

## Healthy Harvest (4th Grade)

### Materials and Ingredients

- ✓ Book: *Harvesting Hope* by Kathleen Krull
- ✓ Romaine lettuce (3 heads)
- ✓ fresh strawberries, fresh grapes
- ✓ salad dressing
- ✓ bowls, cutting board, teacher knife
- ✓ paper plates, plastic knives, plastic gloves
- ✓ parent letter/recipe & activity sheet
- ✓ Experiment Activity – roots of lettuce; plastic cups (teacher provides)

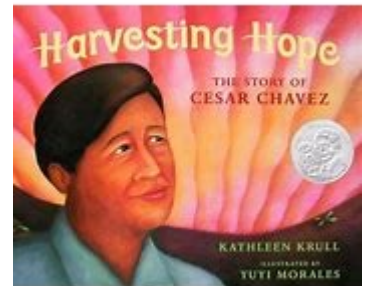


### Food Preparation

- ✓ Wash strawberries and grapes
- ✓ Put ingredients in serving containers to pass out
- ✓ Students will cup up ingredients using plastic knives, gloves, plates

### Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Discuss with students where they get their fruits and vegetables. (*grocery store, lunchroom, etc.*)
- ✓ Explain that our fruits and vegetables come from farms and that workers on the farms pick them when they are ready to **Harvest**.
- ✓ *Make half you plate fruits and vegetables.*



### Process

- ✓ Read the book, “Harvest Hope” to students. Stop often to discuss the concepts in the book.
- ✓ Have students imagine what it would be like to be a farm working during Cesar Chavez’s life.
- ✓ Students wash their hands with soap and warm water.
- ✓ Go over ingredients in the “Harvest Salad”. *“These ingredients were picked by farm workers.”*
- ✓ Experiment Activity: Cut off the roots of the Romaine lettuce heads and put in cups of water roots down. Over the next few weeks watch the leaves grow.
- ✓ Students cut up ingredients, collect and add salad dressing. Eat and enjoy.
- ✓ *Make half you plate fruits and vegetables.*

### Family Letter

- ✓ Send home the family letter to let parents know about the activity students did in class.



## **A Let's Wake Up Our Brains! Brain Boost Exercise!**

**Can you move with me? Repeat to get your heart rate up.**

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

## Cesar Chavez Timeline Match

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Match the event in Cesar Chavez's life with the year. The events are in the correct order. The years should start at the earliest and end at the latest.**

\_\_\_\_\_ Cesar Chavez is born.

\_\_\_\_\_ Family farm is lost, and the family begins migrant work.

\_\_\_\_\_ Cesar and Delores found the National Farm Workers Association.

\_\_\_\_\_ Cesar leads mass march from Delano to Sacramento California. Grape growers agree to better pay.

\_\_\_\_\_ Cesar leads national 2 yearlong "grape" buying boycott with 17 million supporters. The grapes rot on vine and the grape growers lose thousands of dollars. Finally, the grape growers agree to improve workers conditions.

\_\_\_\_\_ Cesar dies in his sleep.

\_\_\_\_\_ We remember and celebrate Cesar Chavez every March 31<sup>st</sup>.

1962

1993

1968-1970

1927

2022

1937

1966

# Coincidencia de línea de tiempo de César Chávez

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

**Haga coincidir el evento en la vida de César Chávez con el año. Los eventos están en el orden correcto. Los años deben comenzar como muy pronto y terminar a más tardar.**

- \_\_\_\_\_ Nacimiento de César Chávez.
- \_\_\_\_\_ La granja familiar se pierde y la familia comienza el trabajo migrante.
- \_\_\_\_\_ César y Delores fundaron la Asociación Nacional de Trabajadores Agrícolas.
- \_\_\_\_\_ César encabeza una marcha masiva desde Delano hasta Sacramento, California. Los viticultores aceptan pagar mejor.
- \_\_\_\_\_ César lidera el boicot nacional de compra de "uvas" de 2 años con 17 millones de seguidores. Las uvas se pudren en la vid y los viticultores pierden miles de dólares. Finalmente, los viticultores se comprometen a mejorar las condiciones de los trabajadores.
- \_\_\_\_\_ César muere mientras duerme.
- \_\_\_\_\_ Recordamos y celebramos a César Chávez cada 31 de marzo.

