

## **Lesson Plan: Exploring Fruit, Farmers Markets, and Sustainability with SEL Integration<sup>1</sup>**

**Grade Level:** Elementary School (Grades K-5)

**Duration:** 60-90 minutes

**Subject Areas:** Science, Social Studies, Environmental Education, SEL

**Key Concepts:** Fruits, Farmers Markets, Sustainability, Global Awareness, Cultural Understanding, Diversity

**Other Material:** *Fruitbowl: A Morning at the Farmers' Market* by Allison E. Butler (Verde Publishing 2022); Contact author for reading of publication either in-class or via Zoom or complimentary copy (Allison.Butler@csulb.edu)

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### **Learning Objectives:**

- **Science:** Students will identify different types of fruits and learn about their origins, growth, and nutritional benefits.
  - **Social Studies:** Students will explore the concept of farmers markets, their role in the community, and the importance of supporting local farmers.
  - **Environmental Education:** Students will understand the concept of sustainability, particularly about food production and consumption.
  - **SEL:** Through discussions and activities, students will develop skills in empathy, global awareness, cultural understanding, and the value of diversity.
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<sup>1</sup> This Lesson Plan was specifically designed and constructed for the UC-CSU Environmental and Climate Change Literacy Projects.

## Materials Needed:

- A variety of fruits (real or images) from different regions
  - Videos or images of farmers' markets around the world
  - World map or globe
  - *Fruitbowl: A Morning at the Farmers' Market* by Allison E. Butler (Verde Publishing 2022)
  - Paper, crayons, and pencils for drawing activities
  - Reusable shopping bags or mini baskets for a role-play activity
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## Lesson Outline:

### 1. Introduction (10 minutes)

- **Hook:** Show a bowl of different fruits. Ask students to identify them and share which ones they have tried.
- **Discussion:** Briefly introduce how fruit is grown (seed, ground, or in a tree), where fruits come from (local or imported), and what makes each unique.
- **SEL Connection:** Highlight how each fruit, like people, has its own story, origin, and value.

### 2. Exploring Farmers' Markets (15 minutes)

- **Activity:** Show images or videos of farmers' markets from different countries. Discuss how these markets support local farmers and provide fresh food.
- **Discussion:** Talk about the importance of farmers' markets in promoting sustainability and reducing food waste.

- **SEL Connection:** Encourage students to think about how supporting local farmers helps their community and the environment, fostering a sense of responsibility and care.

### 3. Understanding Sustainability (20 minutes)

- **Storytime/Video:** *Fruitbowl: A Morning at the Farmers' Market* by Allison E. Butler (Verde Publishing, 2022).
- **Discussion:** Talk about how farmers grow food in ways that protect the environment, like using less water or avoiding harmful chemicals.
- **Activity:** Create a class chart listing ways students can help the environment, such as buying local produce, reducing waste, and recycling.
- **SEL Connection:** Emphasize how making sustainable choices shows respect for the earth and for others, including future generations.

### 4. Global Awareness and Cultural Understanding (20 minutes)

- **Activity:** Use a world map to show where different fruits come from, discussing the diverse climates and cultures that produce them.
- **Discussion:** Explore how different cultures celebrate fruits (e.g., festivals, traditional dishes) and how they play a role in daily life.
- **SEL Connection:** Celebrate the diversity of fruits as a metaphor for human diversity, helping students appreciate and respect cultural differences.

### 5. Interactive Role-Play: Farmers Market Simulation (15 minutes)

- **Activity:** Set up a mock farmers market in the classroom. Assign roles to students (farmers, customers) and let them “shop” for fruits using pretend money. Discuss how buying from local farmers helps the community.
- **SEL Connection:** Focus on communication, empathy, and fair play during the role-play, encouraging students to express gratitude and cooperation.

## 6. Conclusion and Reflection (10 minutes)

- **Reflection Activity:** Perform activity at the end of *Fruitbowl: A Morning at the Farmers’ Market* by Allison E. Butler (Verde Publishing, 2022)
- **Group Sharing:** Let students share their reflections with the class, fostering community and shared learning.
- **Closing Thought:** Remind students that every time they enjoy a fruit or visit a market, they connect with people worldwide and make choices that impact the planet.

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## Assessment:

- **Participation:** Observe student engagement during discussions, activities, and role-play.
  - **Reflection:** Review students' drawings or writings to understand key concepts and SEL connections.
  - **Group Sharing:** Listen to students’ reflections to assess their grasp of the lesson’s global, cultural, and environmental messages.
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### **Extension Activities:**

- **Field Trip:** Visit a local farmers' market to observe sustainability practices firsthand.
- **Cultural Research Project:** Assign students to research a fruit from a different culture, including its significance and uses.
- **Class Garden:** Start a small class garden to teach sustainability and the lifecycle of plants.
- **Donation:** Donate fruit to a local charity or food bank.

This lesson plan integrates science, social studies, and environmental education with SEL principles, helping students connect their learning to real-world concepts and cultivate empathy, cultural understanding, and stewardship.