

# Webinar Basics




## Audio –Your Audio will be on Mute upon entry.

REMEMBER! If you are un-muted not only will we hear you, but we will also hear everything in the background.

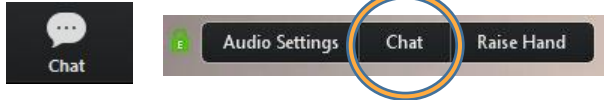
Just you? - Use headphones with a microphone.

Group? - Make sure your microphone is positioned away from the speakers and muted when not in use.

You can unmute yourself by tapping the  icon at the bottom left of your screen to ask a question.

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## Questions for the presenter? – Look for the chat icon



**Note:** This session will have a moderator who will field questions to the presenter.

Your session may use the raise hand feature. You may also unmute yourself to ask questions when appropriate.



**Recordings/Resources:** This webinar will be recorded.

Recordings and resources will be made available after today's presentation.



# Farm to School Online Workshop for K-6 Educators (& Friends!)



# Welcome! & Tech Check

We will be using the chat box to collect and share responses, and we'll be recording so we can keep the chat and make sure we capture all your good thoughts.

We will also be using a Google doc later on, but don't worry if that doesn't work for you.



Photo: Calm in Root



Photo: vermontphotoshop.com

# Presenters



**Kelly Cronin (she/her)**  
STEM Specialist  
Witchcraft Heights  
Elementary School  
Salem, Massachusetts



**Courtney Mulcahy (she/her)**  
School Programs  
Coordinator  
Shelburne Farms  
Shelburne, Vermont



**Kestrel Emily Plump (she/her)**  
Sustainability Coach  
Sustainability Academy at  
Lawrence Barnes Elementary  
School  
Burlington, Vermont

# Let's Get Started!

## 1.) Into the chat enter:

- Name
- School/Organization
- Role
- Grade Level(s) you work with
- Something you're hoping to learn

**EXAMPLE:** Courtney Mulcahy - Shelburne Farms - School Programs Coordinator - mainly K-5th & adults - Learning from teachers what's working in their classes.

## 2.) Change your ZOOM name

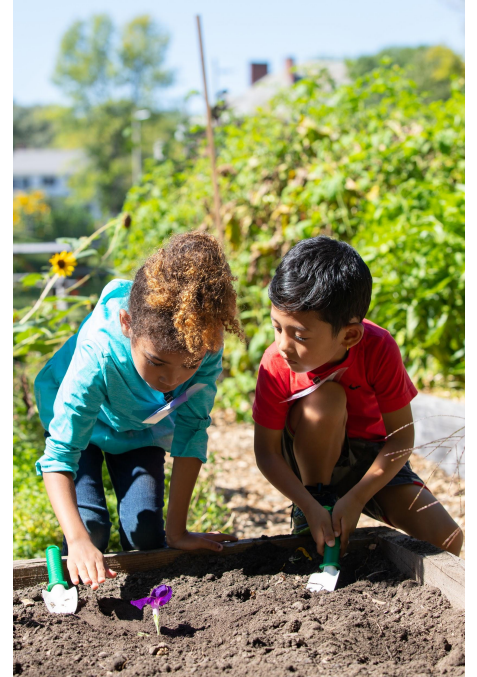
Find the participant tab at the bottom of your screen

Find your name and under the options you'll see

### **RENAME**

Put your *first name* and the *grade level(s)* of students you work with the most.

**EXAMPLE:** Courtney - K/1st Grade



# Goals & Agenda for Today

## Goals

- **Hear from teachers** who are doing Farm to School work remotely
- **Have conversations** with each other to connect, share ideas, be inspired, and ask questions
- **Participate in an activity** together as a group
- **Share** resources and activities
- **Reflect:** where & how does this work for you?



