

Perfect Parfaits

THEME: EXPLORING THE ECOLOGY OF FOOD

GRADE
K

45
MIN.

SPRING

ESSENTIAL QUESTION

Where does food come from?

LEARNING OBJECTIVES

- ✓ Students will be able to identify the source of different ingredients in a yogurt parfait.
- ✓ Students will be able to assemble a yogurt parfait.

CONCEPTS

counting ingredients parfait

Engaging the Classroom Teacher

During Action Step 6, suggest that the teacher support students with measuring and sharing ingredients while you give the directions.

LESSON DESCRIPTION

In this lesson, students consider where their food comes from by matching pictures of parfait ingredients to their food sources (cows, bees, and plants). They then make their own yogurt parfait by counting and layering spoons of ingredients.

MATERIALS

- 40 spoons (2 per ingredient per group)
- 25 bowls
- 2–3 quarts of berries (whatever kind is available)
- 2 quarts of plain yogurt (¼ cup each for 32 people)
- 8 cups of granola (bulk bin) or toasted, rolled oats (4 tablespoons each for 32 people)
- 4 cups of seeds, such as pumpkin or sunflower (2 tablespoons each for 32 people)
- Honey (in a squeeze bottle)
- Food Source Matching Worksheet (p.114)
- Perfect Parfait Recipe Worksheet (p. 113)
- Materials for cleanup

For each student:

- Cup—clear plastic if you want to see the parfait layers
- Spoon

PREPARATION

- › Photocopy Food Source Matching Worksheet for each student.
- › Prepare trays for groups of 4–6 students with the following:
 - › Bowl of berries with 2 spoons
 - › 2 bowls of yogurt with 2 spoons
 - › Bowl of granola with 2 spoons
 - › Bowl of seeds with 2 spoons

Yogurt Parfait Recipe

1 serving

1/4 cup (4 tablespoons) plain yogurt

1/4 cup (4 tablespoons) berries

3 tablespoons of granola or toasted, rolled oats

2 tablespoons of seeds

1 drizzle of honey

Add ingredients in a clear glass or plastic cup in this order, and serve with a spoon.

ACTION STEPS

1. Engage: Gather students in a circle and ask, *Where does our food come from?* When students say the grocery store, ask, *Where does the store get its food?* Once they start thinking about farms and gardens, ask, *How do farms and gardens get their food?* Keep discussing until they've traced food back to plants and animals. **(5 min.)**

2. Matching Foods to Their Source: Explain, *I'm going to give you a sheet with pictures of foods we eat and pictures of where those foods come from. Your job will be to match them together.* Pass out Food Source Matching Worksheet, and do one match together. If you have a document camera, use it for modeling and then sharing in Action Step 3. Circulate through the room, checking on students' progress and asking encouraging questions. **(5 min.)**

3. Sharing: Go over each pair of pictures with students and discuss them. Ask, for example, *How does yogurt come from a cow?* Or, *How does honey come from a bee?* **(5 min.)**

4. Model: Explain that they're going to make a delicious snack with all the ingredients they just sorted. Show them each ingredient, asking students to identify them. Model making a parfait, explaining, *For yogurt, you'll take four scoops. For berries, you'll take four scoops. For granola, you'll take three scoops. And then for seeds, you'll take two scoops.* It's a countdown—four, three, two, one! As you're demonstrating, clearly count out your scoops, and ask students to show you the numbers by counting on their hands. Explain to students that you'll give them these ingredients to share at their tables. Ask, *What will sharing look like while we create our parfaits?* Discuss how you're going to add one ingredient at a time, passing the spoon to the next person to add their amount. **(5 min.)**

5. Hand-Washing Break (5 min.)

6. Making Yogurt Parfait: Pass out trays of ingredients to groups. Pass out a cup to each student. Say, *First we'll add the yogurt. Show on your fingers how many scoops we're going to take of yogurt.* Then have students take turns. Then ask students to thank the animal or plant responsible for that ingredient. For example, have them say, *Thank you cow, for making the milk that made this yogurt!* Do these steps for each ingredient, showing scoops on their fingers, taking turns, and thanking the food source. Finally, ask students to make a signal to show that they'd like honey. Walk around and add a drizzle of honey for those students, and thank the bees. **(10 min.)**

