

Food & Foraging Shapes: 3d & Flat

2016 Ms. Cretera's Garden Parents
Outdoor Lesson #8 - 12.08.2016
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Objective: Nutrition & Geometry in the Garden. Talk about food, nutrition in garden setting, and with a Garden 'Food' Foraging activity, help identify 3d and flat shapes in the winter garden. Kids will forage and organize the 'food' in partners to foster teamwork.

Time/location: The entire lesson can be done in 30-40 minutes.

Materials: Foraged nuts, berries, seed pods, leaves etc.. (cranberries, corn, sweetgum pods and others found in the home/garden), Egg Cartons

Book: Gregory the Terrible Eater, by Mitchell Sharmat (Author), Jose Aruego (Illustrator), Ariane Dewey (Illustrator)

The Lesson:

-Deep Breath Pause: Breathe in the air just the way the roots absorb in the water, feel it go to all parts of your body, (feel the water going up your trunk, into your branches, out to the leaves, make food, and evaporate) and breath out.

Part 1 / Book Reading

Talk about Thanksgiving meal, what kids eat, what they like and dis-like. Read the book about the Goat who doesn't eat 'goat food'. Switch to discussion of shapes in the garden.

Part 2/ 3d Shapes Poem

*3D shapes are fat not flat.
A cone is like a party hat.
A sphere is like a bouncy ball.
A prism is like a building tall.
A cylinder is like a can of pop.
A cube is like the dice you drop.
3D shapes are here and there.
3D shapes are everywhere!*

From: <http://lilcountrykindergarten.blogspot.com>

Part 3/ Forage and Sort 3d vs. Flat Shapes

Kids can pretend to be squirrels/birds foraging for 3d vs. Flat 'food' in the grass. Ask them to work in partners to find 3d shaped 'foods' and flat shaped 'foods' (leaves mainly). They can fill the top row of the egg carton with the 3d shapes and the bottom row with flat shapes

Part 4 / Share their finds

Each child holds up their favorite shape and describes the shape, and we can try to help identify the food, rosehips, sweetgums, zucchini, tomatillos, cranberries, corn, and other seed pods, acorns etc were found and discussed.

Re-recite the shapes poem:

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