



FRESHFARM
FOODPRINTS

SCOPE & SEQUENCE

INTERDISCIPLINARY
STANDARDS-ALIGNED
PRE-KINDERGARTEN – 5TH GRADE
FOOD EDUCATION CURRICULUM

As of January 2021, the FoodPrints Curriculum is in limited release, such that this version of our Scope & Sequence covers only Pre-Kindergarten through 3rd grade. The full document will also contain 4th and 5th grade.

freshfarm.org/foodprints/curriculum

PRE - KINDERGARTEN

MONTH	TITLE	THEME
Sept	Safety in the Kitchen and Garden	Health and Nutrition
	<p>Big Idea: Students will be able to participate safely in FoodPrints activities.</p> <p>This lesson is an introduction to the FoodPrints program. The purpose of this lesson is for students to become familiar with the school garden and the teaching kitchen. Students will tour the school garden and harvest something they will use in the kitchen during the lesson. They will also practice a hand washing routine, taste different vegetables, learn about kitchen tools and make a simple recipe.</p>	
Oct	Exploring with Our Five Senses	Health and Nutrition
	<p>Big Idea: We use our senses to explore the world around us.</p> <p>The purpose of this lesson is for students to explore how their five senses influence how they experience the world. Students will use their five senses to explore the garden, and to study and draw herbs. They will also use their senses to compare different varieties of apples and create a simple bar graph showing their preferences.</p>	
Nov	Meet the Plant Parts	Understanding Plant Parts
	<p>Big Idea: Plants have recognizable parts.</p> <p>The purpose of this lesson is for students to understand that we eat different parts of different plants: roots, stems, leaves, flowers, fruits, and seeds. Students will search for each of these plant parts in the school garden. They will sort fruits and vegetables by which part of that plant we harvest to eat, and work on observational drawings of edible flowers, such as broccoli and cauliflower.</p>	
Dec	Worms in the Garden	Soil Health
	<p>Big Idea: Worms have an important job in the garden.</p> <p>The purpose of this lesson is to introduce students to the role of worms in the garden. Students will observe worms in the garden and classroom and learn about the important role they play in keeping soil healthy. They will also do observational drawings of worms' unique body structure.</p>	

PRE - KINDERGARTEN

MONTH	TITLE	THEME
Jan	Family Food Traditions	Food Culture and Family Traditions
	<p>Big Idea: Families cook and enjoy rice in different ways.</p> <p>The purpose of this lesson is for students to explore different food traditions, including their own, by studying rice and other seeds. After reading the book, <i>Everybody Cooks Rice</i> by Norah Dooley, students will think about how their families eat rice as well as practice literacy and math skills with different types of seeds.</p>	
Feb	Eating the Whole Grain	Health and Nutrition
	<p>Big Idea: Whole grains contain all the nutrition of the grain.</p> <p>The purpose of this lesson is for students to understand the difference between whole grains and refined grains. They will investigate and dissect dried stalks of wheat with the grains still attached and grind flour with a flour mill or electric grinder. Students will compare the taste and nutritional differences between different types of flours.</p>	
Mar	Goodbye Winter, Hello Spring	Growing Food Through the Seasons
	<p>Big Idea: We eat different vegetables from the garden in winter and spring.</p> <p>The purpose of this lesson is for students to explore the differences between winter and spring gardens and the food they produce. Students will observe the size, shape, color, and weight of winter vegetables. They will also plant spring seeds and seedlings for the school garden and use seed catalogs to plan a spring garden.</p>	
Apr	Recycling at School	Conservation and Social Justice
	<p>Big Idea: We can take care of Earth's resources by recycling.</p> <p>The purpose of this lesson is for students to learn about conservation, specifically tree conservation, and practice ways they can participate in conservation efforts. Through a read aloud, students will learn how to protect and appreciate the trees in our natural world. They will make seed paper by recycling old newspaper, create art from recycled items, and prepare a recipe using recycled edible plant parts. This lesson supports the DCPS ELA Kindergarten Unit, <i>Conservation</i>.</p>	
May	Pollinators at Work	Habitats and Life Cycles
	<p>Big Idea: Many delicious fruits and vegetables depend on pollinators to grow.</p> <p>The purpose of this lesson is to introduce students to pollination and pollinators. Students will learn about the important role that pollinators play in the garden to make sure our fruits and vegetables grow. They will also make models of pollinators and search for pollinators in the garden.</p>	

