

CT GROWN FOR CT KIDS WEEK
DIGITAL LEARNING TOOLKIT
IT'S TIME TO CRUNCH!



**BROUGHT TO YOU BY THE CT FARM TO SCHOOL
COLLABORATIVE AND STATE DEPARTMENTS OF
EDUCATION & AGRICULTURE**



ABOUT THE TOOLKIT

This toolkit is meant to be a one-stop shop for all things educational that will help you participate in CT Grown for CT Kids Week.

Given the different learning modalities that are being put into practice in schools there will be a mix of virtual and in person learning tools for you to explore.

You will find a culmination of farm to school curriculum, Fall activities, books to read, and fitness activities from Farm to School Organizations all over the state.

Jump on in and explore how you can farm to school in your classroom!

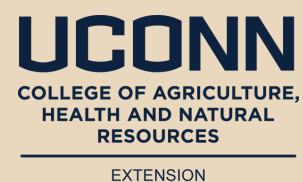


TABLE OF CONTENTS

CURRICULUM

PAGES 4-5

- CT Apples- Teacher Resources
- FoodCorps Curriculum
- Scholastic Lessons
- Green Village Initiative Lessons

ACTIVITIES

PAGES 6-7

- **Coloring Pages:** Draw Your Crunch, How Do You Crunch?
- Apple Fun Fact Maze
- New England Dairy Virtual Farm Tours
- CT Historical Society History Videos and Activities

TASTY READS

PAGES 8-9

- Recommended Apple Books
- Recommended Pear Books
- Farm to School Reads

PHYSICAL EDUCATION

PAGES 10-15

ACTIVITIES

- Yoga
- Gross Motor Skills

FARM TO SCHOOL CURRICULUM- APPLE AND PEAR FOCUSED

CT Apples.org Teacher Resources

<https://www.ctapples.org/teachers-resources>



FoodCorps Lessons

All for Applesauce- Grade 3

Cycle of a Nutrient - Grade 5

How Do Apples Grow?



Abby and Juan will take you on an adventure through a year in a Connecticut orchard.

All in for Applesauce

THEME: LIVING UP TO OUR FULL POTENTIAL

ESSENTIAL QUESTION

How can we play close attention to our surroundings and each other?

LEARNING OBJECTIVES

• Students will be able to clearly observe apples and describe them in detail.
• Students will be able to articulate how diverse varieties of produce contribute to a flavorful applesauce and how diverse people contribute to a vibrant community.

LESSON DESCRIPTION

In this lesson, students use their close observation skills by studying one apple and then trying to identify a unique apple. They then reflect on the importance of diversity in a community and have a taste test of homemade applesauce.

MATERIALS

- Apples for each student (one apple per student)
- Applesauce ingredients
- Spoon
- Bowl
- Measuring cup
- Measuring spoon
- Mixing bowl
- Mixing spoon
- Food coloring (optional)
- Paper plates
- Paper and pencil (if used for students)



PREPARATION

• Divide the apples into bowls for each group of three students.

• Set up a station where you can plug in the hot plate, and small groups of students will be able to gather around to make applesauce.

Have a couple of cutting boards and apple cores set out for students to use.

• Have a couple of apples already sliced and ready to start cooking to help the process along. No need to peel them.

• Write the following question on the back cover of a whiteboard where all students can see: "Diverse varieties of apple contribute to a flavorful applesauce. How do diverse people contribute to a vibrant community?"

Cycle of a Nutrient

THEME: EXPLORING THE ECOLOGY OF FOOD

ESSENTIAL QUESTIONS

Where do the nutrients in our food come from?
Where do the nutrients in our food waste go?
Why is composting food waste an important step in the nutrient cycle?

LEARNING OBJECTIVES

• Students will be able to explain how the nutrients that result are are derived from soil and air.
• Students will be able to explain how our food waste can go back into the nutrient cycle in the form of compost to nourish the soil.

LESSON DESCRIPTION

In this lesson, students learn about the nutrient cycle and demonstrate their understanding of the nutrient cycle through a game or conversation.

MATERIALS

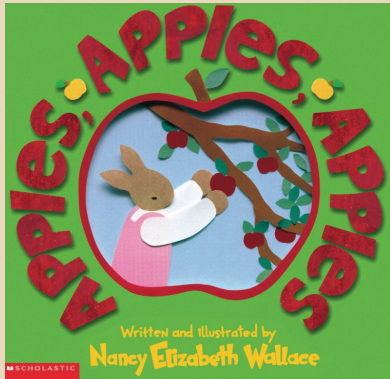
- Cards that represent the nutrient cycle, such as an apple, a worm, a pile of soil, a seedling, a hot plate, and a compost bin, and a real toy.
- Copy of a Nutrient Cycle (p. 12)
- Copy of a Nutrient Cycle (p. 12)
- Paper for each student
- Markers and scissors

PREPARATION

• Printout a Cycle of a Nutrient Cards, and cut them out; create sets for partners. Set aside all the cards with images of a worm or a human to be passed out separately.

