



Unit I: Food and the Nutrient Cycle

Grade Level: Adaptable for K-4

Unit Goals

Students will understand how nutrients cycle through soil and plants to provide us with healthy food.

Students will know how to make healthy food choices.

Students will gain comfort eating a wide variety healthy food.

Unit Overview

This unit is comprised of interactive lessons in which students participate in discussion, inquiry, song, role-play, and healthy food tasting. All lessons are aligned with Wisconsin Model Academic Standards.

People depend on healthy soil and healthy plants in order to have nutritious food. Teaching about the connections between soil, plants, food, and people is an engaging approach that integrates core subjects, and a great way to encourage healthy eating habits. The first three lessons focus on the role plants and soil play in providing us with nutrients. The last two lessons provide opportunities for students to gain familiarity with the wide variety of foods plants provide, and learn that there are six plant parts we eat.

Lessons Included

1. Roots to Fruit Apple Lesson
2. Decomposition
3. Food Origins: Deconstructing a Cheeseburger
4. Pumpkins and Their Kin
5. Six Plant Parts Tortilla Wrap

Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:
www.reapfoodgroup.org

UW-Madison Center for Integrated
Agricultural Systems: www.cias.wisc.edu

