



Farm to Table

A Nutrition Program for Grades K-4

The activities in this program meet the following curricular standards:

Kindergarten Activity

Caring for the Best

English Language Arts (CCSS)

- **ELA-Literacy.RI.K.3:** With prompting and support, describe the connection between two individuals, events, ideas, or pieces of information in a text.
- **ELA-Literacy.RI.K.7:** With prompting and support, describe the relationship between illustrations and the text in which they appear.
- **ELA-Literacy.SL.K.1:** Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.
- **ELA-Literacy.SL.K.2:** Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.
- **ELA-Literacy.SL.K.3:** Ask and answer questions in order to seek help, get information, or clarify something that is not understood.
- **ELA-Literacy.SL.K.6:** Speak audibly and express thoughts, feelings, and ideas clearly.
- **ELA-Literacy.L.K.5:** With guidance and support from adults, explore word relationships and nuances in word meanings.
- **ELA-Literacy.RF.4.4:** Read with sufficient accuracy and fluency to support comprehension.

Next Generation Science Standards

- **K-LS1-1:** Use observations to describe patterns of what plants and animals (including humans) need to survive.

National Science Standards

- **Life Science:** Organisms have basic needs. For example, animals need air, water, and food; plants require air, water, nutrients, and light. Organisms can survive only in environments in which their needs can be met.
- **Science in Personal and Social Perspectives:** Nutrition is essential to health. Students should understand how the body uses food and how various foods contribute to health. Recommendations for good nutrition include eating a variety of foods, eating less sugar, and eating less fat.

National Health Standards

- **1.2.1:** Identify that healthy behaviors impact personal health.

Grade 1 Activity

Healthy Cows, Healthy You

English Language Arts (CCSS)

- **ELA-Literacy.RI.1.4:** Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.
- **ELA-Literacy.RI.1.10:** With prompting and support, read informational texts appropriately complex for Grade 1.
- **ELA-Literacy.RF.1.1:** Demonstrate understanding of the organization and basic features of print.
- **ELA-Literacy.SL.1.1:** Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.
- **ELA-Literacy.SL.1.2:** Ask and answer questions about key details in a text read aloud or information presented orally or through other media.
- **ELA-Literacy.SL.1.6:** Produce complete sentences when appropriate to task and situation.
- **ELA-Literacy.L.1.4:** Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 1 reading and content, choosing flexibly from an array of strategies.
- **ELA-Literacy.RF.4.4:** Read with sufficient accuracy and fluency to support comprehension.

National Science Standards

- **Life Science:** Organisms have basic needs. For example, animals need air, water, and food; plants require air, water, nutrients, and light. Organisms can survive only in environments in which their needs can be met.
- **Science in Personal and Social Perspectives:** Nutrition is essential to health. Students should understand how the body uses food and how various foods contribute to health. Recommendations for good nutrition include eating a variety of foods, eating less sugar, and eating less fat.

National Health Standards

- **1.2.1:** Identify that healthy behaviors impact personal health.



Activity 1

From Farm to Table— A Local Journey

Second Grade

- **ELA-Literacy.RF.2.4a:** Read grade-level text with purpose and understanding.
- **ELA-Literacy.RF.2.4c:** Use context to confirm or self-correct word recognition and understanding, rereading as necessary.

Third Grade

- **ELA-Literacy.RF.3.3:** Know and apply grade-level phonics and word analysis skills in decoding words.
- **ELA-Literacy.RF.3.4:** Read with sufficient accuracy and fluency to support comprehension.
- **ELA-Literacy.RI.3.1:** Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
- **ELA-Literacy.RI.3.4:** Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a *grade 3 topic or subject area*.

Fourth Grade

- **ELA-Literacy.RF.4.3:** Know and apply grade-level phonics and word analysis skills in decoding words.
- **ELA-Literacy.RF.4.4:** Read with sufficient accuracy and fluency to support comprehension.

Activity 2

My School, My Food

Second Grade

- **ELA-Literacy.RI.2.7:** Explain how specific images (e.g., a diagram showing how a machine works) contribute to and clarify a text.
- **ELA-Literacy.W.2.7:** Participate in shared research and writing projects (e.g., read a number of books on a single topic to produce a report; record science observations).

Third Grade

- **ELA-Literacy.RI.3.7:** Use information gained from illustrations (e.g., maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).
- **ELA-Literacy.W.3.8:** Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories.

Fourth Grade

- **ELA-Literacy.RI.4.7:** Interpret information presented visually, orally, or quantitatively (e.g., in charts, graphs, diagrams, time lines, animations, or interactive elements on Web pages) and explain how the information contributes to an understanding of the text in which it appears.

- **ELA-Literacy.W.4.8:** Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.

Activity 3

Homegrown!

Second Grade

- **ELA-Literacy.RF.2.3:** Know and apply grade-level phonics and word analysis skills in decoding words.
- **ELA-Literacy.W.2.7:** Participate in shared research and writing projects (e.g., read a number of books on a single topic to produce a report; record science observations).
- **ELA-Literacy.RI.2.3:** Describe the connection between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text.
- **Math.Content.2.NBT.B.5:** Fluently add and subtract within 100 using strategies based on place value, properties of operations, and/or the relationship between addition and subtraction.

Third Grade

- **ELA-Literacy.RF.3.3:** Know and apply grade-level phonics and word analysis skills in decoding words.
- **ELA-Literacy.W.3.7:** Conduct short research projects that build knowledge about a topic.
- **ELA-Literacy.RI.3.3:** Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.
- **Math.Content.3.NBT.A.2:** Fluently add and subtract within 1000 using strategies and algorithms based on place value, properties of operations, and/or the relationship between addition and subtraction.

Fourth Grade

- **ELA-Literacy.RF.4.3:** Know and apply grade-level phonics and word analysis skills in decoding words.
- **ELA-Literacy.W.4.7:** Conduct short research projects that build knowledge through investigation of different aspects of a topic.
- **ELA-Literacy.RI.4.3:** Explain events, procedures, ideas, or concepts in a historical, scientific, or technical text, including what happened and why, based on specific information in the text.
- **Math.Content.4.NBT.B.4:** Fluently add and subtract multi-digit whole numbers using the standard algorithm.

Poster

A Moo-ving Journey: How Milk Gets from Farm to Table

Second Grade

- **ELA-Literacy.RI.2.3:** Describe the connection between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text.
- **ELA-Literacy.RI.2.7:** Explain how specific images (e.g., a diagram showing how a machine works) contribute to and clarify a text.
- **ELA-Literacy.W.2.7:** Participate in shared research and writing projects (e.g., read a number of books on a single topic to produce a report; record science observations).

Third Grade

- **ELA-Literacy.RI.3.3:** Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.
- **ELA-Literacy.RI.3.7:** Use information gained from illustrations (e.g., maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).
- **ELA-Literacy.W.3.7:** Conduct short research projects that build knowledge about a topic.

Fourth Grade

- **ELA-Literacy.RI.4.3:** Explain events, procedures, ideas, or concepts in a historical, scientific, or technical text, including what happened and why, based on specific information in the text.
- **ELA-Literacy.RI.4.7:** Interpret information presented visually, orally, or quantitatively (e.g., in charts, graphs, diagrams, time lines, animations, or interactive elements on Web pages) and explain how the information contributes to an understanding of the text in which it appears.
- **ELA-Literacy.W.4.7:** Conduct short research projects that build knowledge through investigation of different aspects of a topic.