

WELCOME TO GREEN BEETZ



SUMMARY

The welcome lesson invites students to consider their relationship with food—how they make decisions about what to eat and how the foods they eat affect the way they feel. We also welcome them to Green Beetz, introducing them to our unique format, activities and “secret ingredients.”

Duration: 90 mins, 2 Sessions | Grade Level: 4th - 7th

WELCOME TO GREEN BEETZ

LESSON CONTENTS

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LESSON RESOURCES

- [Google Drive](#) (Slides, Google Forms)
- [Lesson Video](#)
- Background Information

Worksheets

- Breakfast Challenge and Pledge
- Exit Cards

Curriculum-wide

- Glossary
- Standards Alignment

WELCOME TO GREEN BEETZ: AT A GLANCE



ESSENTIAL QUESTION

What is Green Beetz and how can these learning modules help us understand the greater connected role and impact we each have on our communities, environment, and the world.



STUDENT LEARNING GOALS AND OBJECTIVES

After this lesson students will be able to:

- Explain what it means to be food literate
- Identify the impacts that food has on their lives and how the way they eat impacts the world
- Define what it means to be a good food citizen
- Understand importance of drinking water daily



KEY POINTS

- **We eat because of:** taste, hunger, boredom, survival
- **How food impacts our life:** It can affect the way we feel, look, how we socialize, and our wallets
- **How food impacts the world:** It impacts the people that produce food (farmers and factories), the land and animals that are farmed, and the environment.
- **What does it mean to be food literate:** To understand how what we eat impacts our lives and the Earth.
- **What is a “good food citizen”:** someone who uses what they know about food to make choices that are good for our bodies and good for the world.



VOCABULARY

- **Good Food Citizen** - someone who uses what they know about food to make choices that are good for our bodies and good for the world.
- **Food Literate** - to understand how what we eat impacts our lives and Earth.
- **Dilution** - something that is watered down

LESSON BREAKDOWN

TIME	ACTIVITY	MATERIALS/RESOURCES
PART 1		
5-10 min	Introduction	<u>Lesson Slides</u>
5-10 min	Lesson Video: Captain Trashbag	<u>Vimeo</u> or <u>YouTube</u>
20-25 min	Small Group Activity	BIG Paper and Markers <i>(optional)</i>
PART 2		
10-12 min	Breakfast Challenge & Food Detective notebook	<ul style="list-style-type: none"> • Breakfast Challenge and Pledge • Food Detective notebooks (optional)
18-20 min	Snackz & Factz	Water with “mix-ins” <ul style="list-style-type: none"> • Sparkling Water • Still/Tap water • Low-sugar/sugar-free lemonade • Pitchers or jars as needed • Mixing spoon per group • Drinking cups • An array of mix-ins (lemons, limes, mint, cucumbers, other herbs, orange slices, etc)
10 min	Introduce Test Your Noodle & Green Beetz Points	<u>Optional Google Form</u>
5 min	Review	--

DETAILED LESSON SCRIPT: PART I

Introduction

5-10 minutes

Introduce the Green Beetz Program to your students as their newest unit all about food. Explain that they will learn more about how to become good food citizens, and let them know that by the end of today's lesson, they will have a better idea of what that really means. Below is an overview of the full program that you can share with your class.

LESSON SLIDES



OVERVIEW OF THE PROGRAM

The full Green Beetz Curriculum is divided into 3 Learning Modules & consists of our secret ingredients.

LEARNING MODULES	SECRET INGREDIENTS
1. Food and the Environment: provides basic building blocks for understanding the food system.	<ul style="list-style-type: none">• Test Your Noodle Trivia• Lesson Videos• Snackz and Factz• Classroom activities and many more hands-on learning options.
2. Food and the Body: teaches us about the way food impacts how we look and feel, and our health.	
3. Food and Society: teaches us how food impacts us economically, how companies market to us and how food is part of how we socialize and our cultures.	

Lesson Video: Captain Trashbag

5-10 minutes

VIDEO DISCUSSION PROMPTS

How did the students in the video react to Captain Trash Bag's eating habits? Why do you think they reacted that way?

Have you ever felt a little bit like Captain Trashbag (eat too much junk food and then feel sick)?

Does Captain Trashbag remind you of anyone you know?

Do you have dietary advice for Captain Trashbag?



Small Group Activity

20 minutes

In small groups, as a class, or as a carousel activity/gallery walk have students answer the following questions and then review as a class. Give each group markers and 3-4 minutes per question to write in their brainstorming answers.

4 Questions:

- *Why do we eat?*
- *How does food affect your life?*
- *How does the way I eat, or what I eat, affect the world?*
- *What do you think it means to be "food literate"?*



DETAILED LESSON SCRIPT: PART II

Green Beetz Breakfast Challenge & Food Detective Notebook

15 minutes

DO

Introduce the Breakfast Challenge

Either have your students write their own chart in a dedicated notebook or have them use the Breakfast Challenge Handout

Hand out a copy of the Breakfast Challenge Pledge for students to read over and sign.



