Connecting with Curriculum

Below, you will find several skills teachers and children focus on during specific grade levels. You can use these objectives as a starting point for brainstorming how to integrate grade level goals and objectives into cooking and gardening activities.

Example Activities

Apple Taste Test (L, N, Sc)

1st-3rd Grades

Set up a number of tasting stations around the room. Each one should offer a sample of a different variety of apple. Have children visit each station and fill out the taste test chart with the name of the variety and descriptive adjectives of its taste, texture, and scent.

You may want to brainstorm a list of possible adjectives with the students before starting. (sweet, sour, tart, bland, crisp, crunchy, soft, hard.)

Vegetable Observation (Sc, L)

2nd-5th Grades

Provide small groups of children with examples of three varieties of one vegetable. Try to get varieties with obvious differences, for example cherry tomatoes, heirloom tomatoes, etc. Have children observe the properties of the vegetables and fill out the chart with descriptive adjectives.

Measuring Apples (M) (can be applied to other fruits and veggies)

3rd-5th Grades

Using yarn, measure the circumference of various varieties of apples. Compare them. Are certain varieties likely to be bigger around than others?

How tall are apples? Use yarn to measure the height of apples. Now measure yourself using "1 apple high" as the unit of measurement.

Apple Fractions (M) (Can be applied to other fruits and veggies)

4th-5th Grades

Find three apples of approximately the same size. Cut one in half, the second in quarters and the third in eighths. In groups of 3, ask the children to examine the apples and write equivalent fractions based on comparing the pieces of apples.

Apples and the Food Pyramid (N)

1st-3rd Grades

Locate APPLES on the food pyramid.

Examine the list of apple products gathered in the Super Market Sleuth activity or compiled from individual observations. Determine where each of these would be placed on the food pyramid. Fill out a blank food pyramid with the various apple products in the correct sections.

Kindergarten

- Exploring a variety of foods and beverages for good health, including those that are unfamiliar and culturally diverse
- Associate common foods with their origins
- Sharing something equally between two people, then explaining
- Working in small groups
- Compare attributes of two objects using appropriate vocabulary (color, weight, height, width, length, texture)
- Count objects in a set.
- Estimate quantities fewer than or equal to 10.
- Identify, build, draw, and name triangles, rectangles, and circles; identify, build, and name spheres and cubes.
- Compare geometric shapes (identify likenesses and differences).
- Sort and classify objects by one attribute
- Create and extend patterns with actions, words, and objects.
- Develop and use a vocabulary associated with the properties of materials: Color, Size, Shape, and Texture.
- Describe how objects look, feel, smell, taste, and sound using their own senses.
- Observe that objects can be described and sorted by their properties.
- Use new vocabulary in own speech and writing.
- Maintain conversation and discussions when attending to oral presentations.
- Taking turns expressing ideas and asking questions.
- Recognize that families and groups have similarities and differences.
- Compare and contrast customs of families in communities around the world.
- Describe the importance of rules and laws.
- Analyze classroom problems and suggest fair solutions.
- Evaluate how the lives of individuals and families of the past are different from what they are today.
- Explore how families express their cultures through celebrations, rituals, and traditions

1st grade

- Observe the ways in which humans are similar to other organisms.
- Identify local environments that support the needs of common North Carolina plants and animals.
- Discuss the wide variety of living things on Earth.
- Classify solids according to their properties: Color, Texture, Shape (ability to roll or stack), and Ability to float or sink in water.
- Determine the properties of liquids: Color, Ability to float or sink in water, Tendency to flow.
- Observe mixtures including: Solids with solids, Liquids with liquids, Solids with liquids.
- Summarizing the benefits of eating a variety of whole grains, vegetables, fruits, and low-fat dairy products
- Counting and comparing numbers
- Estimating quantities

- Developing single-digit addition and subtraction skills
- Telling time at the hour and half hour
- Sort and classify objects by two attributes.
- Basic geometric shapes
- Count syllables in a word.
- Change the beginning, middle, and ending sounds to produce new words.
- Create and state a series of rhyming words that may include consonant blends (e.g., flag, brag).
- Compare and contrast similarities and differences among individuals and families.
- Explore the benefits of diversity in the United States.
- Participate in democratic decision-making.
- Recognize the need for rules in different settings.
- Identify the need for fairness in rules by individuals and by people in authority.
- Predict consequences that may result from responsible and irresponsible actions.

