LESSON PLANS FOR 2011-12 SCHOOL YEAR      Grade 2

Planning a Healthy Garden

Lesson four: How do we make a garden calendar?
“Seasons Through the Year” from FOOD, LAND & PEOPLE: RESOURCES FOR LEARNING, Food Land & People

Using a calendar and birth dates, students organize themselves into a calendar year and then into seasons. They share what the weather is like; what plants, animals, and people are doing; what foods are popular and why; and what celebrations occur besides their birthday.

Content objectives: Identify the seasons in cycle order and describe at least three things that occur in each season in gardens or fields, in their own community, and in an urban area.

Life skill objectives: Communication, Cooperation, Citizenship, Critical thinking, Healthy living

Core and STEM concepts and skills:
Science          Earth and space, Life science
Math             Numbers and operations
Language Arts    Reading for literature and informational text, Writing, Speaking, Listening, Vocabulary
Social Studies   Behavioral sciences, Geography, History

Healthy snack: A fruit or vegetable that is “in season”

Additional and supporting resources:
The Reasons for Seasons by Gail Gibbons and Farming by Gail Gibbons (check library or purchase online)
Lesson 4: Seasons of the Year

*Seasons of the Year* is a lesson developed by Project Food, Land and People. This lesson, appropriate for Grade Level K-6, explores and builds awareness of seasonal change and how it affects growing.

Lesson objectives includes
- Identify the seasons in cycle order;
- Identify the season in which his or her birth date occurs and describe a season characteristic of the day;
- Describe at least three things that occur in each season in gardens or fields in their own community and in an urban area.

Although *Healthy Garden, Healthy Youth* received permission to use the lesson during the research study, we do not have permission to post the lesson at this time. To purchase this lesson, go to [http://www.foodlandpeople.org/ordering/gardenwise/](http://www.foodlandpeople.org/ordering/gardenwise/). Look for *Seasons of the Year*. You can purchase this single lesson as a digital download.