BREAKFAST CHALLENGE PLEDGE

I _____ pledge to take the Green Beetz Breakfast challenge!! I will do my best to eat a healthy breakfast every morning and drink a glass of water instead of a sugary drink. I promise to write in my Food Diary about what I eat every morning and how it makes me feel throughout the day.

Signature

Date

SAY

Ask students to share what they had for breakfast today.

Read the challenge out loud as a class and tell students that they will be “Food Detectives” to learn more about food, nutrition, and their bodies by tracking what they eat and how they feel.

Explain the graph and what they will keep track of and for how many days (you decide the length for what works best for your class).

**Many classes record their breakfast intake for one week at the beginning of the lessons and again towards the end to compare.

Have students create their first breakfast entry for today in class together.

Sample Chart for putting in their own notebook:

Date	Breakfast Food	Breakfast Drink	Mood/Energy level right after eating	Mood/Energy level 1hr after eating	Other notes about how I feel today

Snackz & Factz

10 minutes

Today's snack suggestion:
Drink Mix-ins

Today's snack is a make your own soda/ flavored drink. Especially if students are used to drinking lots of sugary beverages, a plain glass of water can seem boring or bland so this experiment embraces drinking more water and less sugar.

SUGGESTIONS FOR LEADING MIX-INS EXPERIMENT

DIRECTIONS

Give each group a small bottle or pour of lemonade and water of their choice (still/sparkling or a combination).

Then have students pour the lemonade and equal parts of water of their choice into a cup/jar/picture and stir. **Explain to them this is called a dilution!**

Now let each group create their own secret recipe by adding the various mix-ins provided. What do they think?

OPTIONS

Have students try the mixtures from other groups.

Instead of groups, you can prepare 2 or 3 pitchers of drink combinations in front of the class together and everybody tastes.

Prepare some of the drink options ahead of time.

- Mint and/or Cucumber are two great drink options that taste best after the mint or cucumber has sat overnight in the water.

Any variation you think of that removes added sugar from a drink that your students enjoy is a great option!



MATERIALS

- Sparkling Water
- Still/Tap water
- Low-sugar/sugar-free lemonade
- Pitchers or jars as needed
- Mixing spoon per group
- Drinking cups
- An array of mix-ins (lemons, limes, mint, cucumbers, other herbs, orange slices, etc)

SNACKZ & FACTZ (CONTINUED): FACTZ

Our bodies are nearly 70% water.

When our bodies do not have enough water we become dehydrated.

Even mild dehydration can drain your energy, make you tired, and cause headaches.

How much water your body needs can depend on your size, your activity level, and even where you live! You'll know that you are drinking enough water if you rarely feel thirsty and your urine (pee) is colorless or very pale yellow. Yellow pee is more concentrated (contains less water), clearer pee is dilute (contains more water).

Test Your Noodle & Green Beetz Buckz

10 minutes

There is a Test Your Noodle Trivia of 5 questions at the end of every lesson. You can treat these questions as a lesson assessment or as practice for a grand Final Test You Noodle Trivia Competition at the end of the Green Beetz Curriculum.

SUGGESTIONS FOR PREPARING FOR THE END OF CURRICULUM COMPETITION & MARKET EVENT:

At the end of Green Beetz, you can host a Test Your Noodle Trivia Competition where students compete in groups with all the Trivia from the entire curriculum (or the lessons you taught) and they earn Green Beetz Buckz.

Green Beetz Buckz are fake money you can print at the end of the Program.

Students earn Buckz at every Test Your Noodle by answering the 5 questions at the end of the lesson correctly (you decide how many Buckz or points they earn per correct answer).

The idea behind the Green Beetz Buckz is that you host a mock Farmers Market in your classroom/school garden/auditorium where your students can purchase fresh fruits and vegetables with their earned Green Beetz Buckz.

Test Your Noodle

(Optional: complete via Google Forms)

1. Name two reasons that we eat.
(taste, hunger, boredom, survival, social interaction)
2. What does it mean to be food literate?
(to understand the impact of food on our bodies and on the world)
3. What is one way that food affects your life?
(way we look, way we feel, how we socialize, economically)
4. Name at least one thing, outside of yourself, that is impacted by your food choices. (people like farmers and factory workers, the land, the animals that we eat, and the environment)
5. What does it mean to be a good food citizen? (to use food literacy or what we know about food to make choices that are good for our bodies and good for the world)



Food Detective Review

4 minutes

REVIEW Green Beetz

The Green Beetz program will teach students how to be good food citizens.

RE-INTRODUCE the Green Beetz Modules

Food and the Environment - provides basic building blocks for understanding the food system.

Food and the Body - teaches us about the way food impacts how we look and feel, and our health.

Food and Society - teaches us how food impacts us economically and how companies market to us and teaches us that the way we prepare food is important and that how food plays a big role in how we socialize and our cultures.

REMIND

Remind your students to record what they had for breakfast for the time period you have decided or remind them to commit their breakfast choice to memory so they can fill in their Food Detective notebooks with this information when they come to class.