

④ November Lesson: Thankful for Food

Goals:

- *Students will be able to trace the origins of food.*
- *Students will begin to understand that food availability is dependent upon climate, geography and resources.*

Audience: 4th

Optional Craft, Activity or Snack:

- Thankful

Materials:

- Thankful for Food Visual

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 4.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly.
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

Lesson:

At the end of the month, many people will celebrate Thanksgiving. Raise your hand if you know why people celebrate this holiday.

Thanksgiving is a time to give thanks for all that we have. Almost every culture has some type of harvest celebration. In the United States it's Thanksgiving.

Native Americans and pilgrims could only eat what the land and weather provided for them. Remember, there were no grocery stores, so they had to grow or hunt ALL of their food! The year 1621 provided the perfect amount of sun, warmth and rain for a productive growing season. To celebrate their success, they sat down together and feasted for 3 days!

Today we still celebrate Thanksgiving, but we are lucky because we can get food from a variety of places. What are some places we get food from? (Restaurants, grocery stores, and farmer's markets.)

Raise your hand if you've heard talk about the importance of "eating locally." Does anyone know what eating locally means and why it's important? When people talk about local food, they are referring to the foods that are grown in the same area that they live in. Foods from other parts of the world, like bananas from South America, must be shipped to the grocers this

uses a lot of gas and creates a lot of pollution. Can you think of some other foods we get from other countries?

People try to eat more locally grown foods in order to preserve our natural resources, like gas, to help the environment by minimizing pollution, and to preserve their health by eating fresher food.

Slide 1- Let's take a look at the land where the pilgrims lived.

As you can see, Plymouth is on the ocean. What kind of food do you think is available locally if you live near the ocean? (Fish and shellfish)

Now let's think about the climate in Plymouth, MA. They have hot and humid summers, rainy springs, and snowy winters. How does that climate compare to ours? The climate dictates what kinds of crops they can grow. Did you go to a farmer's market this summer or have a family garden? What types of food did you see there? Do you think the pilgrims could grow pineapples or coconuts? No, those are tropical fruits that grow best in countries where it is hot all the time.

Slide 2 - Let's look at the menu for the first thanksgiving. All the food listed here was grown or hunted in or near Plymouth, MA.

Slide 3 - Let's look at what is different now at Thanksgiving compared to the feast the Pilgrims and Native Americans enjoyed.

Slide 4 - Massachusetts has the ideal climate to grow corn, pumpkin, zucchini, squash, apples, berries, and wheat. These foods are ready to harvest, or pick in late October, right before Thanksgiving. This is why they may have become traditional Thanksgiving foods. Which of these can we grow locally?

Slide 5 -Let's put together a local Thanksgiving feast.

Think about what foods were at the farmer's market this summer? Did you have a garden or visit a garden in the area? What did you see there?

What are some foods that we enjoy at Thanksgiving that are not available locally? Can we replace these foods with a local food?

Slide 6 - We need to be aware of where our food comes from to eat responsibly. Remember to eat locally whenever possible.