



Unit III: Food and the Nutrient Cycle

Grade Level: Adaptable for 2-5

Unit Goals

Students will understand the concept of seasonality as it relates to food.

Students will develop reading, writing, and research skills in creating a class cookbook.

Students will know how to make healthy food choices.

Unit Overview

This unit is comprised of interactive lessons in which students participate in discussion, exploration, singing, research, writing a class cookbook, and healthy food tasting. All lessons are aligned with Wisconsin Model Academic Standards.

Food serves as a strong link to the land and to each other. Eating food grown close to our homes provides us with a sense of place and identity by connecting us to our local community, landscape, and seasonal cycles. The lessons in this unit are designed to teach students that food production is tied to seasonality and that even during winter in Wisconsin, we can eat food that was grown here. Students are also introduced to the benefits and joys of eating seasonal foods. Participation in creating a class cookbook is an experiential way for students to strengthen their own understanding of healthy food choices and how to prepare simple recipes.

Lessons Included

1. Feed the Garden, Feed Ourselves
2. Fall Tasting
3. Class Cookbook
4. Wisconsin Winter Foods
5. Smoothie Party

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

