



## 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 PLANS FOR 2011-12 SCHOOL YEAR    Grade 2

### **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/>. Look for *Seasons of the Year*. You can purchase this single lesson as a digital download.