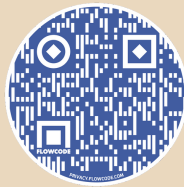


FARM TO SCHOOL CURRICULUM- APPLE AND PEAR FOCUSED



Scholastic Apples, Apples, Apples, Lesson

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/apples-apples-apples-lesson-plan/>



	Kindergarten	1
1	<p>Lesson: Searching the Garden Safely Area: Basic Garden Introduction & Literacy Bport: Literacy, MP1, U1, narrative text Supp. text: Jack's garden Garden Task: none</p>	<p>Lesson: Searching the Garden Safely Area: Basic Garden Introduction & Literacy Bport: Literacy, MP1, U1, narrative text Supp. text: Jack's garden Garden Task: none</p>
2	<p>Lesson: Harvest the ABCs Area: Literacy Bport: Literacy, Unit 2, Goal: Students will know all their letters and sounds Supp. text: Eating the alphabet or LMNO peas Garden Task: none</p>	<p>Lesson: Sensory Garden Tour Area: Science Bport: Science, MP1, U1, L1, Use the five senses to explore the world. Supp. text: none Garden Task: none</p>
1	<p>Lesson: Leaves Area: Literacy Bport: Literacy, U1 – narrative text Supp. text: Time to Sleep by Denise Fleming Garden Task: Spread leaves over beds that do not have cover crop</p>	<p>Lesson: Introduction to Watering the Garden Area: Math Bport: Science, MP1b – measurements of water Supp. text: none Garden Task: Water cover crop if planted</p>
2	<p>Lesson: Watering the Garden Area: Science Bport: Science, Living things need water Supp. text: none Garden Task: water the cover crop if any is planted</p>	<p>Lesson: Even or Odd Nature Walk Area: Math Bport: Math, Unit 1, Count by two Supp. text: none Garden Task: none</p>
1	<p>Lesson: A Garden's Food Groups Area: Literacy Bport: Literacy, nonfiction reading, U2 & Health Supp. text: none Garden Task: none</p>	<p>Lesson: My pyramid Area: Science, Health, Math Bport: Math, U – telling time to the hour and half hour Supp. text: none Garden Task: none</p>

Green Village Intiative Lessons

How Do We Get Apples? - Grade 1

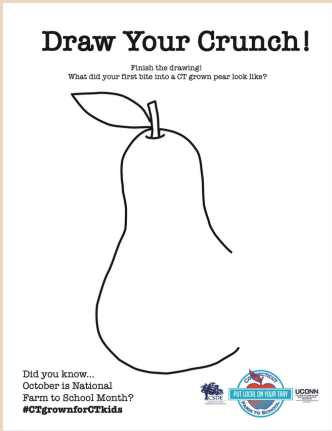
Additional Lessons

Focus on Fruits -

https://drive.google.com/drive/folders/1y8-KiINBgxAHI_docISYPiAVBc5hdIYv



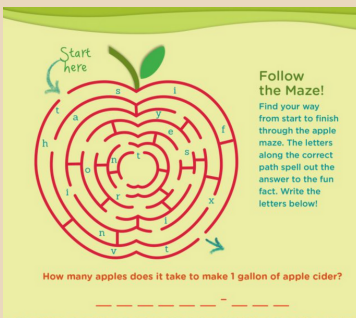
FARM TO SCHOOL ACTIVITIES



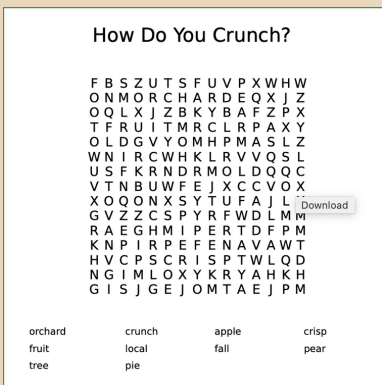
Draw Your Crunch



Coloring Pages



Apple Fun Fact Maze



How Do You Crunch Word Search

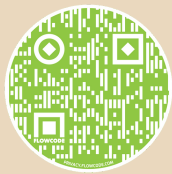
FARM TO SCHOOL ACTIVITIES

New England Dairy Virtual Farm Tours

Virtual Farm Tours will help your students make a personal connection to a New England dairy farmer in real-time from the comfort of your own classroom or home

Follow the link so find out more about the virtual farm tours being offered:

<https://www.newenglanddairy.com/live-virtual-farm-tour-schools/>



CT Historical Society

The CT Historical Society will be sharing educational videos with us on "The History of Pears and Apples in CT" and "Pear & Apple use in Pop Culture Throughout History".

Videos will be available on their blog:

<https://chs.org/blog-2/> and we will notify you when the videos are available to be viewed. The first video will be available October 5th, 2020.

TASTY READS— APPLES

How to Make and Apple Pie and See the World by Marjorie Priceman

Grade Levels: Preschool – 2

An apple pie is easy to make...if the market is open. But if the market is closed, the world becomes your grocery store. This deliciously silly recipe for apple pie takes readers around the globe to gather ingredients.

Apples to Applesauce by Inez Synder

Grade Levels: 1 – 2

In this fun and informative series, curious readers will discover how some of their favorite products are made from start to finish.

