



CREATE YOUR OWN LESSON

Include at least one of the following:

- 1) promote locally grown foods
- 2) healthy eating
- 3) an appreciation of NJ's farms & agriculture

Date: SEASON/TIME OF YEAR

Lesson: TITLE OF LESSON

Grade: GRADE LEVEL OR AGE GROUP

Lesson Description: INCLUDE AT LEAST ONE OF THE FOLLOWING IN YOUR LESSON/DESCRIPTION 1) PROMOTE LOCALLY GROWN FOODS 2) HEALTHY EATING 3) APPRECIATION OF AGRICULTURE

Materials

LIST OF ALL MATERIALS NEEDED FOR DAY OF LESSON

Prepping for the day

DETAIL WHAT NEEDS TO BE DONE TO PREPARE FOR YOUR LESSON (PRIOR TO YOUR VISIT)

Procedure

STEP BY STEP ACTIVITY INSTRUCTIONS FOR DAY OF. FOR EX;

- 1) INTRODUCE YOURSELF AND WHY YOU ARE THERE "MY NAME IS ___ AND I AM FROM ___ HIGH SCHOOL, TODAY WE ARE EXCITED TO TALK ABOUT THE OFFICIAL VEGETABLE OF NJ, THE TOMATO"
- 2) ASK FOLLOW-UP QUESTION IS A TOMATO A FRUIT OR A VEGETABLE
- 3)...

Things to consider when designing lesson:

- materials needed should be readily available, seasonal when applicable, and within a reasonable budget
- lessons can be designed around the cultural relevance of the community you plan on volunteering in
- can be easily replicated by others reviewing your lesson