

Healthy Harvesting (4th Grade)



NUTRITION OBJECTIVES CHECK LIST

- ☑ Students **taste** a fruit/vegetable salad.
- ☑ Students **express ways** they can **make half their plate fruits and vegetables.**
- ☑ Students **explain** the **health benefits** of eating lots of fruits and vegetables every day.
- ☑ Students **identify** that what it means to “make half their plate fruits and vegetables”.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - chef knife (teacher only) - cutting board (teacher only) - serving bowls - serving spoons <u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - plastic knives* - plastic gloves (2 per student) - plastic forks* - napkins* 	<ul style="list-style-type: none"> - activity sheet(s) copies* - 3 plastic bowls <i>for scrap garden activity</i> 	<ul style="list-style-type: none"> - book: "Harvesting Hope The Story of CESAR CHAVEZ" by Kathleen Krull - romaine lettuce, bagged (3 whole heads) - seedless grapes (1lb) - fresh strawberries (1lb) - poppyseed dressing, low-fat - plastic coated paper plates* - family letter copies*

*one per student

Reinforcing Colorado Comprehensive Health Standards

Fourth Grade, Standard 2. Physical and Personal Wellness.3. Apply knowledge and skills related to health promotion, disease prevention and health maintenance.

Fourth Grade, Standard 2. Physical and Personal Wellness.1. Apply knowledge and skills to engage in lifelong healthy eating.2. Describe the connection between food intake and physical health.

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies of "Cesar Chavez" activity sheet (each student). Plan to display

Work area:

- Students will work individually at their desks or in small groups.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Wash grapes and strawberries.
- Plan to cut roots of the 3 Romaine lettuce head off in front of the students.
- Have 3 cups of water ready to place the roots in, for the scrap garden activity.
- Have lettuce and fruit ready to pass out to students to cut up with paper plates, plastic gloves and plastic knives.
- Have large bowl, salad dressing, serving spoons, plastic forks, and napkins ready for mixing and serving salad.

Other-prep:

- Have book "Harvesting Hope" ready to read to the class.
- Display MyPlate poster.

INTRODUCTION WITH STUDENTS

- **Refer to the Key Behavior on the board and discuss what “Make half your plate fruits and vegetables” means and how to make it happen in daily life.**
- Use the MyPlate poster for a visual.

It means:

- ✓ Eat fruits and vegetables at every meal.
- ✓ Fill half your plate with fruits and vegetables when serving yourself.

How to make it happen:

- ✓ Eat foods that have fruits and vegetables in them, like soups, burritos, and fruit parfaits.
- ✓ Choose to eat fruits and vegetables at home for dinner.
- ✓ Eat fruits and vegetables for snacks.
- ✓ Choose and eat a fruit and vegetable in the lunchroom.

- ✓ Try new fruits and vegetables you haven't tasted before.
- ✓ Ask your parents to buy your favorite fruits and vegetables.
- ✓ Make your favorite nutrition recipes at home with your family.
- Tell students that today we are going to learn where the important fruits and vegetables we eat come from.
 - Ask students to tell you where they get their fruits and vegetables.
- If they say the grocery store, ask them to tell you where the grocery store gets them.
 - Fruits and vegetables come from farms and are **harvested** and then put in trucks and taken to the stores. Sometimes they are flown in planes from other countries to warehouses and then to the stores.
 - **Harvesting** fruits and vegetables is to pick them from the fields when they are ready to eat.
 - **Harvesting** fruits and vegetables can be a very hard job.
- Today we are going to learn about a civil rights leader named **Cesar Chavez** who worked hard to peacefully fight for the rights of farm workers who harvested fruits and vegetables in the field for their job.
- Tell students that fighting for people's rights means to actively work to make a positive difference in the lives of people by lawful means.
- Ask students if they know of any other people who have made the world a better place as the result of their commitment to people's rights. For example, Martin Luther King Jr.
- Tell them you are going to read a book about the life of Cesar Chavez that explains how he made a difference in the lives of the farm workers in California who worked picking grapes, strawberries, lettuce and other fruits and vegetables.
- After reading the book students will make a "*Healthy Harvest Salad*" out of fruits and vegetables that farm workers harvested.

PROCESS

- Step 1: Read the book "Harvesting Hope" to the students. **Important:** this book may take a long time to read. As you read this book, it will be important to stop often and ask questions to make sure the students understand the concepts in the book.
- Step 2: Have a discussion with the students about what they would do if they were farm workers in California during the time of Cesar Chavez.
- ✓ Ask students to close their eyes and try to imagine what life would have been like as a farm worker during that time.
(no bathroom breaks, hours of hard work in the sun, bending over for hours, little pay, kids working instead of going to school)
- Step 3: Have students wash their hands with soap and warm water.

- Step 4: Go over the ingredients for the “*Healthy Harvest Salad*” together as a class.
- Romaine Lettuce
Strawberries
Grapes
- Step 5: Tell students that farm workers picked the lettuce, strawberries, and grapes that will go in this salad and that their working conditions are a lot better today because of Cesar Chavez and many other brave farm workers like him.
- Step 6: Scrap Garden Activity Cut off the roots of the lettuce in front of the students and place them in the 3 cups of water root down. Tell students that the lettuce leaves should start to grow back and that this is an easy way to grow vegetables in your own house. Put the lettuce in the window and watch it grow over the next few weeks. Plan to have a lettuce taste test of the new leaves in a few weeks.
- Step 7: Pass out the plates, knives, gloves, and salad ingredients for students to cut into small pieces. Collect the cut-up food and add to large bowl with salad dressing.
- Step 8: Serve small tastes of the salad to students and remind them that by eating this salad they are filling their plates with fruits and vegetables!
- Step 9: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned today. Help students feel empowered to share and “make half their plate fruits and vegetables”. Ask and discuss the questions in Make Health Happen.
- Step 11: If time have students complete the Cesar Chavez timeline activity sheet.
- Step 10: Pass out recipe and have students take home to share with their families.

Make Health Happen

☒ What are your favorite fruits and vegetables to eat in the lunchroom?

☒ What will you think about next time you see all the different fruits and vegetables in the grocery store?

☒ What are some steps you can take to eat more fruits and vegetables every day?

BACKGROUND INFORMATION

- Cesar Chavez was born in Arizona in 1927. He spent his early childhood on his family's farm. When he was 10 years old his family lost the farm due to a drought that plagued the land. His family had to move to California along with thousands of other Mexican Americans to search for work. His family found work on farms picking fruits and vegetables. They would have to move from farm to farm, never staying in one place for long.
- Farm work was very difficult. They had to work long hours without much pay. They often had few bathrooms and very little clean drinking water. The working conditions were terrible and the workers were treated with no respect. The children, as well as the adults, had to work to make enough money to live.
- After working in the Community Service Organization, Cesar started the National Farm Worker Association, which was focused on improving the lives of farm workers. Workers of all backgrounds joined Cesar and eventually greatly improved the California farm workers working conditions.
- Cesar Chavez did not believe in violence and practiced non-violent methods, such as strikes, to bring about change. He died in 1993 at the age of 66.
- March 31st is Cesar Chavez Day of Service and Learning. It is an official holiday in Arizona, California, Colorado, New Mexico, Texas, Utah and Michigan. It is meant to be a day of service learning where people reach out to their communities to volunteer and learn the importance of social activism so they can carry on Cesar Chavez's legacy.
- Teaching children the importance of community involvement and its effects helps them to feel more connected to their community and more willing to take an active role in helping to solve their community's problems. Cesar Chavez wanted to help people feel they could make a difference in their world, and that they could control their lives. Teaching children about people like Cesar Chavez helps them to recognize their own role in being more active in their community.
- Cesar Chavez worked picking grapes, lettuce and other fruits and vegetables in California. Lettuce, strawberries and grapes both contain important vitamins and minerals along with fiber. It is important to eat a variety of fruits and vegetables every day. Eating fruits and vegetables is recommended by MyPlate and is important for our health. It is thought to prevent certain types of cancer and help prevent heart disease.

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 31st.

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.

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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

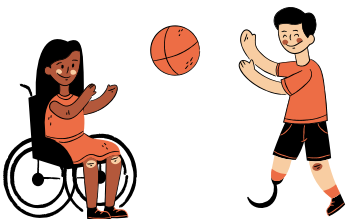
**Feel free to adjust ingredients depending on allergies and/or what you have at home.*

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

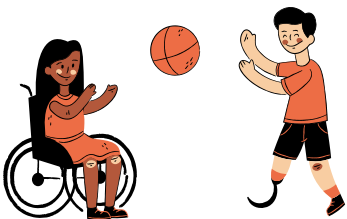
**Cambie los ingredients que quiera según las alergias y/o lo que ya tengan en casa.*

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. Pruébalo 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.