

Date: Introduction Activity

Lesson: Creating a Food Memory

Grade: K - 3rd

Connections to: story telling, taking turns, preference

Lesson Description: In this lesson students share their food preferences through story telling and story boarding. Students create new "food memories" with a taste test.

### Materials

- white sheet of paper for each student in the class
- crayons or colored pencils, enough for each student to have a variety of colors
- Locally grown tasting - refer to Jersey Tastes! & Seasonality Chart for what is in season
  - utensils, napkins, plates and gloves to serve
  - Jersey Fresh tasting of choice, precut for students

### Prepping for the day

- Complete the advisor planning toolkit
- Gather all materials needed (1 to 2 weeks prior)
- Read through lesson procedure and determine, within your team, who will be responsible for each step
- Prior to going into the classroom, prepare your food memory\* drawing to share with students. The drawing should tell a story of a memory you have, centered around food, for ex; pizza celebration, birthday cake, special family dish, etc..

### Procedure

1. Explain to students that today you are excited to be with them to share stories about food. Prompt discussion by asking questions all students can answer:
  - a. Raise your hand if you have ever eaten food. (\*if students giggle at this question that is great, it shows they are listening and will want to hear what you have to ask next)
  - b. Raise your hand if you have ever eaten a fruit.
  - c. Raise your hand if you have ever eaten a vegetable.
  - d. Raise your hand if you have ever eaten \_\_\_\_\_ (insert Jersey tastes! food they will be trying)
2. Share the food memory that you have drawn with the class. Ask them to draw their own food memory to share with the class.
3. Walk around classroom as students are drawing, encourage students that are engaging in the activity and assist others to recall a memory and illustrate.
4. Have students share their food memories with the class. Ask follow-up questions about their story / highlight something you liked about their story, for example, "Wow, I would love to try \_\_\_\_, that sounds amazing."
5. Tell students you will be making a new food memory today with a "Jersey Fresh" tasting. Discuss with students what they think Jersey Fresh\* means.
6. Conduct a tasting of a locally grown food. Look up nutritional facts about the fruit/vegetable to share with students prior to tasting. Students can give feedback on the taste test, I loved it, I liked it, I tried it, but we never yuck it.
7. Thank the students for sharing their food memories and being brave, bold tasters.

\*Studies show that memories based around food are one of the easiest to recall because food uses all five senses. You may notice while recalling a food memory you can recall the people you were with, the place you were, the time of year, etc... Pairing food with learning increases the ability to recall what you have learned.

\*food grown in New Jersey - Jersey Fresh Facts