



One-Bite Lessons in the Garden Grades K-2

Description:

Take your students to the garden to harvest and taste what is available. Teach them how to combine flavors to broaden their preferences for fresh fruits and vegetables.

Preparation

Before going outside, describe the garden rules to the learners. Explain that the garden is another kind of classroom. Engage them in a discussion about what rules would be best to promote respect of the living plants and animals in the garden as well as each other. Consider using garden based activities as a reward for good classroom behavior. Garden based activities are popular with parents and volunteers. Ask them for help so that they can facilitate groups of learners, especially with the instructions. For more techniques about managing learners in an outdoor setting, refer to: <http://www.lifelab.org/wp-content/uploads/2003/04/OurdoorClassroomManagement2.pdf>.

Have the students wash their hands before going outside since they will be snacking. Discuss how cleanliness effects wellness. Bring a large colander, bucket, cutting board, knife, salt, a squeeze bottle of honey and lemon wedges or lemon squeeze bottle outside. If you have rhubarb and Swiss chard in your garden, you can use sliced chard stems and rhubarb stems to take the place of salt and lemon. Note, rhubarb leaves are not edible, only the stems

Purpose

Learners will discover how to change the flavors of vegetables to suit their own food preferences. They will be able to describe some of the benefits of eating fruits and vegetables.

Discussion

Have the learners answer the following questions: Which flavors did you like the best? How did the flavor of the food change when you mixed ingredients together? Which plants are bitter? Which are sour? Which are sweet? Which are salty?

Colorado Academic Standards in Comprehensive Health: CH09-GR.K-S.2-GLE.1, CH09-GR.K-S.2-GLE.2 , CH09-GR.1-S.2-GLE.1 , CH09-GR.3-S.2-GLE.1 , CH09-GR.5-S.2-GLE.1

One-Bite Lessons in the Garden

One-Bite Lessons are pre-cooking lessons that you can do right in the garden. You will use garden plants to provide the basic flavors of sweet, sour, salty and bitter. Encourage learners to improvise their own one-bit lessons and name them. If you don't have the rhubarb and chard, use salt and lemon together on a slice of cucumber or lettuce leaf for similar results.

First you will demonstrate how combinations of flavors change the way that ingredients taste. Give learners a piece of chard stem and ask them to describe the flavor. What does it remind them of?

Then tell them you are going to make "salt and vinegar chips" from the garden. Pass out one piece of rhubarb and one piece of chard stem and have them chew them together at the same time. How does the flavor of the chard stem change?

Now, use the chard and rhubarb stems to "season" your garden creations in order to make the following dishes. You can also add nasturtium leaves, arugula or cress for "pepper."

One Bite Salsa – Harvest a pepper and snip off some chive or onion greens. Have kids harvest a couple of cherry tomatoes. Break pepper into pieces, tear up small pieces of onion greens. Eat cherry tomato, pepper piece, and a bit of onion in one bite along with chard and rhubarb.

Six Plant Part Burrito – As a group, harvest edible roots, stems, leaves (large ones like roman lettuce), flowers, fruits, and seeds. Wash veggies. Use a cutting board or plate and cut plant parts up in small pieces (minus the large edible leaf part). Have kids fill their leaf up with samples of each plant part. Roll up your "burrito" and munch on down or sample each part separately. Don't forget your seasonings!

Flower Feast – Discuss which flowers in the garden are edible. Common edible flowers include chive blossoms, herb blossoms, lemon gem marigolds, marigold petals, safflower, violas, snapdragons, tulips, nasturtiums, squash blossoms and calendula petals.

Make Your Own – Have learners in groups of 4 make their own creations and name them. Which creations are the favorites?