KINDERGARTEN

MONTH	TITLE	THEME
Sept	Bringing Food from Farm to Table	Food History and Technology
	<p>Big Idea: There are many jobs that bring food from farms and gardens to our tables.</p> <p>The purpose of this lesson is for students to learn about the different jobs needed to support a farm and bring food to the table. They will discuss what it takes to make the school garden grow and compare this to what it might take to manage a large farm. The lesson supports the DCPS Kindergarten ELA Unit <i>Community Workers</i>.</p>	
Oct	Exploring Soil	Soil Health
	<p>Big Idea: Soil is made of many different ingredients.</p> <p>The purpose of this lesson is to introduce students to soil and to explore its different components. Students will examine soil from different areas around the school and dissect soil samples from the garden. They will also work to prepare the garden for winter by protecting the soil.</p>	
Nov	Compost Stew	Soil Health
	<p>Big Idea: Humans and worms can help with composting.</p> <p>The purpose of this lesson is for students to learn about decomposition and composting through studying worms. Students will observe worms in a bin in the classroom and examine them carefully with a magnifying glass. They will also observe them in the garden and compost pile and learn what they like to eat in a worm bin.</p>	
Dec	The Seasons of the Garden	Growing Food through the Seasons
	<p>Big Idea: The plants we grow in the garden change with the seasons.</p> <p>The purpose of this lesson is for students to make connections between weather and seasonal food. After discussing seasons, weather, and plant growth, students study a seasonal food chart and then create their own. They search for signs of life in the winter garden, make observational drawings and then predict how the garden will change in other seasons. This lesson supports the DCPS Kindergarten ELA Unit <i>Water and Precipitation</i> and the Science Unit <i>Dealing with Weather</i>.</p>	
Jan	Comparing Seeds	Applying Math in the Garden and Kitchen
	<p>Big Idea: All fruits have seeds and different fruits have different kinds of seeds.</p> <p>The purpose of this lesson is for students to become familiar with the ways that seeds vary in color, shape and size. They will dissect fruits to compare and classify their seeds and explore the structure and function of fruits and seeds by building models and making observations. They will also work with a variety of seeds to practice sorting, counting, addition and subtracting.</p>	

KINDERGARTEN

MONTH	TITLE	THEME
Feb	Growing Vegetable Soup	Health and Nutrition
	<p>Big Idea: Vegetables are delicious and nutritious.</p> <p>The purpose of this lesson is for students to explore vegetables. They will learn about the life cycle of a plant, choose vegetables they would like to plant in the garden and carefully observe a number of winter vegetables.</p>	
Mar	A Recipe for Plant Survival	Soil Health
	<p>Big Idea: We can help plants thrive in our school garden.</p> <p>The purpose of this lesson is for students to identify and describe patterns of what plants need to survive, as well as investigate what plants need to <i>thrive</i>, not just survive. Students will prepare soil for spring gardening and search in the garden for plants that are surviving, thriving, as well as those that are not healthy. They will also create a guide on how to care for plants. This lesson supports the DCPS Kindergarten Science Unit, <i>Living Things and their Habitats</i>.</p>	
Apr	Tree Conservation	Conservation and Social Justice
	<p>Big Idea: We can care for Earth by protecting trees and conserving paper.</p> <p>The purpose of this lesson is for students to learn about conservation, specifically tree conservation, and practice ways they can participate in conservation efforts. Through a read aloud, students will learn how to protect and appreciate the trees in our natural world. They will make seed paper by recycling old newspaper, create art from recycled items, and prepare a recipe using recycled edible plant parts. This lesson supports the DCPS ELA Kindergarten Unit <i>Conservation</i>.</p>	
May	Life Cycles and Patterns	Habitats and Life Cycles
	<p>Big Idea: All living things have a life cycle.</p> <p>The purpose of this lesson is for students to study the life cycle of a butterfly and observe plants at different stages of their life cycle in the garden. Students will act out the life cycle of a butterfly, review the stages in a plant's life cycle, and compare these to their own life cycle. In the garden, students will identify, observe, and draw plants at different stages of growth. This lesson supports the DCPS Kindergarten ELA Unit <i>Changes in Nature</i> and the Science Unit <i>Living Things and Their Habitats</i>.</p>	

