

My Life As a Fruit or Vegetable

Adapted from “We Garden” Curriculum



Overview

Through the writing process, students will make connections between produce grown in the school garden and the larger food system.

Grade Levels 4-6

Time Required 1 hour

Materials

Fresh produce resources:
books,
magazines, articles and
encyclopedias

MN Grown Produce

Calendar

Writing paper

Pens or pencils

Blank paper for

illustrations

Butcher or chart paper

MN Standards Addressed

Students will:

Follow the writing process to develop a story about garden produce based on acquired knowledge.

Language Arts 6.5.5

Procedure

1. Harvest or purchase—and wash vegetables
2. Copy and print commodity fact and activity sheets
3. Gather additional materials

Creating a Healthier Minneapolis

healthy eating + physical activity + smoke-free living

Minneapolis Department of Health and Family Support (MDHFS)

250 S. 4th St., Rm. 510, Minneapolis, MN 55415-1384

www.ci.minneapolis.mn.us/dhfs

Get Growing!

To celebrate what students have learned, hold a harvest feast with food from the garden or other local sources such as carrots, apples, tomatoes, beets, and radishes. Invite parents to the feast too.

Introduction:

Explain to students that the goal of this activity is to write a fictional, creative story about life as a fruit or vegetable from the farm to the table.

Brainstorm with the class a list of questions that students will need to answer as they write their story about the production and development of a specific produce item. Questions might include: How am I planted? Where am I grown and why? How am I harvested? How am I transported? What good things (nutrients) can I offer? How am I prepared/cooked?

Ask each student to select a different fruit or vegetable that will be the main character or theme of their story.

Writing Activity:

Instruct students to use the MN Grown produce calendar, the list of questions brainstormed by the class, and other resources to create a rough draft. The story should be written in first person narrative, with the fruit or vegetable telling the story.

Instruct students to edit each other's work. Students can be assessed on the editing as well as the writing part of the lesson.

Have students write final drafts of their stories. The final versions can also include illustrations, a title page and publisher and copyright information.