7. Tasting: Have a couple helpers pass out spoons to each student, and have students wait until you tell them to try the parfaits. As you're eating, ask students to describe what they're tasting. **(5 min.)**

REFLECTION

Have students discuss the following questions in small groups, then share with the class: *(5 min.)*

Social and emotional learning

- *How did you share with your classmates?*
- *What were ways we were helpful to our classmates?*

Check for understanding

- *What ingredients are in our parfaits? Where did these ingredients come from?*
- *What else would you like to eat in a yogurt parfait?*

ADAPTATIONS

Extension: Have students create picture recipes by drawing the layers in their parfait and putting numbers beside each layer to represent the number of tablespoons they added of each ingredient.

Fewer Materials: Instead of students assembling their parfaits in table groups, you might consider setting up three buffet lines that groups walk through one at a time. This option is good for cutting down the number of bowls and spoons needed and if you want to give students a chance to get up and move. The downside is you don't count together as a class.

ACADEMIC CONNECTIONS

Next Generation Science Standards, Life Science Disciplinary Core Idea

NGSS K.LS1.C

Organization for Matter and Energy Flow in Organisms – All animals need food in order to live and grow. They obtain their food from plants or from other animals. Plants need water and light to live and grow.

Math Common Core State Standards

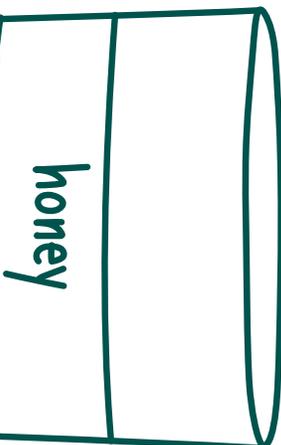
CCSS.MATH.CONTENT.K.CC.B.5

Count to answer “how many?” questions about as many as 20 things arranged in a line, a rectangular array, or a circle, or as many as 10 things in a scattered configuration; given a number from 1-20, count out that many objects.

Name: _____

Date: _____

PERFECT PARFAIT RECIPE



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Food Source Matching Worksheet

Directions: Match each food on the left to its source on the right

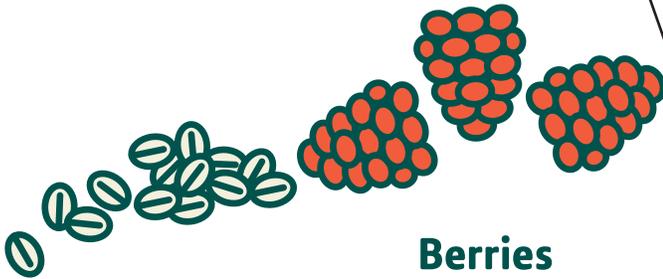
Foods We Eat



Honey Jar

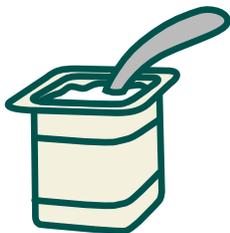


Sunflower Seeds



Rolled Oats

Berries

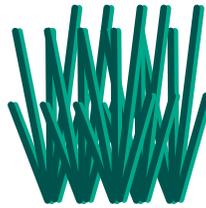


Yogurt

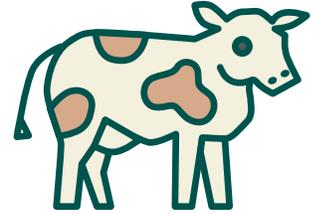


Pumpkin Seeds

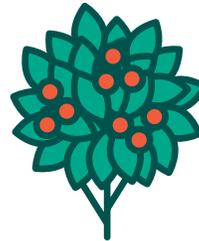
Where Food Comes From



Oat Grass



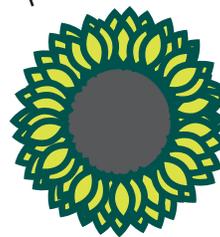
Cow



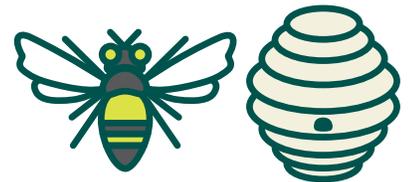
Berry Bush



Pumpkin



Sunflower



Bee and Beehive