## Agenda

- Welcome
- Farm to school curriculum and activities
- Breakout session #1
- Strategies for Food Equity and Access in Schools
- Breakout session #2
- Closing

# Basic & Recycled Materials

- Markers, pens, pencils, colored pencils, crayons
- Paper: printer, recycled, scrap, old greeting cards, note cards
- Recycling!
  - Thin & thick cardboard
  - Plastic containers
  - Twisty ties
  - Toilet paper rolls
- Scissors, rubber bands & paper clips -oh my!



- Life Cycles (or any cycles)
- Homemade [Color](#) (pg 57) and Shape Search
- Flash Cards
- Flip Books
- Planters and Seed Starts
- ...and so much more!

# Plant Parts & “The Fabulous Five”!

- Lesson: [Plant Parts We Eat](#) (pg 69)
- Video [Dress up a Bean Plant at Shelburne Farms](#)



- Lesson: [The Fabulous Five](#) (pg 75)
- Video: [The Fabulous Five at Shelburne Farms](#)





# Virtual STEM Farm to School Lessons/Activities

Pre-recorded mini-lesson with follow-up digital or hands on activity/experiment:

## **K-1: Theme- Plants (CCSS: K.LS1.1, 1.LS1.1)**

Life Cycles- Sprout a Bean Seed, Kitchen Scrap Garden

Plant Parts- Parts we eat- Today I Ate...

## **2-3: Theme- Plant Families (CCSS: 2.OA.C.4, 3.OA.A.1, 3.LS.4.3)**

Planting Potatoes using Arrays- Find/make arrays in home

Vegetable Families - Sorting activity

Companion planting - Design a Companion Garden



## **4-5: Theme- Soil (CCSS: 5.LS2.1, 4.NF.B.3a, 5.NF.6, 5.NF.B.6)**

Soil and Decomposers- Natural Resource, Worm bin, Compost in a Bottle, Virtual Compost Office

Soil Texture- Sand, Silt, Clay -Soil in a Jar Experiment, SoilTris

Soil Fractions- How much arable land on Earth- Create a fraction model

Live trivia with classes based on material learned earlier in the school year .

# Farm to School Curriculum Resources

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There are SO many amazing resources for Farm to School Education, but here are a few good ones. There are lesson plans, videos, and interactive online games:

**Project Seasons** [https://store.shelburnefarms.org/product/179/education\\_resources](https://store.shelburnefarms.org/product/179/education_resources)

**Soil 4 Kids** <https://www.soils4kids.org/games>

**PBS Learning Media**

<https://mass.pbslearningmedia.org/resource/thnkgard.sci.ess.plantfam/think-garden-plant-families/>

**Island Grown Schools** <http://www.islandgrowschools.org/curriculum-toolkit>

**Seed Survivor** <http://seed survivor.com/just-for-teachers/class-resources/in-class-activities/>

**National Agriculture in the Classroom** <https://www.agclassroom.org/teacher/matrix/resources.cfm?rid=302>

**Kids Gardening** <https://kidsgardening.org/educator-resources/>

**School Garden Lessons**

<https://www.wholekidsfoundation.org/assets/documents/school-garden-lesson-plans.pdf>

**The Great Plant Escape - Illinois Extension** <https://web.extension.illinois.edu/gpe/gpe.html>

# Wheat to Bread

## Let's think about cycles!



How does wheat from the field become bread on your plate?

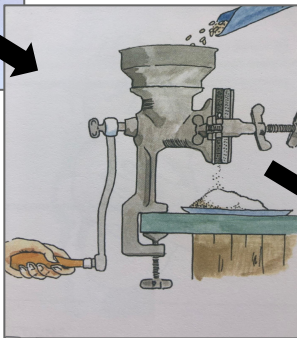
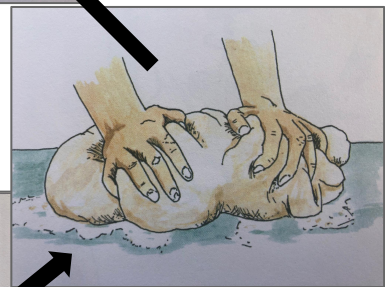
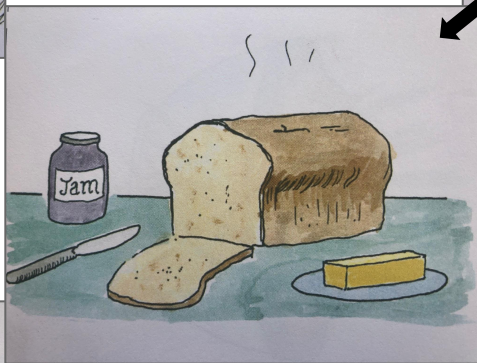
**On a piece of paper either draw or write down a step in the wheat to bread process.**

