Lesson Plan #5: March

Cooked greens

1. Play Farmer Video

Farmer Video is about The Ikeda family (4:34) min


2. Do Taste Test

Have students taste the cooked greens and write down their observation using the ‘Rate the Taste’ chart and ‘Appendix 1: Adjectives: (5:00) min

3. Complete Workbook Activities

Note: These pages will look slightly different for each grade level. (10:00—15:00) min
Note: Remember that all your Educator Newsletters are located in the second section of your Teacher Manual and the Teacher Guide for student workbooks is located in the third section of your Teacher Manual. Each section should be separated by a yellow piece of paper. *(5:00—10:00) min*

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**5. Energizer of the Month (with time permitting)**

Note: The ‘Energizer of the Month’ is a monthly physical activity you can do with your class. This document will be sent as an additional attachment. *(5:00) min*