

## Eat Local and in Season

**Overview:** Explore what it means to eat local and in season and why it is important.

**Subject area:** Nutrition

**Grade level:** K-5<sup>th</sup>

**Objectives:** Children will learn the benefits of eating local and in season, and which fruits and vegetables are grown in your region during the different seasons.

**Prep time:** Allow time to find out what is growing locally in your region

**Lesson time:** Time varies based on the location of the garden or farm

**Space needed:** A garden or farm

**Staff needed:** Preferably, 1 adult per 5 children

**Preparation Steps:** Find out what's growing locally in your region

### Presentation steps:

1. Ask the children if they know what it means to eat in season.
2. Ask what they think are some good reasons for eating foods that are in season and locally grown. (Encourages variety, foods grown close to home are often fresher and taste better than foods coming from far away, it is not as harmful to the environment when food doesn't need to travel long distances on trucks, etc.)
3. Talk about what foods are growing in your region during the four seasons and ask children to volunteer some of their favorite seasonal food. What foods are in season right now?
4. Take a trip out to the garden or farm to see what foods are growing. Have children harvest and taste various ripe fruits and vegetables.
5. Ask children if the freshly picked fruits and vegetables taste different than what you might buy at the grocery store.

**Assessment:** Name some different fruits and vegetables and see if the children can remember when they are in season.