

# *Pre-K June Garden Visit Lesson Plan*

## *Using the Garden for Healthy Choices*

**Objective:** Students will be able to determine with garden grown foods help us make healthy choices.

Standard: 2.1.P.B.2: Develop awareness of nutritious food choices

Materials:

- Surface to write on (If you wish to complete the worksheet outdoors)
- Crayons

Activities:

- Once arriving in the garden, the teacher(s) can review how healthy foods help our minds and bodies grow. The teacher(s) can explain how lots of healthy foods can be grown in our garden such as fruits and vegetables.
- The teacher can go through and name the foods on the worksheet. As a class the students can discuss whether the food item is healthy or unhealthy and if can be grown in the garden. If the item is healthy and can be grown in the garden the students can color it using crayon. Items can be colored as they appear in real life.