

## **Field to Fitness** **(4<sup>th</sup> Grade Rotational Version)**

### **Morning Learning Stations for Students –**

**STATION 1:** Explore IQhub & Drive Tractor Simulator (Needs 4 Adults)

- (60 min) IQhub Scavenger Hunt (2 students at a time go drive tractor simulator)

**STATION 2:** Field to Fitness Lesson (Needs 4 Adults)

- (15 min) Farm Products Activity
  - o Review the particles in soil
  - o Examine color and texture of different types of soil
  - o Discuss their findings
- (30 min) Healthy Foods Lesson
  - o Learn the importance of fruits and vegetables in your diet
  - o Explore new fruits and vegetables and discuss how to prepare them
  - o Examine ways to make healthy choices at a restaurant
- (30 min) Healthy Lifestyles Activity
  - o Learn how to find your pulse
  - o Discover the difference between resting heart rate and elevated heart rate
  - o Understand how healthy lifestyles can give you more freedom with your diet

### **LUNCH BREAK**

### **Afternoon Learning Stations for Students –**

**STATION 3:** Environmental Walking Trail (Needs 4 Adults)

- (20 min) Go walk trail around AgroLiquid and discuss the following
  - o Importance of preserving wetlands and habitats
  - o Types of weathering/ erosion and ways to control
  - o Human Impacts on the environment
  - o Renewable and Non-Renewable Energy
- (25 min) Fruit and Veggie Bingo
  - o Learn interesting facts about healthy food we eat
  - o Explore some new fruits and vegetables to incorporate into your diet

**STATION 4:** Scoop on Soil Activity (Needs 4 Adults)

- (30 min) Learn about the importance of Soil and Soil Profiles
- (15 min) Review Soil Profiles and complete the Soil Activity Chart

### **Michigan Learning Standards for today's IQhub visit –**

- Science Standards:
  - 4-LS1-1 Internal and External Structures
  - 4-ESS2-1 Weathering and Erosion
  - 4-ESS2-2 Mapping Earth's Features
  - 4-ESS3-1 Renewable and Non-Renewable Energy
- Math Standards:

- 4.MD Measurement and Data
- Career Awareness:
  - Target 3: Engage Students in Career Awareness Activities
    - Identify jobs in a Career Zone; include what is a nontraditional job

**Possible Careers Discussed in today's IQhub visit –**

- Farmer
- Harvester
- Mechanic
- Soil Scientist
- Server
- Chef
- Food Scientists
- Agronomist
- Environmentalist
- Ecologist
- Contractor
- Landscaper
- Entrepreneur