1ST GRADE

MONTH	TITLE	THEME
Sept	Edible Plant Parts	Understanding Plant Parts
	<p>Big Idea: We eat different parts of different plants.</p> <p>The purpose of this lesson is for students to understand that plants have different parts and that we eat different parts of different plants. They will also begin to understand the structure and form of each plant part. Students will work collaboratively to sort plants by which part we eat. In the garden, they will observe and draw plants and identify the different parts of the edible plants.</p>	
Oct	Eating the Rainbow	Health and Nutrition
	<p>Big Idea: Eating a rainbow of vegetables and fruits is good for your body.</p> <p>The purpose of this lesson is for students to understand that there are many health benefits to eating fruits and vegetables in a variety of colors. Students will sort produce by color, create a rainbow poster illustrating different colored produce and search the garden for examples of colorful produce. This lesson supports the 1st grade DCPS ELA Unit, <i>Body Functions and Self Identity</i>.</p>	
Nov	Seed Dispersal	Understanding Plant Parts
	<p>Big Idea: Seeds have structures that help them travel.</p> <p>The purpose of this lesson is for students to study seeds that fly and understand why and how seeds disperse. Students will closely observe seeds in different ways and design their own plant to explore the various ways that seeds travel. They will also learn different ways to collect and save seeds. This lesson supports the DCPS 1st Grade ELA Unit, <i>Taking Flight</i>.</p>	
Dec	Plant Adaptation and Survival	Habitats and Life Cycles
	<p>Big Idea: Plants have adaptations that help them survive.</p> <p>The purpose of this lesson is for students to learn about how plants use adaptations for survival. Students will explore examples of unique plant adaptations, create a model of a plant with a special adaptation, and work to prepare the garden so that the plants can adapt and survive the winter. This lesson can be used to support the DCPS 1st Grade Science Unit <i>Design from Nature</i>.</p>	
Jan	The Winter Garden	Growing Food Through the Seasons
	<p>Big Idea: Different plants grow in different seasons</p> <p>The purpose of this lesson is for students to understand seasonality - that different plants grow in different seasons. Students will carefully observe the school garden in winter and build their own seasonality chart based on the plants that are available at different times of year. They will also read seed packets in order to make a planting plan for the school garden. This lesson supports the 1st grade DCPS Science Unit <i>Patterns in the Sky</i>.</p>	

1ST GRADE

MONTH	TITLE	THEME
Feb	Fractions and Fairness	Applying Math in the Kitchen and Garden
	<p>Big Idea: Sometimes what is equal is not fair.</p> <p>The purpose of this lesson is for students to practice partitioning and creating equal parts through real-world applications in the kitchen and garden. In the garden, students will prepare raised beds for planting by dividing them into equal parts. In the kitchen, they will work on creating equal parts from fruits and vegetables of different sizes for sharing. They will also explore the terms fair and equal and consider if equal is always fair.</p>	
Mar	Mapping the School Garden	Food History and Technology
	<p>Big Idea: We can use maps and recipes to navigate our world.</p> <p>The purpose of this lesson is for students to investigate why people use maps, how maps help people, and the different types of maps that people use. Students will explore the similarities between maps and recipes and then navigate their school garden using a map they create. This lesson supports the DCPS 1st grade Social Studies Unit <i>Getting Around Town</i>.</p>	
Apr	Exploring Leaf Families	Understanding Plant Parts
	<p>Big Idea: Leaves, like people, have many different characteristics.</p> <p>The purpose of this lesson is for students to study the similarities and differences of leaves within the same family of plants. Students will learn that plants, like humans, share some characteristics but also inherit individual traits. They will study the differences between leaves by making observational drawings in the garden and comparing harvested leaves through Venn diagrams and leaf rubbings. This lesson supports the DCPS 1st grade Science Unit <i>Parents and their Offspring</i>.</p>	
May	Three Sisters Gardens	Food History and Technology
	<p>Big Idea: Both plants and people can help each other grow and thrive.</p> <p>The purpose of this lesson is to learn about the Three Sisters Garden, and why Native Americans planted corn, beans, and squash together. Students will learn how these three plants benefit one another and thrive together, as well as other examples of companion planting. Students will read the legend and explore how the theme of the Three Sisters applies to their own lives, build models of the plants, and design a Three Sisters Garden.</p>	

