



Sprout Scouts is a kids club for elementary-aged students aimed at helping them learn what healthy food is, fall in love with it, and eat it every day. Through fun, hands-on activities, Sprout Scouts clubs teach kids how to grow, prepare, and eat healthy food.

go, grow, glow sticks!

Grades: 3-5

Estimated Time: 1 hour

Location: Outdoors

MATERIALS

- Hand soap and running water
- 1 toothpick or other wooden skewer for each student
- 1 loaf of whole wheat bread
- 1 tub or block of mozzarella chopped into cubes
- Cherry tomatoes and basil (best if they are growing in your garden)
- If they're not in your garden, pictures or real examples of grains growing, such as wheat; and chickens, eggs, beans, or nuts
- Journals and pens or pencils for each student

PREPARATION

- Place hand soap near a source of running water
- Wash your hands
- Slice bread to make 2-3 bite-size cubes for each student
- Slice mozzarella to make 2-3 bite-size cubes for each student
- If you don't have any grains or protein-rich foods growing in your garden, put out pictures or real life examples ahead of time, such as a picture of a wheat plant or a bowl of nuts or beans
- Become familiar with this document
- Note that italicized text acts as a prompt

DESCRIPTION

Let's harvest from our garden and enjoy a snack that will support us in going, growing, and glowing with health!

ACTIVITY

Engage

1. Gather students in a circle.
2. Have students discuss: What does food do for us? Share ideas.
3. Explain that different foods help our bodies in different ways.
 - a. *Whole grains, like whole wheat bread, brown rice, corn tortillas, or whole grain pasta, are full of carbohydrates that help us GO. They give us energy to run, play sports, dance, and other things like that. Have each Scout share things they like to do that would fall into the Go category, like playing soccer or dancing.*
 - b. *Protein-rich foods, such as meat, beans, nuts, and dairy, help us GROW. They help our bodies build muscle. Have each student share something they are excited to do when they grow older.*
 - c. *Fruits and vegetables are full of vitamins and minerals that help us GLOW with health. They help us fight off illness and disease, and also help our skin and hair look healthy. Have each student share things they do or places they go where they like to look and feel their best.*

Explore

1. Have students head out into the garden and look for Go, Grow and Glow foods. (If you don't have any grains or protein-rich foods in your garden, you can place pictures or real life examples out ahead of time).
2. Gather together to share.

MAKE IT YOUR OWN

Depending on the season and what grows in your area, you might choose a different theme for your Go, Grow, Glow Sticks. Just remember the following rule of thumb:

- Go Foods: Whole Grains
- Grow Foods: Healthy Proteins (beans, dairy, nuts, etc.)
- Glow Foods: Fruits and Vegetables

Explain

1. Now we are going to make and enjoy Go, Grow, Glow Sticks!
2. Have students wash their hands thoroughly with soap and running water.
3. