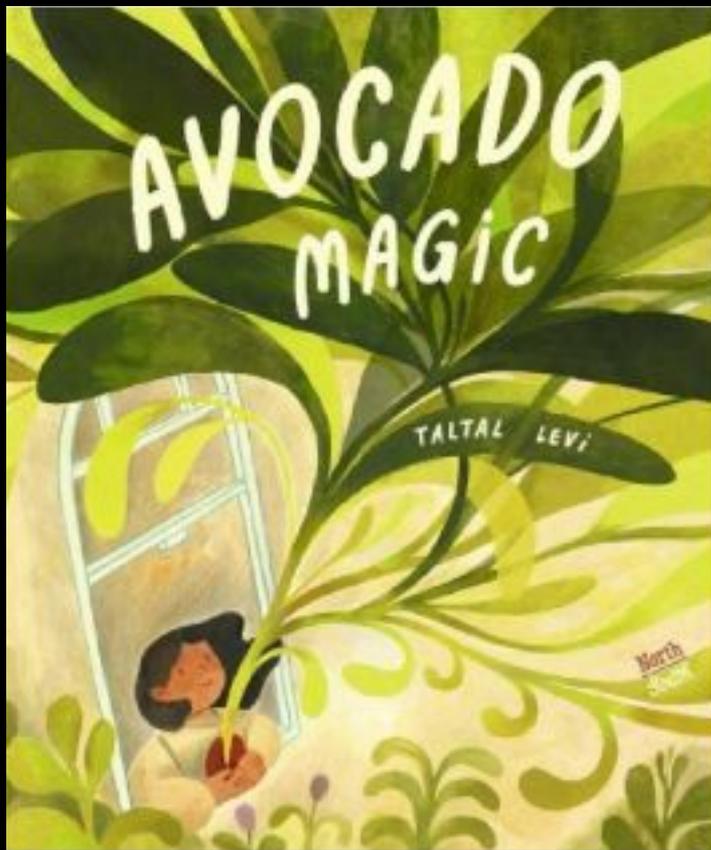
PREGUNTAS DE DEBATE

- ¿Has comido alguna vez aguacate? ¿Qué platos se preparan con aguacate?
- ¿Alguna vez has visto crecer un aguacate?
- ¿Cómo describirías la forma de un aguacate? Dibuja un aguacate en el aire con el dedo.
- ¿Cuántas letras tiene la palabra aguacate? ¿Y en la palabra *avocado*?

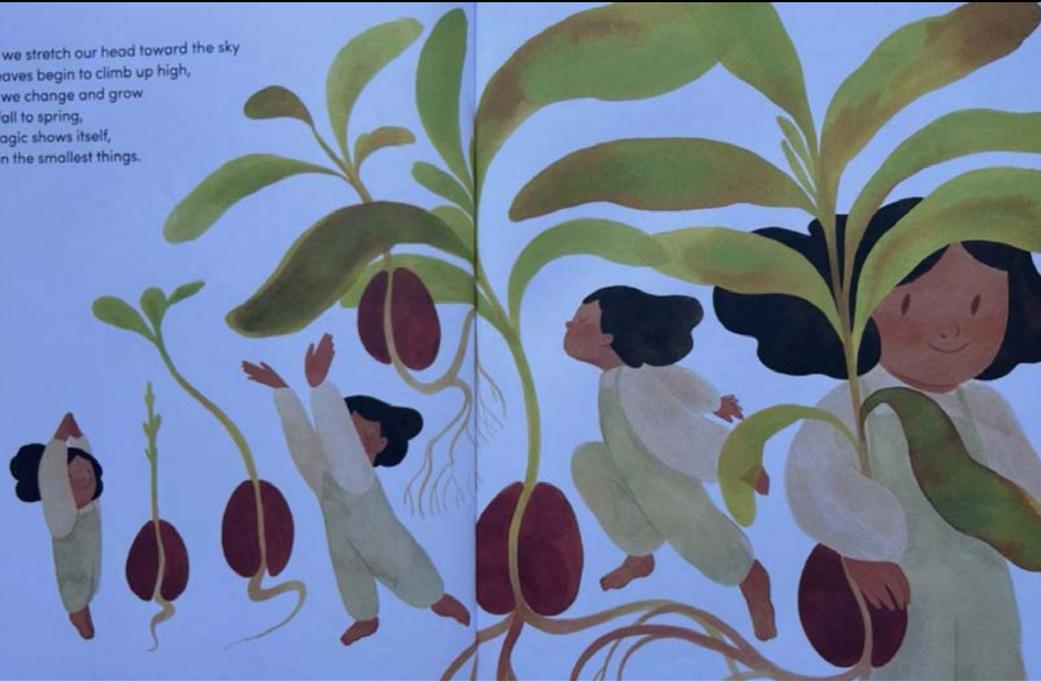
ACTIVIDADES

Utiliza las actividades de *Nourishing Students* o escanea el código QR para ver actividades sobre el aguacate. Entre las actividades se encuentran las siguientes: Geografía del aguacate, Grafica un aguacate, Haz germinar una semilla de aguacate y Recursos para las familias.





When we stretch our head toward the sky
and leaves begin to climb up high,
when we change and grow
from fall to spring,
the magic shows itself,
even in the smallest things.

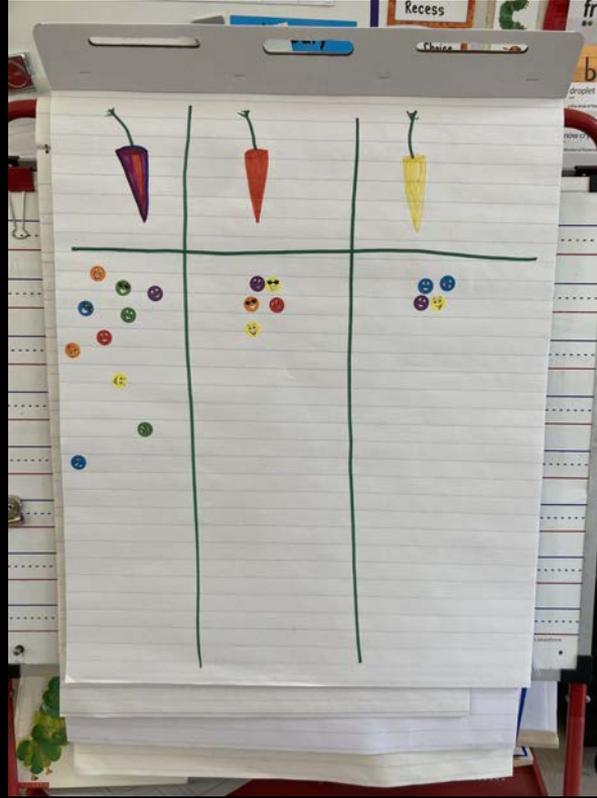


Thought Prompt

Thought Prompt

- Which activity would like to try with your students and why?
- Please drop your thoughts into the chat!





Connecting the Classroom, Cafeteria, and Garden



Q + A

Rachel Brand, EdD

rachel.brand@ecoliteracy.org

Cindy Hu, MEd

cindy@ecoliteracy.org