

Food Explorer's Activity List

1. Non-Taste sensory food exploration
 - a. Pick a fresh produce to learn about and have students interact with different senses
 - Sight: What color? Shape? Does it have layers?
 - Touch: Soft? Hard? Mushy?
 - Sound: Sound out the name of the food
 - Smell: Does it smell? Good? Bad? Stinky? Sweet?
2. Letter of the Week
 - a. Students learn about the alphabet while associating fruit and vegetable names to the corresponding letter
 - b. During the week, have a day to bring in the food and learn about it (name, history, benefits, physical features and taste)
3. Food Show and Tell
 - a. Pick a few students a week to share about a family recipe or a favorite food that has at least one fruit or veggie in it
4. Food Guessing Game
 - a. "I am thinking of a food that begins with..."
 - b. Students can ask questions about the food... color? Taste? Feel (mushy or hard)? Is it a veggie or fruit? Etc...
5. Food Experimenters
 - a. Pick a produce from the garden and choose to do a taste test or cooking demo
 - i. Provide produce details such as history, origin, how it is grown, nutritional benefits
 - ii. Have students try out a pre-prepared dish with selected produce or on its own OR create a simple dish using the produce with students
 - iii. Approach the taste test with a scientific lens- What flavors does it have? Is it sweet or bitter? What texture- chewy or soft? Any special properties- is it spicy?

6. Links

<https://www.favecrafts.com/Green-Crafting/Recycled-Treat-Containers-From-Earth-Safe-Finishes>

Nature Scavenger Hunt

Go on a 'green team walk' with your kids and bring along some gloves and a bag. Kids will enjoy feeling the impact that they have on the earth as they help clean up their own neighborhood or street.

- Instructions: For this activity, you will be going on a "green scavenger hunt" while making an impact on the earth -- by helping clean up your neighborhood! Bring

some gloves and a trash bag, while utilizing your 5 keen senses to complete this scavenger hunt!

<https://www.cbc.ca/parents/play/view/9-easy-activities-for-earth-day>

- a. To listen for
 - i. birds chirping, animal sounds
- b. To smell
 - i. pretty flowers, green grass
- c. To feel
 - i. wind on your face, sunlight on your body
- d. To find
 - i. rocks, pine cones, leaves
- e. To look for
 - i. A squirrel, an insect, spider web

Kindergarten-1st grade

- <https://www.busymommymedia.com/science-for-kids-soda-bottle-compost/>
 - Soda Bottle Compost
- <https://theseamanmom.com/easy-diy-pencil-holder/>
- Tree Identification
 - Oak trees common to the Bay Area are a good start. Also madrone (strawberry tree). Alternative could be trees planted in the garden. Have pictures of the leaves and acorns for oak trees.
- Word search
 - Can you find the hidden sustainability terms in this puzzle?
- Recycling bingo game
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2nd-3rd grade

- <https://www.education.com/science-fair/article/dirty-air/>
- <https://www.cbc.ca/parents/play/view/plastic-cup-mini-greenhouses>
- Nutrition: Food Show and Tell
 - Pick a few students a week to share about a family recipe or a favorite food that has at least one fruit or veggie in it
- Nutrition: Food Guessing Game
 - "I am thinking of a food that begins with..."
 - Students can ask questions about the food... color? Taste? Feel (mushy or hard)? Is it a veggie or fruit? Etc
- Tree Identification
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for oak trees.

4-5th grade

- Make a worm farm
 - Worms are so efficient at breaking down leftover kitchen scraps and turning them into rich fertilizer.
- Make-Your-Own Terrarium
 - <https://www.cbc.ca/parents/play/view/9-easy-activities-for-earth-day>
 - <https://www.cbc.ca/parents/play/view/diy-mason-jar-terrariums>
 - DIY Mason Jar Terrariums
- Nutrition: Food Experimenters
 - Pick a produce from the garden and choose to do a taste test or cooking demo
 - Provide produce details such as history, origin, how it is grown, nutritional benefits
 - Have students try out a pre-prepared dish with selected produce or on its own OR create a simple dish using the produce with students
 - Approach the taste test with a scientific lens- What flavors does it have? Is it sweet or bitter? What texture- chewy or soft? Any special properties- is it spicy?
- Tree Identification
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6-8th grade

- <https://wholefully.com/homemade-borax-free-laundry-detergent/>
 - Borax-Free Homemade Laundry Detergent
- Tree Identification
 - Oak trees common to the Bay Area are a good start. Also madrone (strawberry tree). Alternative could be trees planted in the garden. Have pictures of the leaves and acorns for oak trees.

● Ideas for Other Educational Activities/Materials for School Sites

- Soil science
- How to compost
- Pollinators
- Seeds
- How to plant
- How to harvest
- Weeds
- Insects
- Garden tools and body mechanics
- Planting/harvest schedule

