



FoodCorps Resources to Support Remote Education

The following FoodCorps Lessons have been developed for one adult (FoodCorps service member) to lead with groups of 25 students in a classroom or school garden. However, the lessons below include many activities that can be led by an individual with one or a small group of kids in a kitchen or backyard garden! All of these lessons can be adapted for ages 5-11 years old (Kindergarten to 5th grade). If lessons include a picture book that you don't have, you can look up a "read aloud" version on the internet. Review the "Adaptation" section in each lesson for additional ideas!

Hands-On FoodCorps Lessons To Do with Kids

Cooking and Nutrition Focused Lessons



- The [Veggie Wraps](#) lesson includes listening to a read-aloud about a wonderful variety of vegetables, and creating veggie wraps with hummus.
- Play a memory game and use colorful ingredients to make a smoothie with kids using the [Rainbow Smoothie Lesson!](#)
- Learn how to process fresh foods by hand with [From Beautiful Beans to Delicious Dip!](#) Explore fresh herbs and enjoy fresh veggies with the dip.
- Kids make their own yogurt parfaits and consider where food comes from in the [Perfect Parfaits](#) lesson. Let the counting and layering begin!
- In the [Root Fruit Slaw](#) lesson kids consider the importance of storage root crops in our diet, use box graters, closely examine root veggies using magnifying glasses, and create a tasty root and fruit slaw.



- In the [Sunny Honey Seed Snacks](#) lesson students create a healthy seed snack and explore seeds by sorting and grouping seeds.
- Kids learn about how different foods give their bodies energy (go), grow strong (grow), and stay healthy (glow) in the [Go, Grow, Glow](#) lesson.
- Use the [Go, Grow, Glow Quesadilla](#) lesson to explore with kids how to cook with foods that help their bodies energy (go), grow strong (grow), and stay healthy (glow).



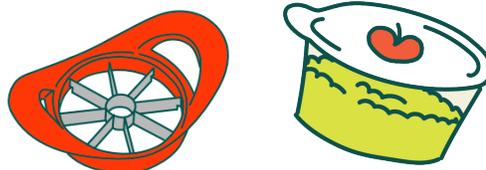
- Kids create [Plant Part Wraps](#) in a lesson that focuses on the six plant parts and discovering a healthy snack option.
- The [Tea Time](#) lesson includes harvesting herbs from the garden to make tea for a tea party! Collect flowers for bouquets and found garden objects for centerpieces.
- Is it getting warm out yet? Either way you can make [Tops and Bottoms Popsicles](#) with kids to help them discover all of the parts of the plant that you can eat including fruit, roots, and leaves!
- Create homemade flatbread crackers with the [Whole Grain Crackers](#) lesson while learning about wheat berries!
- Celebrate spring with the [Rainbow Grain Salad](#) lesson! Kids will learn knife safety and techniques, observe a demonstration, and practice chopping vegetables for a rainbow grain salad. Choose vegetables to represent the rainbow.
- Learn about fresh produce from the garden with the [Rolling into Spring](#) lesson! Kids will practice knife skills and balancing flavors to make veggie spring rolls and a dipping sauce.
- Keep things poppin' with a healthy snack! In the [Choose-Your-Own Flavor Popcorn](#) lesson kids explore the five flavor profiles, identifying and sorting ingredients and working collaboratively to create a custom popcorn seasoning.



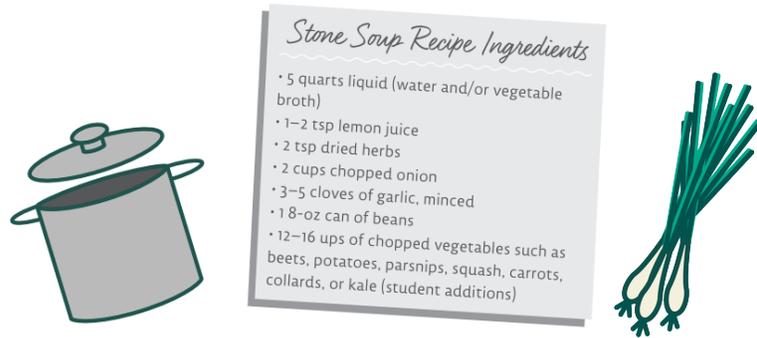
5 FLAVOR PROFILES		
Salty/Umami	Bitter	Spicy
Sea salt	Rosemary	Chili powder
Soy sauce	Thyme	Hot sauce
Dried seaweed	Peppermint	Cinnamon
Nutritional yeast	Grapefruit zest	Cumin
Parmesan cheese	Cocoa powder	Curry powder
Sweet	Sour	
Honey	Lemon or	
Maple syrup	lime juice	
Brown sugar		



- Teach basic fermentation with the [Quick, Pickle That!](#) lesson. Kids can learn about preservation while making their own customized quick pickles.
- [Mindful Tasting](#) allows kids the opportunity to slow down and focus on their senses while they are eating. They'll review the five senses, take an imaginary trip to an apple orchard and end by mindfully eating apple slices from two different apples. It's a great lesson for all ages!
- Try the [All In For Applesauce](#) lesson as a fun way to celebrate apple—a fruit that can easily be stored in the fridge for several weeks. Kids test their observation skills by studying one apple and then trying to identify it among other apples. They then reflect on the importance of diversity in a community and have a taste test of homemade applesauce.



