



4-H Healthy Living

Encouraging youth to make healthy choices

UP FOR THE CHALLENGE
 LESSON 2
 EAT LOCALLY GROWN FOODS

LEVEL: Elementary (K-5)

GOAL: Children will identify sources of locally grown food.
KEY QUESTION: What are wise choices we have to make to stay healthy and safe? Where can we buy locally grown foods?
MATERIALS NEEDED: <ul style="list-style-type: none"> • 4-H Wheel • CD Player • Gloves to serve food • 3 baskets • Pencils • Strawberries • Pineapple • Bananas • Burlap sacks or pillow cases • Note pad • Music • Napkins • Large poster paper • Water • Parent Notes • Honey dew melon • Selection of locally grown apples • Markers • Skewers • Tissue paper roll • Index cards • Cups • Cantaloupe • Purple grapes • Flag football props
TEACHING TIP: Include water breaks!!!

Agenda	Topic	Source
3:30 15 minutes	Welcome Warm-up game	Chapter 1, Lesson 1 Page 16 Get in the Movement Groove
3:45 15 minutes	4-H Wheel Ice-breaker – Tissue Issue [WATER break]	4-H Wheel Activity See games
4:00 20 minutes	Mini-Lesson: What do you eat? Go/Slow/Whoa Reinforcement: You Can Eat A Rainbow and food sampling of Rainbow Fruit Kabobs	Chapter 3, Lesson 3, Activity 1, page 100 Appendix A, page 216 Appendix A, page 217
4:20 20 minutes	Discussion: How much of what you eat is grown locally? Where can we find locally grown fruit? Introduction to the apple orchards Activity: Taste test – 5 varieties of locally grown apples	Information on locally grown foods, Farmer’s Markets
4:40 10 minutes	Active games: Apple Flag Football and/or Potato Sack Relay Cool down: [WATER break]	See games
4:50 10 minutes	Reflection / sharing circle	4-H Wheel Activity
5:00	Good-bye	