2ND GRADE

MONTH	TITLE	THEME
Sept	Plant and Their Families	Understanding Plant Parts
	<p>Big Idea: Plants have families.</p> <p>The purpose of this lesson is for students to explore plant families. Students will study characteristics of different plant families and look for examples of each one in the school garden. They will create observational drawings that focus on the differences between plant families and use seed catalogs to create a poster of plant families. This lesson supports the DCPS 2nd Grade ELA Unit <i>Plants Everywhere!</i> and Science Unit <i>Organisms - Needs and Interactions</i>.</p>	
Oct	Advertising and Food Choices	Health and Nutrition
	<p>Big Idea: There are many influences on our food choices.</p> <p>The purpose of this lesson is for students to learn about the different factors that influence the foods we choose to eat, including culture, peers, media, and advertising. Students will evaluate the influences on their own food choices and create an advertisement for a nutritious food or ingredient. They will also work to clean the garden so that it can be an advertisement for its delicious and nutritious produce.</p>	
Nov	Scientific and Artistic Observations	Understanding Plant Parts
	<p>Big Idea: Scientific observations help us understand the world.</p> <p>The purpose of this lesson is for students to practice making detailed scientific observations as part of the scientific process. Students will compare artistic and scientific drawings, create their own artistic and scientific drawings and models, and label an interactive map of the winter garden.</p>	
Dec	Changes Over Time	Food History and Technology
	<p>Big Idea: The technology we use changes over time.</p> <p>The purpose of this lesson is for students to investigate changes over time in food growing, cooking, and storage technology. They will explore the evolution of technology by using three different tools to make flour, making their own butter, and working with different garden tools to compare efficiency. This lesson supports the DCPS 2nd Grade ELA Unit <i>Then and Now</i>.</p>	

2ND GRADE

MONTH	TITLE	THEME
Jan	Exploring Food Traditions	Food Culture, and Family Traditions
	<p>Big Idea: Food is an important part of culture and identity.</p> <p>The purpose of this lesson is for students to study and appreciate food traditions around the world, and to think about their food traditions. Students will investigate foods and choose plants to grow from different parts of the world. This lesson supports the DCPS 2nd grade ELA Unit <i>Exploring Our Neighbors: Canada and Mexico</i> and the Social Studies Unit <i>Salad Bowl or Melting Pot: America's Story</i>.</p>	
Feb	Measuring in the Garden	Applying Math in the Garden and Kitchen
	<p>Big Idea: Measuring is important as we plan our spring garden.</p> <p>The purpose of this lesson is for students to practice measuring skills in the garden. Students will estimate the length of the garden beds and use standard and non-standard units of measurement to compare the sizes of different garden beds. Students will then partition beds into square feet to prepare beds for spring planting.</p>	
Mar	Activism and Food Justice	Conservation and Social Justice
	<p>Big Idea: We can become food justice advocates by learning from food justice leaders.</p> <p>The purpose of this lesson is for students to understand activism by studying food justice advocates and designing a food justice campaign. This lesson supports the DCPS 2nd grade ELA Unit <i>Activism</i>.</p>	
Apr	The Magic of the Garden	Habitats and Lifecycles
	<p>Big Idea: Growing vegetables can be magical.</p> <p>The purpose of this lesson is for students to explore the magic in the life cycle of a plant. They will compare two versions of <i>Jack and the Beanstalk</i> and write their own version of the folktale. Students will also plant bean seeds in small pots and observe plants at different stages of growth in the garden. This lesson supports the DCPS 2nd ELA Unit <i>Got the Message: Fables and Folktales</i>.</p>	
May	Pollinators and Flowering Plants	Habitats and Life Cycles
	<p>Big Idea: Pollinators and flowering plants depend on each other to survive.</p> <p>The purpose of this lesson is to deepen students' understanding of pollination and pollinators. Students will mimic bees visiting flowers, collecting nectar, and pollinating; they will further learn about pollination by examining flowers that have distinct flower parts. This lesson supports the DCPS 2nd grade Unit <i>Plants Everywhere!</i></p>	

