



# Food Origins

**Provided by:**

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Information	Program Description
1st-4th Grade	Food Origins is a curriculum designed to introduce students to the idea of where our food comes from. Each session focuses on a different aspect of the process of learning about, growing, or preparing the foods we eat on a daily basis. The materials were designed with an after-school or summer program delivery method in mind; however each lesson can be adapted for home or classroom use.
Curriculum Format	Each lesson can be presented in 45-60 minutes.  Teaching Guide with complete instructions is provided.  Teaching Kit with materials needed to present lessons is provided. User may need to provide standard classroom supplies (pencils, scissors, glue). If a lesson requires perishable items (e.g. milk), user is responsible for these purchases.

Lesson	Overview
One: The Five Food Groups	Youth learn the names and characteristics of the 5 food groups. Youth identify foods in each group and make a healthy meal of their own choosing.
Two: My Totally Tasty Plant	Youth learn the tasty plant parts we eat everyday and sample foods that come from all parts of the plant.
Three: Corn/Popcorn	Youth learn that corn has 2 places on the food pyramid and that it is a seed.
Four: Farms	Youth learn the importance of farms by creating their own "from the farm" snack.
Five: Herbs	Youth learn the health benefits of herbs and make their own healthy salsa.
Six: Rocks to Ice Cream	Youth learn the journey ice cream makes from the ground to their freezer and make their own homemade ice cream.

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