Florida CELERY

Dear Teacher,

February's Harvest of the Month is celery! The lesson plans, worksheets and activities provided were developed to guide your classroom's understanding of the origins and nutritional benefits of the low-calorie celery. We hope you are able to utilize all of the materials, and be sure to encourage your students to try celery at home.

Special News

Do you have a story to tell?

Share stories and pictures of your class participating in one of the many Harvest of the Month activities. Your class could be featured in a Farm to School newsletter or on the Florida Farm to School website!

For all of the Harvest of the Month resources, visit:

Florida Farm to School
FDACS.gov/FarmtoSchool

Classroom Recipe

Celery Snails

INGREDIENTS:

- Celery stalks
- Cream cheese or Sunflower seed butter, at room temperature
- Sliced apple
- Sliced orange
- Sliced kiwi
- Sliced cucumber
- Sliced tomato
- Grapes
- Blueberries
- Grape tomatoes
- Candy eyes
- Celery or radish matchsticks

PREPARATION:

1. **Make the Snails:** Fill celery stalks with cream cheese or sunflower seed butter and top with an apple, orange, kiwi, cucumber or tomato slice shell and a grape head. Use sunflower seed butter or cream cheese to glue on candy eyes.
2. **Make the Caterpillars:** Fill celery stalks with sunflower seed butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use sunflower seed butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.

Source: Woman's Day Kitchen

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Harvest of the Month

Classroom Guide
Lesson Plans 3-5

MATH

Standards: MAFS.5.MD.3.3, MAFS.5.MD.3.5, MAFS.5.MD.3.5

Estimated Time: 40 Minutes

Objective: Students will use water displacement to find the volume of celery stalks.

Materials:
- Harvest of the Month PowerPoint
- *Calculating Volume* Worksheet
- 2 Medium sized beakers
- Rulers

Introduction: Teacher will explain how to find the volume of a rectangle. Multiply the length, width and height. Conduct a few practice problems on the board. Next, explain that water displacement can be used as a method for finding the volume of irregular solids.

For a description of the water displacement method of measuring volumes, refer to the Celery Harvest of the Month PowerPoint.

Guided Activity: Students will work in partners to estimate and find the actual volume of two pieces of celery using the displacement method. First, the teacher will cut celery stalks into different sized chunks. Each partner group will receive a ruler, a beaker, water and two pieces of celery. Students will estimate the volume of each piece by measuring the length, width and height.

Next, students will find the exact volume by submerging the celery piece into a beaker of water and subtracting the initial volume of water from the new volume.

Independent Activity: Students will repeat the procedure for both pieces of celery and record their calculations on the *Calculating Volume* worksheet.

SOCIAL STUDIES

Standards: SS.3.A.1.2, SS.4.A.1.2, SS.4.A.1.1, LAFS.W.1.2 LAFS.SL.2.4

Estimated Time: 1 Hour

Objective: Students will research and describe the impact of John Deere.

Materials:
- Harvest of the Month PowerPoint
- *Research Guide* Worksheet
- Blank paper

Introduction: Teacher will review some of the major agricultural inventions and pioneers in the field. In pairs, asks students to discuss how agriculture has changed, advanced and expanded over the years as a result of technology. Share their answers as a class.

Ask students to think about the importance of the tractor. What would farm life be like without it?

Guided Activity: Students will read about John Deere and complete the *Research Guide* worksheet. See the PowerPoint for additional information and resources on John Deere.

Independent Activity: Using a blank sheet of paper, students will use their research guides to create a brochure about John Deere. Allow them to share their work with the class.

SCIENCE

Standards: SC.5.L.15.1, SC.5.L.17.1, SC.4.L.16.3 SC.3.L.14.2, SC.3.L.14.1

Estimated Time: 1 Hour

Objective: Students will identify plant adaptations and create their own unique plant.

Materials:
- Harvest of the Month PowerPoint
- *New Plant Discovered* Worksheet

Introduction: Teacher will review two different types of adaptation - structural and behavioral. Structural adaptations are physical features that allow an organism to better survive in their environment. Behavioral adaptations are what plants and animals do to survive in their environment.

Create a list of plant adaptations as a class - structural (taproot v. fibrous roots, size, shape and texture of the leaves, color, smell, height) and behavioral adaptations (night blooming, climbing, perennial v. annual plants). Observing a celery stalk, ask students to think about what adaptations the celery plant utilizes to better survive in its environment.

Extension: Ask student to consider the changes in climate across Florida. What are some plant adaptations you might see in the northern, central and southern regions?

Guided Activity: Show students the Celery Harvest of the Month Power Point and ask them to identify one adaptation they notice in each plant. Students will step forward if the adaptation is structural or step backwards if the adaptation is behavioral.

Independent Activity: Using the *New Plant Discovered* worksheet, students will create a plant of their own. Be sure to share students work with us at FreshFromFlorida.com/FarmToSchool.

LANGUAGE ARTS

Standards: LA.3.1.6.8, LA.4.1.6.8, LAFS.3.L.3.4, LAFS.3.L.3.5

Estimated Time: 60 Minutes

Objective: Students will identify synonyms and antonyms that describe celery.

Materials:
- Harvest of the Month PowerPoint
- *Synonyms and Antonyms* Worksheet
- Coloring materials, scrap paper
- Small paper bag

Introduction: Teacher will describe the difference between synonyms and antonyms and provide examples of each.

Guided Activity: As a class, generate a list of as many words as possible that describe celery (for example: crunchy, green, tall, leafy, long, crispy). Students can write their words on the *Synonyms and Antonyms* worksheet. The teacher will write these words on scrap paper or small sticky notes and place them in a paper bag.

Independent Activity: Students will play a game called "taboo." The game can be played either as a whole class or in small groups. First, one student will select a word at random from the bag. Without saying the word, the student will describe it using only synonyms and antonyms. The objective is to make the team members guess the word on the paper.

Florida CELERY

Florida HARVEST OF THE MONTH

For more information or to provide feedback, please visit us online

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Taste Testing in the Class

- Ask students how they usually eat celery.
- Show students celery bunched together with the leaves still attached before providing a sample.
- Keep a positive attitude and encourage the students to try this crunchy snack.

TASTE

Nutrition Education

- One celery stalk contains approximately five calories. It is composed of 94 percent water.
- Filling celery with a peanut or almond butter is a great protein-rich snack. Put some raisins on it to make "ants on a log" and to add some vitamin B-6 to the snack.
- Celery is a great addition to many different meals. It flavors well with lettuce, egg salad, soups, stocks, dill,` rosemary and sage.

LEARN

School Garden Tips and Tricks

- Celery is a cool season crop that can be grown in the fall and winter months.
- Celery is often eaten as a fresh vegetable, but is also a spice. Use the celery leaves in soup for extra flavor.
- If your celery flowers, allow it to "go to seed" and collect the seeds to plant next year!

GROW

Book Suggestions

"The Vegetables We Eat"
by Gail Gibbons (Ages 5 and up)

"The Ugly Vegetables"
by Grace Lin (Ages 5 and up)

READ