Preparation

Lesson Overview

Educator will provide overview of content, format and expectations of 4th Grade nutrition program, Enjoying Our Healthy Harvest. The series consists of six, 30-45 minute participatory lessons. Each lesson addresses the following:

- Food Safety practices including hand washing and proper sanitizing of preparation station;
- What is the Fruit or Vegetable of the lesson?
- Where is the Fruit or Vegetable grown in our state?
- When is the Fruit or Vegetable ripe for harvesting?
- How do we select, handle and store the Fruit or Vegetable?
- How do we properly wash and prepare the Fruit or Vegetable?
- What are the nutritional benefits of the Fruit or Vegetable? (Focus on vitamin A, vitamin C and fiber)
- How does the Fruit or Vegetable taste? Demonstrate recipe, gain a cooking skill and taste Fruit or Vegetable.

Each lesson students will:
- Observe and Identify ways germs are spread
- Participate in a hand washing experiment
- Recognize at least 5 different situations when it is important and appropriate to wash hands to help stop germs from spreading
- Practice how to hand wash properly to help stop germs from spreading
- Demonstrate how a large group or class can hand wash effectively in a timely manner
- Write the nutrition message “Eat a variety of fruit and vegetables” on their nutrition messages chart
- Discover one resource for learning the nutritional benefits of various V & F using the FVMM wheels
- Locate the county they live in and draw a house in their county of residence on a state map

Materials and Supplies

Hand Washing Callout Card
Stickers with hand washing messages such as Germbusters!
For Activity 1A—Sneaky Germ Skit
Glitter Buddy lotion
Large black light
Tub (for sink)
Pitcher of warm water
Soap (liquid preferred)
Paper towels
For optional Activity 1B—Win, Lose or Wash! Game
Two easels with large tablet paper or 8 sheets post-it style paper
Two or more large poster markers.
2 sets of laminated Win, Lose or Wash! cards.
For Activity 2—Food Safety on the Farm Skit
Farmer or gardening hat
Big colorful handkerchief

For optional Activity 3—Make a Germ Puppet and Story Writing prompt
Make a Germ Puppet and Story Writing prompt
High Speed Hand Washing (HSHW) instructions
Stopwatch

Student Handouts—provide a folder that contains the following:
- AITC blank county map and Key; Nutrition Messages chart
- Kettle of Good Nutrition—use at last session

Parent Handouts
- The 6 Steps of Hand Washing (Scrub Club)

4th Grade Food Safety Lesson
Length of Session: 30 minutes

Key Messages and Objectives

Nutrition Educator will provide an introduction and overview of the 4th Grade nutrition program, EOH series, the lesson format, expectations and key message “Eat a variety of vegetables and fruits every day”. Educator will provide each student with an individual folder containing state map, nutrition messages chart, kettle of good nutrition, and other handouts for specific lessons covered.

Students/participants will learn about germs and the importance of proper hand washing before preparing and tasting food.

Students will:
- Observe and Identify ways germs are spread
- Participate in a hand washing experiment
- Recognize at least 5 different situations when it is important and appropriate to wash hands to help stop germs from spreading
- Practice how to hand wash properly to help stop germs from spreading
- Demonstrate how a large group or class can hand wash effectively in a timely manner
- Write the nutrition message “Eat a variety of fruit and vegetables” on their nutrition messages chart
- Discover one resource for learning the nutritional benefits of various V & F using the FVMM wheels
- Locate the county they live in and draw a house in their county of residence on a state map
• Write the nutrition benefits on their nutrition message chart;
• Locate the county or counties that the specific Fruit or Vegetable is grown commercially in their state, draw the Fruit or Vegetable in the correct counties;
• Identify good (≥ 10%) and excellent (20%) sources of vitamin A, vitamin C. Good and excellent sources of fiber are ≥ 2.5 grams and ≥ 5 grams.
• Practice being a food adventurer by learning a cooking skill and tasting the Fruit or Vegetable.

Review Food Safety and Nutrition Activity options. Choose and prepare props for one of these skits:
Activity 1A: Sneaky Germ Skit.
Activity 2: Food Safety on the Farm Skit.

Before teaching session in classroom, set up props and post callout card on board.

Lesson

Introduction Distribute folders to each student. Introduce title of curriculum Enjoying Our Healthy Harvest. Ask students, “What do you think the title is about?” Share with students that they are going to be learning about Fruits and Vegetables that are grown in our own state. 2 minutes

Overview of classes and expectations Go through each page in the folder, focusing on the expectations for each work page.

State map with counties, AITC state map: Have students identify the county they live in and draw a house to represent where they live.
Nutrition messages chart: Have students write the Enjoying Our Healthy Harvest key message for the series, “Eat a variety of Fruits and Vegetables every day” on the top line of Nutrition Message chart. Reiterate that each lesson they will be learning about a different Fruit or Vegetable.
Kettle of good nutrition: Explain that this will be used at the end of the Enjoying Our Healthy Harvest series to write a paragraph about what they have learned in their Enjoying Our Healthy Harvest lessons.
FVMM Wheels: Demonstrate how to use the FVMM wheels. Discover how to select, handle and store specific Fruits and Vegetables and how to find the nutritional information for different Fruits and Vegetables.

Food Safety – 6 steps: Explain and outline the steps of “High speed hand washing” 10 minutes

Introduce Food Safety Lesson “Who can tell me why it is important to wash your hands? When is it a good time to wash your hands? How can germs make you sick?” 2 minutes

Share Nutrition Message “Wash your hands before eating or preparing food.” Point out nutrition message on call out card. Discuss the meaning of “prepare.” 2 minutes

Food Safety & Nutrition Activity Do skit in 1A or 2. 8 minutes

Practice HSHW using a stopwatch with a goal of 5 minutes or less. Desk activity includes: Students write Nutrition Message (Wash your hands before eating or preparing food) on the bottom line of the Nutrition Message chart. See sample. 5 minutes

Closing Ask students if they have any questions about the expectations or the lessons?

Have students keep their folders in their desks or a special place designated by the teacher so they can use them during each EOHH lesson.

Ask students to summarize why it is important to wash our hands before we eat. Remind them to practice High Speed Hand Washing over the next week. 1-3 minutes

Optional Activities

☐ Scrub Club HANDANGO!
☐ For longer sessions, add Activity 1B: Win, Lose or Wash! to Activity 1A.
☐ For longer sessions, add Activity 3: Make a Germ Puppet and Story after either of the skits.

Resources

Produce Washing Tips

*Find Ag in the Classroom materials for your state

2015 Hyde G, Russell S, Patterson L, Hiaasen K, Haugen D Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran’s status. Oregon State University Extension Service is an Equal Opportunity Employer.