If you're unsure, that's ok! Just make your best guess!



# Wheat to Bread Cycle

If your step is not pictured, where does it go in the sequence?



What steps are not pictured here?

Who are the people involved in the wheat to bread cycle?

# Activity Extensions for Wheat to Bread

- Take one of the steps of a cycle and dive deep! Explore and expand on each one.
  - Ex: grinding process is more industrialized now
- Have students pick something to make their own set of progression cards for their cycle of choice.
- Wheat explore
  - What products contain wheat?
  - What's the difference between whole wheat flour and white flour?
  - What is gluten?
  - Where is wheat grown in the US and abroad?
  - Human history of wheat consumption
  - Other grains exploration
- What is Yeast?
  - Not all bacteria are bad!



# Breakout Rooms

## Let's Connect!

In your breakout room, have a discussion around the following prompts:

- Current Farm to School work you are doing with your students
- Successes with remote instruction & engagement you are experiencing
- How you might use or adapt something you've seen so far today with your students.

Don't forget! :

**SCRIBE:** This person will make sure all of your great ideas get into the shared Google doc.

**REPORTER:** This person will have 30 seconds to report back to the larger group some HIGHLIGHTS from your breakout group.

# School Gardens & Food Access in the age of Covid

- Sustainability Academy school gardens and cooking programs background. ([SA website](#))
- Since Covid - How our school has adjusted to the changes and challenges Covid-19 has forced us to make
  - [Burlington School Food Project](#)
  - SA Garden work [spreadsheet](#)
  - Vermont Community Garden Network [Covid-19 guidelines](#)
- [Brush Brook Community Farm](#) - gift economy farm in Huntington, Vt.



# Breakout Rooms

## Food Equity & Access in Schools & Communities

In your breakout room, have a discussion around the following prompts:

- Strategies your community is coming up with to make sure everyone is fed
- Role of school and educational institutions in that process
- School gardens & logistics in the age of Covid-19
- Looking ahead to the fall - strategies/ brainstorming around what this will/could look like.

Don't forget! :

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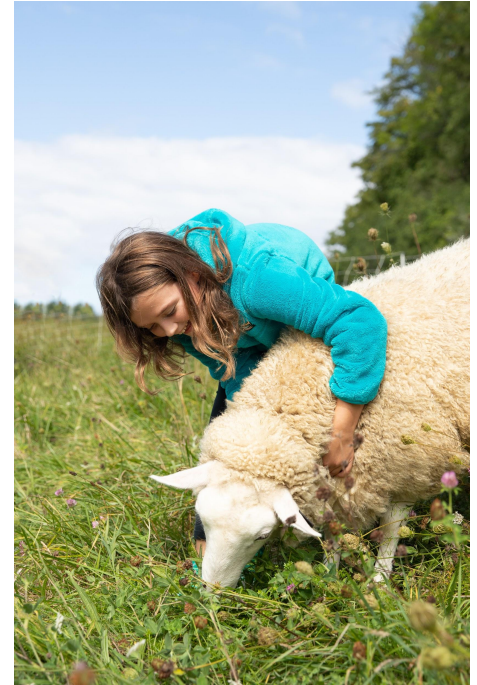


