UP FOR THE CHALLENGE

LESSON 2

EAT LOCALLY GROWN FOODS

LEVEL: Middle School (6-8)

GOAL: Youth 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:
- 4-H Wheel
- CD Player
- Gloves to Serve Food
- Burlap Sacks or Pillow Cases
- Markers
- Strawberries
- Honey Dew Melon
- Selection of Foods – local and imported
- Note Pad
- Music
- Napkins
- Parent Notes
- Index Cards
- Cantaloupe
- Purple Grapes
- Skewers
- 3 Tennis Balls
- 3 Baskets
- Food Cards
- Large Poster Paper
- Pencils
- Pineapple
- Bananas
- Snack food packages

TEACHING TIP: Include water breaks!!!

Agenda | Topic | Source
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3:30 | Welcome
| Warm-up game | Chapter 1, Lesson 1, pg 16 and 17, Get in the Movement Groove and Activity 1-Warm Up, Aerobics, Cool Down

3:45 | 4-H Wheel
| Ice-breaker – Memory Ball Toss [WATER break] | 4-H Wheel Activity
| | See games

4:00 | Mini-Lesson: What do you eat? Go, Slow, Whoa and Check the Snack Label
| Reinforcement: Rainbow Fruit Kabobs | Chapter 3, Lesson 3, Activity 1 and 2, pg 100
| | Appendix A, pg 217 Rainbow Fruit Kabobs

4:20 | Discussion: How much of what you eat is grown locally? Where can you find locally grown fruit?
| Activity: Taste test – locally grown and imported foods | Chapter 4, Lesson 6, pg 151, New and Unusual Foods, pg 152 Activity, New Foods Taste Test

4:40 | Active games: Apple Flag Football and/or Potato Sack Relay
| Cool down: [WATER break] | See games

4:50 | Reflection / sharing circle | 4-H Wheel Activity

5:00 | Good-bye |