Apples by Gail Gibbons

Grade Levels: Kindergarten – 3

Explains how apples were brought to America, how they grow, their traditional uses and cultural significance, and some of the varieties grown.

TASTY READS– PEARS

Red Apple, Green Pear by Rebecca Bondor

Grade Levels: Preschool and up

Perfect for toddlers, if you're working in Farm to Early Care! Teach colors with images of delicious fruit..

Too Many Pears by Jackie French

Grade Levels: Preschool – 2

Pamela the cow loves pears and will do anything to get them. But will Amy find a way to keep the pears safe? Watch Pamela perform all kinds of antics to get to her favorite fruit.

From Seed to Pear by Ali Mitgutsch

Grade Levels: K-2nd

Describes the cycle of a pear seed which, when planted, produces a fruit-bearing tree and a supply of new seeds.

For even more Tasty Reads visit:

<https://putlocalonyourtray.uconn.edu/applepearreading/>

PHYSICAL EDUCATION ACTIVITIES – YOGA

Apple Orchard YOGA

Pose 1 - The Tree

Tree Pose

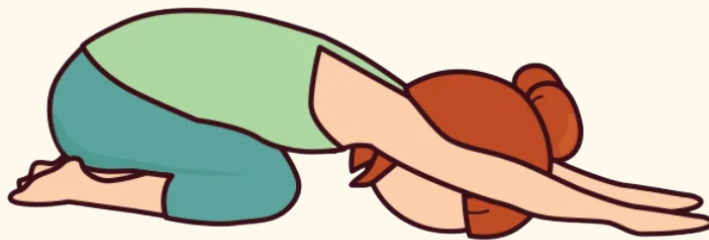
- Beginning on one leg, ground one foot into the ground, slight bend in the knee, lengthen the spine
- Finding gaze at the ground slightly in front of you
- Lifting opposite foot to rest the heel on your ankle, inner calf, or inner thigh (NOT THE INNER KNEE)
- Raise above head, or bring hands together at hearts center, or bring behind and grab elbows.



Pose 2 - The Apple

Child's pose or Rabbit pose

- Knees hip width distance apart of together
- Arms stretched above the head or sent backwards alongside the legs.
- Head resting on the ground



Pose 3 - The Wheelbarrow

Reverse Tabletop

- Start on your bottom and place your hands, fingertips facing towards you, slightly behind you on the ground
- Feet flat on the ground, knees bent
- Slowly and gently lift your bottom off the ground, lifting your hips towards the sky/ceiling



Pose 4 - The Sun

Star pose

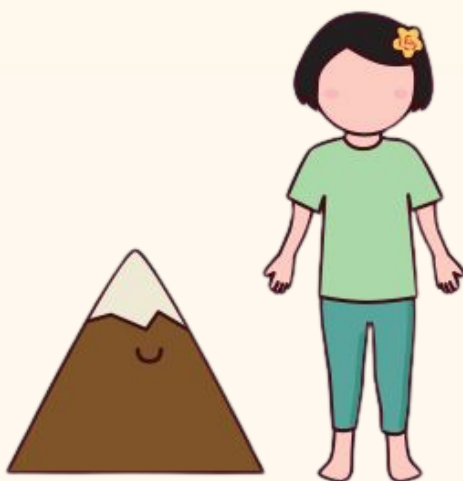
- Stand with feet hips width distance apart, toes slightly turned out, knees slightly bent
 - *Inhale* and raise arms overhead
 - *Exhale*, bend arms into a 90 degree angle and squat at the same time.
- Inhale* lift up
- **Repeat**



Pose 5- Picking the Apple

Standing Mountain pose

- Begin in a standing mountain, both feet grounded into the earth, arms relaxed and by your side, psalm facing forward, shoulder down and back.
- On an inhale raise right arm and left leg, as if you're climbing a ladder
- Exhale and switch sides, repeat and try to make the movement smooth and fluid.



PHYSICAL EDUCATION-

GROSS MOTOR SKILLS

From the Inspired Treehouse <https://theinspiredtreehouse.com/apple-orchard/>

WHAT YOU'LL NEED:

- “apples” (red balls like the ones found in ball pits or tennis balls, rolled up socks, etc)
- basket or box

WHAT TO DO:

Place a basket in the center of your play space. Ask your child to carry an “apple” to the basket using different parts of their body (suggestions are below). When they get to the basket, ask them to put that apple in gently so they don’t bruise those shiny red apples!

- chin
- elbow
- shoulder
- knees
- on your head
- behind your back
- between two fingers

HOW TO CHANGE IT UP:

- Try it with partners! Similar to our **Wacky Relay** activity, the kids would have to work together to carry the objects (each use an elbow, etc).
- Use different sized and different weighted objects
- Change the size and height of the basket for an extra challenge
- While holding the apples, have the kids move in different ways toward the basket (skip, jump, gallop, walk backwards)...can they keep hold of the apple?
- Try this activity as part of an **apple-themed sensory motor lesson plan!**

FOR VIRTUAL SESSIONS:

Ask the child/parent to find several pairs of socks. Roll the socks into pairs to make a “basket of apples”. Use the instructions in the blog post to have kids complete the various movement activities.