

Field to Fitness

(5th 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:
 - 5-LS1-1 Plant Requirements – Air and Water
 - 5-LS2-1 Environmental Matter Cycling
 - 5-ESS2-2 Water Availability and Distribution
 - 5-ESS3-1 Protecting Earth's Resources and Environment
 - 5-PS3-1 Food Energy from the Sun
- Math Standards:

- 5.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