- Try the [Stone Soup](#) lesson with kids to practice knife skills as they prepare and then enjoy a vegetable soup. This activity is written for a celebration where parents or other adult community volunteers are present to assist, but stone soup can be prepared by a family as well.



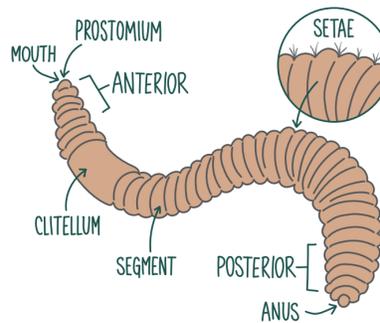
- After learning the basic formula for a dressing, in the [Salad Dressing Challenge](#) kids can develop a custom salad dressing. You can also introduce kale to students in this lesson as one of the “greens” to dress.
- The [People Who Feed Us](#) lesson offers the opportunity for kids to consider the various community members who prepare or provide food that we eat by creating a portrait to honor these people.

Garden Lessons

- The [Garden Explorations](#) lesson serves as an introduction to the garden by providing exploratory outdoor time and garden scavenger hunt cards!
- [The Up, Up, Up We Grow!](#) lesson includes a guessing game (with fruit and vegetable picture cards!), pretending to be a growing plant, and singing a song to consider what a plant needs to grow.
- The [Fabulous Five: What a Plant Needs to Thrive](#) is a mystery journey (garden scavenger hunt!) by following clues around the garden while learning what plants need, before planting seeds at the end.
- Have you ever hidden in a [Sunflower House](#)? In this lesson, kids eat sunflower seeds and revisit (or discover) the magic of hiding in a sunflower house! Use this as a springboard to plant your own flowers in the garden.
- The [Sensory Explorations](#) lesson engages kids in a medley of sensory activities as an introduction to a garden or outdoor space including making a sound map and creating collections of objects with opposite attributes from the garden or nature.
- Get cozy with a bean! In the [Bean Buddies](#) lesson, kids will learn about the optimal conditions for a bean seed to germinate by listening to a story and then making “seed homes” in zip lock bags. Kids can draw pictures and make predictions about their seed’s growth. Remember to soak the beans overnight to kick-start the germination process for the lesson!



- In the [Getting to Know the Garden](#) lesson older kids can explore the garden through garden bingo and other engaging activities!
- Create a backyard and garden habitat space for wildlife by building [Insect Homes](#) with found objects like twigs, twine, grass, and stones!
- Welcome the growing season with the [Let Us Grow Lettuce!](#) lesson by teaching kids how to broadcast lettuce seeds in a garden bed.
- Use the [Imaginary Plants](#) lesson to encourage kids to learn about the six plant parts through drawing and collage.
- Teach kids about the interdependence of plants and animals in the garden with the [Planting For Beneficial Insects](#) lesson. The lesson includes an insect hunt to look for pollinators in the garden.
- Learn about decomposition through the [Rotting Away Day By Day](#) lesson. Bury an object in the garden or compost bin and observe how it turns back to nature (cool! gross!) over time. Track your observations in a journal or worksheet.
- Teach kids about plants indoors with a [Plant Part Mystery](#). In this lesson, kids can explore the six plant parts by dressing up a sibling or adult as a plant, playing a plant part mystery game, and dissecting a plant to identify as many parts as they can.
- Want to learn more about worms? Check out the [Worm Bin Wonders](#) lesson for kids to learn about the decomposition of food waste by observing worms, identifying parts of their anatomy, and working to build a worm bin.



Other FoodCorps Resources

Program Guide

You can find tips for building and maintaining gardens, reminders about outdoor safety with kids, cooking with kids, and knife skills in the FoodCorps [Program Guide](#). Note that this material has been developed for our service corps who are focused on a school setting, but many of these tips can be helpful for generally cooking and gardening with kids.



Sprout Scouts

Are you looking for a way to engage kids in your home or community garden? Sprout Scouts is a FoodCorps-developed club that provides an opportunity for kids to build skills around growing and cooking food. The [FoodCorps Sprout Scouts Handbook](#) was developed in partnership with Life Lab, and is organized in four “Adventures” including Getting Ready to Grow, Planting Our Garden, Caretaking and Enjoying the Harvest. Each Adventure contains four hands-on lessons and a take-home activity. Lessons are designed for grades 3-5 but can be adapted for other ages!