MONTH	TITLE	THEME
Sept	The Garden Ecosystem	Habitats and Life Cycles
	<p>Big Idea: Living and nonliving things depend on each other in an ecosystem.</p> <p>The purpose of this lesson is to introduce students to ecosystems through an investigation of their school garden. Students will search for abiotic and biotic elements of the school garden ecosystem and discuss how these living and nonliving elements depend on each other. This lesson supports the DCPS 3rd grade ELA Unit <i>The Living World</i> and the Science Unit <i>Environments and Traits of Organisms</i>.</p>	
Oct	Importance of Photosynthesis	Understanding Plant Parts
	<p>Big Idea: Leaves provide food for the plant.</p> <p>The purpose of this lesson is for students to develop an understanding of the process of photosynthesis and its importance to all living things. Students will act out photosynthesis, playing the roles of plants, sun, water, oxygen, carbon dioxide, and nutrients to understand the role of each of these elements. They will create a visual aid that explains photosynthesis and generate questions about the different types of leaves they observe in their surroundings.</p>	
Nov	Investigating Plant Traits	Habitats and Life Cycles
	<p>Big Idea: Plants inherit traits from their parent plants.</p> <p>The purpose of this lesson is for students to understand that all plants have traits or characteristics that they inherit from their parents. Students will compare traits among pumpkins, search for plants with traits that support survival in the garden and imagine the offspring of a number of different plants based on the traits they observe.</p>	
Dec	What Makes Healthy Soil?	Soil Health
	<p>Big Idea: Healthy soil grows healthy food.</p> <p>The purpose of this lesson is for students to learn about soil and its different ingredients and properties, as well as what types of soil are best for growing food. Students will dissect soil to determine the health of different soils around their school.</p>	
Jan	The Energy We Eat	Health and Nutrition
	<p>Big Idea: It is important to eat foods that give us energy and nutrients and make us feel good.</p> <p>The purpose of this lesson is for students to explore how food gives us energy and the different types of energy we get from different foods. Students will learn that all foods give us energy while some foods also give us vitamins and nutrients. They will look reflect on the different types of energy in many of the foods we eat, search for the vitamins and nutrients in a school menu and for the sugars on nutrition labels.</p>	

3RD GRADE

MONTH	TITLE	THEME
Feb	Garden Planning	Applying Math in the Garden and Kitchen
	<p>Big Idea: Gardeners and farmers plan for their gardens during the winter months.</p> <p>The purpose of this lesson is for students to prepare for spring planting. They will measure the garden beds and read seed packets for spacing requirements in order to determine the number of seeds needed for square foot gardening. They will also practice calculating the area of a garden bed and use a calendar to determine when to plant seeds for a certain harvest date.</p>	
Mar	Data in the Garden	Applying Math in the Garden and Kitchen
	<p>Big Idea: Farmers and gardeners use data in many ways.</p> <p>The purpose of this lesson is for students to understand the many ways that gardeners and farmers use data to grow food successfully. Students will practice collecting data from their school garden and use it to create tables and graphs to communicate what they find. They will also solve real world number problems related to farming and gardening.</p>	
Apr	Taking Care of the Planet	Conservation and Social Justice
	<p>Big Idea: We can work as a community for conservation.</p> <p>The purpose of this lesson is for students to understand the impact of local recycling laws and waste reduction practices at their homes and schools. Students will study the recycling laws in Washington, DC and create ways to communicate that information to their school community. They will also learn how to make seed paper. This lesson supports the DCPS 3rd Grade ELA Unit <i>People, Laws and Democracy</i> and the Social Studies Unit <i>People, Politics, and Power: DC Government</i>.</p>	
May	Growing with the Seasons	Growing Food through the Seasons
	<p>Big Idea: The foods we grow locally change with the seasons.</p> <p>The purpose of this lesson is for students to review the concept of seasonality and to think about the foods we can grow locally at certain times of year and others that do not grow in our region and travel long distances to local stores. Students will sort FoodPrints recipes by season, write poems about a favorite vegetable, and enjoy sampling produce from the Spring garden. This lesson supports the DCPS 3rd grade ELA Unit <i>Washington, D.C.: It's Right Outside My Door</i> and the Social Studies Unit <i>Living Local: DC Geography</i>.</p>	