Whole Kids Foundation and American Heart Association

SCHOOL GARDENS LESSON PLANS

What's the Garden Worth

Recommended Grade Level:
4-5

Season:
All growing seasons

Indoor/Outdoor

Description:

Students will learn about the value of the crops they're growing by comparing their produce in the garden to the value of produce at the grocery store.

Background:

Garden produce can be plentiful. We don't always take the time to keep track of the quantity that comes from the garden. The students learn the health benefits of eating fruits and vegetables from the garden and the value of garden produce. This can help your student gardeners appreciate the produce and value of their labor.

Materials:

- Garden Produce
 - *If no crops are growing or ready for harvest, you can give them different produce and weight scenarios that they can look up to compare.
- Food Scale (If you don't have one, you can get an estimate by weighing a student, then weighing the same student with the produce and subtracting the student's weight.)
- · Grocery Store Mailers
- What's The Garden Worth Worksheet

Preparation:

- Determine if this activity will be completed individually or in small groups. Collect grocery store mailers for each student or group. Students can also bring grocery store mailers from home or you can make copies of one mailer.
- 2. Make copies of What's The Garden Worth Worksheet for each student or group.

Activity:

- 1. Tell students they will be learning about the value of the food they're growing in the garden.
- 2. Review the definition of agriculture with the students.

 Agriculture is another word for farming and farm-related jobs. Agriculture makes grains, vegetables, fruit, meat and dairy products for people to eat all over the world. Agriculture is one of the oldest professions and began thousands of years ago. Agriculture is important and affects our everyday lives.

- 3. Explain that selling produce to grocery stores and other retailers is an important aspect of agriculture and helps get the food we eat from farm to table.
- 4. Take the class to the garden and harvest some produce that's growing.
- 5. Have students make a list of the produce collected and record the weight using a food scale.
- 6. In the classroom, pass out the grocery store mailers and the What's The Garden Worth Worksheet.
- 7. Instruct the students to use the mailers to calculate the value of their harvest and record it on their worksheet. Remind them that some produce may be listed by the pound, but some might be listed 3 for \$1.00. They may need to make secondary calculations.
- 8. Share results to check the calculations. If you're using different store mailers, the students' results may vary.

Tying it Together:

- 1. What did you learn about the value of our garden?
- 2. Were you surprised?
- 3. What crop would bring in the biggest profit?
- 4. Which would bring in the least?

Special Care:

Students could use calculators to total the value of the produce.

Specific produce and value per pound can be highlighted or circled on the grocery store mailer to help students identify the correct information.

Digging Deeper:

Using the grocery store mailers, have students determine which produce is the least and most expensive per serving. Then research the produce and brainstorm for reasons for the price.

National Standards:

CCSS.MATH: Measurement and data.

Lesson Extensions:

Math: Look at costs per pound for different produce. Rank the produce from the most expensive to the least expensive. Find the mean, median, mode and range of all the produce values.

Language Arts: Write a composition about the value and cost-saving benefits, as well as the health benefits that come with growing your own food.

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What's The Garden Worth?

Produce	Total Pounds	Price Per Pound	Total Value (x total pounds x price per pound)