1962    1993    1968-1970    1927    2022    1937    1966



Dear Families,

Today your student's class read the book, "Harvesting Hope: The Story of Cesar Chavez" by Kathleen Krull. They learned about Cesar Chavez, the civil rights activist who advocated for farm workers' rights and led peaceful social change. Scan the QR code to watch a read aloud of the book they read in class.



## Harvest Salad

Makes About: 6 servings

Total Recipe Cost: \$9.50 - \$11.00

### Ingredients

- 1 bag of Romaine lettuce
- 2 cups seedless grapes
- 1 cups strawberries
- 1/2 cup low-fat vinaigrette salad dressing

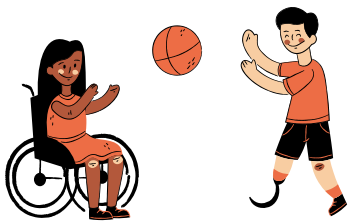
*\*Feel free to adjust ingredients depending on allergies and/or what you have at home.*

### Directions

1. Wash lettuce and cut into bite-size pieces.
2. Wash and slice strawberries.
3. Wash grapes and remove the stems.
4. Add the grapes, strawberries, and lettuce to a large bowl with salad dressing and toss.
5. Eat and enjoy.



**Fun Fact:** Students are more likely to eat what is on their plate if they are involved in preparing it. Washing produce, mixing, using the can opener, and putting back ingredients are fun tasks for fourth grade students to do. If possible, have your student help with dinner tonight and see how enjoyable it can be for all.



While in your seat, try the following exercises: arm circles (large and small in both directions), shoulder taps, "raise the roof", alternating overhead press, and across the body stretch. Try it once without a weight, and if you want more of a challenge, hold a can of soup in each hand.

Or try to play a game of catch. Any ball or safe object will do. Challenge: After 3 successful catches, take one step away from the target.



Escanee el código QR para ver una lectura en voz alta del libro que su hijo leyó en clase

Queridas familias,

Hoy, la clase de su estudiante leyó el libro "Cosechando esperanza: la historia de César Chávez" por Kathleen Krull. Aprendieron acerca de César Chávez, el activista de derechos civiles que abogó por los derechos de los campesinos, fué un líder del cambio social pacífico.



## Ensalada de cosecha

Rinde: 6 porciones

Costo Total: \$9.50 - \$11.00

### Ingredientes

- 1 bolsa de lechuga Romana
- 2 tazas de uvas
- 1 taza de fresas
- 1/2 taza de aliño de ensalada bajo en grasa

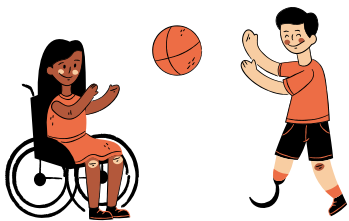
*\*Cambie los ingredients que quiera según las alergias y/o lo que ya tengan en casa.*

### Instrucciones

1. Lavar la lechuga y cortarla.
2. Lavar y cortar las fresas.
3. Lavar las frutas y quitarles las hojas.
4. Colocar las uvas, las fresas y la lechuga en una ensaladera con el aderezo y revolver.
5. A comer y disfrutar.



Dato curioso: es más probable que los estudiantes coman lo que hay en su plato si participan en su preparación. Lavar productos, mezclar, usar el abrelatas y guardar los ingredientes son tareas divertidas para los estudiantes de cuarto grado. Si es posible, haga que su estudiante ayude con la cena esta noche y vea qué tan agradable puede ser para todos.



Mientras está en su asiento, intente los siguientes ejercicios: círculos de brazos (grandes y pequeños en ambas direcciones), golpecitos en los hombros, "levantar el techo", prensas alternas sobre la cabeza y estiramientos en todo el cuerpo. Pruébelo una vez sin pesas y, si quiere un reto más difícil, tome una lata de sopa en cada mano. O trate de jugar un juego de atrapar. Cualquier pelota u objeto seguro le servirá. Reto: Después de atraparlo 3 veces, den un paso alejándose del objetivo.