



PUT LOCAL ON YOUR TRAY

## SUMMER MEAL ACTIVITY



### Activity Information

**Grade Level:** 4<sup>th</sup> - 6<sup>th</sup>

**Objective:** students will investigate the steps from farm to plate

**Materials:** posters, markers/crayons, zucchini from different sources (i.e. farm, garden, store)

**Time:** 10 min prep + 30 min lesson

**Credit:** Adapted from The Growing Classroom (LifeLab) and Sprout Scouts (FoodCorps)



## This Little Zucchini Went to the Market

1. Divide the group into three smaller teams
2. **Group 1** will track a zucchini that was grown in the school garden
3. **Group 2** will track a zucchini that was sold at the farmers' market
4. **Group 3** will track a zucchini that was sold at the grocery store
5. Have each group draw out, on their poster, how their zucchini got to their plate, from the time it was planted as a seed. Try to help them include the places where the zucchini traveled (*for example, the garden grown zucchini was probably just in their own backyard, yet the supermarket zucchini likely came from a different state*). It may help to go through a different food item with the entire group so they can get the hang of it.
6. Have the students present the posters as a group after they are done.
7. If time allows continue the discussion with the group- which zucchini used the most resources (gasoline, water, etc. etc.). Do you know anything about the people who grew the zucchini from the farmers' market? What about the grocery store zucchini?

**Make it shorter:** No time to make posters? Have students taste-test zucchini from a grocery store, farmers market, and their own school garden. Did one taste better than the other?