

**Grade Level:** 3<sup>rd</sup> – 5<sup>th</sup> Grade

**Approximate Length:** 125 – 180 minutes

## **Objectives:**

- Learn the importance of farmers and their role in feeding the world
- Discuss the relationships between animals, people and the environment
- Explore the components of a healthy lifestyle
- Understand the difference between resting heart rate and elevated heart rate and how to how build cardio strength

## **Science Standards Available (Teacher will identify which standards to bundle):**

- 3-LS1-1 Plant and animal life cycles
- 3-LS3-2 Environmental influences on traits
- 3-LS4-3 Habitats and organism survival
- 3-ESS3-1 Weather related hazard solutions
- 4-ESS2-1 Weathering and erosion
- 4-ESS3-1 Renewable and non-renewable resources
- 4-LS1-1 Internal and external structures
- 5-LS1-1 Plant requirements (air and water)
- 5-LS2-1 Environmental matter cycling
- 5-ESS3-1 Protecting Earth resources and environment
- 5-PS3-1 Food energy from the sun

## **Outline for Program:**

- **Interest Approach (5-10 min):** Students will start the lesson by working as a team in small groups to create a description of what a healthy person looks like and then as a whole group we will come together to share our answers, to see how each groups perception might differ.
- **Opening Activity (15-20 min):** During this time, students will work as a team in small groups to match pictures of foods they find in a store, with the pictures of the items they come from on the farm. When the groups are all done, we will go over the answers as a large group.
- **Presentation (45-60 min):** The students will learn about the importance of living a healthy lifestyle and how farmers help raise food for us to help keep our bodies strong. We will go through how a variety of foods can be good for their bodies, the difference between fruits and vegetables and talk about healthy ways to fill their plates, using myplate.gov. Students will discuss what types of foods they eat at their houses and discover new food that they can include in their diets. They will also learn about what to look for in food labels and what are some good choices when ordering food at restaurants. Exercise plays a big role in healthy lifestyles too, so students will learn about ways to get their bodies moving more throughout the day. Students will learn how to find their pulses, understand the difference between a resting hear rate and an elevated hear rate, as well as understand how exercise can create a healthy heart for the long run.
- **IQhub Scavenger Hunt (45-60 min):** The IQhub is an interactive museum, that will help the students build on topics they have already learned and grab their attention for some new ones as well. Students can work individually or in small groups to explore the IQhub and learn about agriculture and the environment. This museum incorporates Science, Technology, Engineering and Math (STEM) to give students a well-rounded and fun learning experience.
- **Closing Activity (15-30 min):** Since plants and animals play a key role in keeping people healthy, it's important to understand how a healthy environment effects all living things. Students will get a chance to stretch their legs and see some easy ways to care for the environment and how to create healthy habitats for living things. Erosion, wetlands and environmentally friendly buildings are other topics discussed during this activity.

## **Additional Resources on YouTube:**

<https://www.youtube.com/watch?v=tF9-jLZNM10>