



PUT LOCAL ON YOUR TRAY

## SUMMER MEAL ACTIVITY



### Activity Information

**Grade Level:** 2<sup>nd</sup> – 5<sup>th</sup>

**Objective:** To trace zucchini bread all the way back to the soil.

**Materials:** laminated sheets with pictures of ingredients

**Time:** 40 min prep + 30 min lesson

**Credit:** Adapted from Sprout Scouts (FoodCorps)



## Soil to Zucchini Bread

1. Before the lesson, find a whole-wheat zucchini bread recipe, and print out (and laminate!), all of the ingredients used to make zucchini bread: zucchini, butter, honey, eggs, vanilla, whole wheat flour, baking soda, baking powder, cinnamon.
2. Before the lesson, also, print out the precursors to the main ingredients: soil, zucchini plant/seed, cow, milk, bees, honey comb, wheat, chickens, vanilla bean, the chemical make-up of baking soda and baking powder, trees, a cinnamon stick.
3. Pass out each laminated sheet.
4. Explain that everything we eat can be traced back to the soil- for example, if I drank a glass of milk for breakfast- the milk came from a cow, that ate grass, that grew from a seed, that was planted in the soil. Therefore, zucchini bread came from the soil.
5. Have the students organize themselves in order from soil to bread. This should not be a single file line- there may be a people that share a spot on the line.
6. After students have been given several minutes to order themselves, go over the correct answer with them.

**Make it shorter:** Don't have time to print out all of those items? Just print out the main ingredients of the zucchini bread- pass out those pictures, and have the student verbally say how it came from the soil. For example, if one student was given cinnamon- they could say that cinnamon, as a spice, comes from a cinnamon stick, which comes from the bark of a tree, which grows in the soil.