



standards based curriculum

Materials to inspire your USDA Fresh Fruit & Vegetable Program

How to incorporate fruit and vegetable snacks into quick standards based classroom activities

Dear Educators,

Food is such a rich curriculum topic! Each one of us has direct, personal experiences, opinions, and knowledge about the food we consume. These connections make for high engagement, an essential ingredient in our recipe for success in learning.

These activities have been designed to be used with any fresh fruit or vegetable (FFV) snack. In fact, if you're serving fresh fruits and vegetables as part of the USDA Fresh Fruit and Vegetable Program, you'll find several quick activities to harvest more learning. There are countless other activities found on the internet that would allow you to delve deeper in any particular FFV of interest. Most of these activities can be adapted for use with different age groups.

We have provided you with a few multi-age activities designed to be:

- **Flexible:** these activities can be used with any FFV snack; some, like Produce Poetry or Eating With Our Senses, can be used repeatedly with any fruit or vegetable
- **Short and sweet:** quick activities, most under 20 minutes, and suggestions for extensions
- **Easy to set up using minimal supplies:** for ease of use, most activities use materials you probably already have in your classroom and require minimal prep
- **Standards-aligned:** to make best use of precious time, connections to standards are included

A note on standards-alignment

There's good news and bad news when it comes to learning standards. The bad news is that when we consider the Common Core State Standards for Math and Language Arts, the Next Generation Science Standards, and all of the other curriculum requirements, such as state or local standards or the C3 for Social Studies, there seems an insurmountable (even ridiculous) amount of skills, content, and knowledge we need to teach and students need to learn.

Yet there's good news: when we look for the overlap, we find it. The Practices of Scientists and Engineers (1), the characteristics of students Who are College and Career Ready in Reading, Writing, Speaking, Listening, & Language (2), and the Standards for Mathematical Practice (3) all suggest that we need to cultivate qualities such as good communication skills, the ability to reason, and skillful use of evidence in students. (Resources links on following page).

This is good news for us, because almost everything we do in the classroom provides opportunities for students to develop these skills and habits. When we use hands-on learning through food-based experiences, we expand these skills. When we aim for helping students develop these habits, we can feel confident that we are "standards aligned".

Happy snacking!
VT-FEED

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Many of these activities were adapted with permission from Shelburne Farms' *Project Seasons* and *Cultivating Joy and Wonder* found at <http://www.shelburnefarms.org/our-work/resources>.



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Quick Classroom Activities to Use with the USDA's FFVP

Note: FFV = Fresh fruit or vegetable; use the item you are serving today in the activity

| Activity | Primary Grades | Intermediate Grades | Middle Grades | ELA | Math | Science |
|------------------------|----------------|---------------------|---------------|-----|------|---------|
| Planting Seeds | ● | ● | | | ● | |
| Eating the Rainbow | ● | ● | | ● | | ● |
| Eating with Our Senses | ● | ● | ● | | | ● |
| Produce Poetry | ● | ● | ● | ● | | |
| Plant Parts We Eat | ● | ● | ● | | | ● |
| Accounting for Taste | ● | ● | ● | | ● | |
| Rocks to Bones | | ● | ● | | | ● |
| Garden Architects | | ● | ● | | ● | |
| Got Fresh? FFV PSAs | | ● | ● | ● | | |