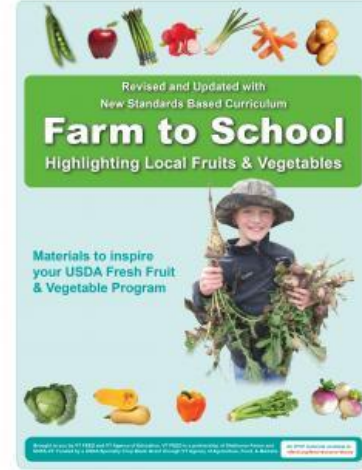
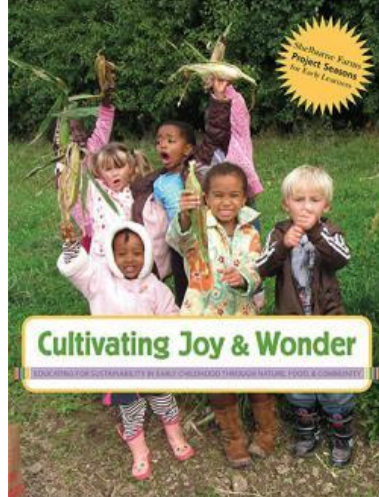
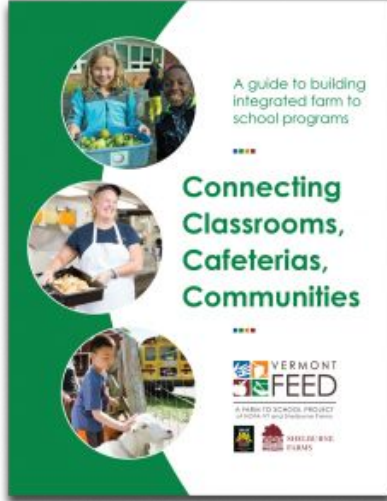
# Wrap-up

Thank you for being here!

**Exit poll (answer on Zoom poll or in chat if poll doesn't come up for you)**

1. Did this session help you in feeling more confident in incorporating farm to school with your students?
2. Did this session help you feel more connected to other educators and resources?
3. Did you gain any new ideas, strategies, or friends?





**Find resources @ [vtfeed.org](http://vtfeed.org)  
under “Tools & Resources”**

# More Activities for Students!

- **Traveling Food!**

- Take a single ingredient item (ie: banana) and map it's travels from where it's grown or raised to your plate! How many miles did it travel? You may have to do a little research.
- Map a whole meal! Draw or print a map of the world and trace all of the miles to come up with a total meal distance.
- Read ([or listen to](#)) the book *How to Make an Apple Pie and See the World* by Marjorie Priceman. Calculate the mileage the main character travels &/or have students pick their own meal to write a story about and what their adventures would be.

- **Local Farm Appreciation**

- What are some farms in your area? What products do they provide? Where do they sell or distribute these products?
- Write a thank you letter to a farmer! Or draw a picture! Or write a poem! Show these folks some love, especially during this time when they are continuing to help provide us all with food.
- Make a list of all the foods that are locally grown in your area, maybe your Food Service Director can help identify these and what products are already in school meals.



# ... And Some More!



- **Pollinators!** Did you know? “Birds, bats, bees, butterflies, beetles, and other small mammals that pollinate plants are responsible for bringing us one out of every three bites of food. They also sustain our ecosystems and produce our natural resources by helping plants reproduce.” Source: [www.pollinator.org](http://www.pollinator.org)
  - Project Seasons by Shelburne Farms has several great activities around pollinators. Some are linked [here](#), including Pollinator parade & Pollinator profiles
  - Read (or listen to) the book [\*Flower Talk: How Plants Use Color to Communicate\*](#) by Sara Levine & have students draw their own unique flower and describe what it is communicating.
- **Grow something!**
  - There are so many ways to do grow experiments-check some of these out!
    - [Bean in a bag](#)
    - [Avocado tree from a seed](#)
    - [Pinterest ideas](#) for easy things to grow with kids