2nd grade

- Identify three states of matter: Solid, Liquid, and Gas.
- Observe changes in state due to heating and cooling of common materials.
- Explain how heat is produced and can move from one material or object to another.
- Show that solids, liquids and gases can be characterized by their properties.
- Investigate and observe how mixtures can be made by combining solids, liquids or gases and how they can be separated again.
- Observe that a new material is made by combining two or more materials with properties different from the original material.
- Learning about the benefits of healthy eating
- Comparing fractions (halves, thirds, fourths) using models.
- Estimating and measure using appropriate units.
- Observing changes in state due to heating and cooling of common materials.
- Addition and subtraction of multi-digit numbers
- Patterns
- Line plots, tallies
- Define and recognize odd and even numbers.

3rd grade

- Analyzing what it means to be healthy
- Learning how to plan meals and snacks using appropriate portion sizes
- Representing fractions concretely and symbolically (halves, fourths, thirds, sixths, eighths).
- Multiplication and division
- Estimate and measure using appropriate units: Capacity (cups, pints, quarts, gallons, liters), Length (miles, kilometers), Mass (ounces, pounds, grams, kilograms), Temperature (Fahrenheit, Celsius).
- Listen actively by: facing the speaker, making eye contact, asking questions to clarify the message, asking questions to gain additional information and ideas.
- Read aloud grade-appropriate text with fluency, comprehension, and expression.

- Use oral and written language to: present information in a sequenced, logical manner, discuss, sustain conversation on a topic, share information and ideas, recount or narrate, answer open-ended questions, report information on a topic, explain own learning.

4th grade

- Distinguishing between healthy and unhealthy eating patterns
- Problem solving by estimation
- Explaining why organisms (people) require energy to live and grow.
- Showing how calories can be used to compare the chemical energy of different foods.
- Discussing how foods provide both energy and nutrients for living organisms.
- Identifying starches and sugars as carbohydrates.
- Determining that foods are made up of a variety of components
- Multiplication and division of multi-digit numbers
- Perimeter and area
- Line graphs
- Interact with the text before, during, and after reading, listening, and viewing by: setting a purpose using prior knowledge and text information, making predictions, formulating questions, locating relevant information, making connections with previous experiences, information, and ideas.
- Listen actively by: asking questions, paraphrasing what was said, interpreting speaker's verbal and non-verbal messages, interpreting speaker's purposes and/or intent.
- Describe the similarities and differences among people of North Carolina, past and present.

5th grade

- Recognize the social significance of food in families and cultures
- Problem solving by estimation
- Bar graphs and stem-and-leaf plots
- Perimeter and area
- Develop fluency in adding and subtracting non-negative rational numbers (halves, fourths, eighths; thirds, sixths, twelfths; fifths, tenths, hundredths, thousandths; mixed numbers).
- Investigate the water cycle including the processes of: Evaporation, Condensation, Precipitation, and Run-off.
- Interact with the text before, during, and after reading, listening, and viewing by: making predictions, formulating questions, supporting answers from textual information, previous experience, and/or other sources, drawing on personal, literary, and cultural understandings, seeking additional information, and making connections with previous experiences, information, and ideas.
- Listen actively and critically by: asking questions, delving deeper into the topic, elaborating on the information and ideas presented, evaluating information and ideas, making inferences and drawing conclusions and making judgments.
- Make informed judgments about: bias, propaganda, stereotyping, media techniques.
- Use oral and written language to: formulate hypotheses, evaluate information and ideas, present and support arguments, influence the thinking of others.