

## Where Do Fruits and Vegetables Come From?

### Learning Objectives

- I can identify where and how fruits and vegetables are grown. (2.1b)

### Teacher Notes

- The video teaches that fruits and vegetables are grown at farms, orchards, and vineyards and that they grow on trees, plants and vines. In your closing discussion you have the opportunity to talk about vegetables that grow underground (as roots).
- Students will need a safe ball and some space to work in for the movement portion of the video.
- There are a few spots in the first part of the video where I ask you to pause it and brainstorm with the students. Here's a list for each brainstorm if they need help:
  - Fruits and vegetables that grow on trees: peaches, apples, oranges, lemons, figs, olives, cherries
  - Vegetables and Fruits that grow on or are the plant: green beans, strawberries, cucumbers, watermelon, lettuce, blueberries, kale
  - Fruits and vegetables that grow on vines: grapes, tomatoes, peas, cucumbers (also grow on plants), squash, pumpkins
  - And for the end of the class- Vegetables that grow underground: potatoes, carrots, yams, beets, onions, radishes, peanuts, turnips

### Lesson Steps: Video Outline

<https://drive.google.com/file/d/1ljd0FDirtNG2oJr7O5SRZxUt9JBy8hj/view?usp=sharing>

#### *Step 1 Introduction*

- Ask before the video: Where do fruits and Vegetables come from?

#### *Step 2 Activity*

- In the first part of the video I will talk about where produce is grown (farms, etc.). Then you will brainstorm with your students as to what type fruit grows on trees, plants and vines. Then the students will join me in a movement game called "A Trip to the Apple Orchard."

#### *Step 3 Closure*

- Ask after the video: One thing we didn't cover in the video was vegetables that grow underground. Can you name a few of them?



- What fruits and vegetables have you seen grown around your neighborhood? Are all fruits and vegetables grown in Virginia? What produce do you know of that's only/mostly grown in other countries? What can't they grow here?

## Assessments

- Pre-Assessment- Call and Response: Where do fruits and Vegetables come from? Your discussion might go anywhere from farms and other countries to dirt. Just let them take it where it goes for a few minutes before the video.
- Post-Assessment- Call and Response: What fruit and vegetables grow underground? What fruits and vegetables have you seen grown around your neighborhood? Are all fruits and vegetables grown in Virginia? What produce do you know of that's only/mostly grown in other countries? What can't they grow here?
- There are many directions the post-assessment can take, but be sure to cover underground produce and then see what (from the questions above and in the extensions below) dovetails best with the discussion at the beginning of class.

## Extensions/Connections/Applications

- 1- Extending the conversation: What do people that grow fruits and vegetables have to do to make sure they have a healthy crop? (cultivate, plant seeds, water, deal with parasites and pests like bugs and animals, etc.) Does your family plant fruits, vegetables or keep any type of garden? How do you help?
- 2- Use one of the worksheets in the links below.

## Resources/References

- Detailed info on where they come from- <https://lynnrickardsauthor.wordpress.com/2012/10/03/how-do-fruit-and-vegetables-grow/>
- An additional lesson plan on where they come from- [https://eatsmart.umd.edu/sites/eatsmart.umd.edu/files/Lesson%2011\\_%20Where%20Do%20Fruits%20and%20Veggies%20Grow.pdf](https://eatsmart.umd.edu/sites/eatsmart.umd.edu/files/Lesson%2011_%20Where%20Do%20Fruits%20and%20Veggies%20Grow.pdf)
- A book and lesson on the same- <https://www.scholastic.com/teachers/lesson-plans/teaching-content/plants-give-us-food-lesson-about-fruits-and-vegetables/>
- Bushes vines or Trees Worksheet- <https://i.pinimg.com/originals/0c/1c/eb/0c1cebfa1b1bc0473664e1070b1d6977.jpg>
- Fruits and Vegetables that grow on a vine: <https://www.gardenguides.com/86663-fruits-vegetables-grow-vine.html>



Sample Lesson Plan  
Virginia 2021 SOL Edition  
Created by: Wayne Herninko  
**Nutrition – GR2-NUTR-4**  
**Second Grade - 2.1b**

Fruits and Vegetables that grow underground- <https://www.gardeninghow.com/fruits-vegetables-grow-underground/>

## **Handout**

Here's a drag and drop worksheet on TeachersPayTeachers.com. It's only \$3 and comes as a Google Slide or Power Point- <https://www.teacherspayteachers.com/Product/Where-does-our-food-come-from-Drag-Drop-Worksheet-Google-Slides-PPT-6850337?st=221b610895806e8f83b57d53eeaedd3b>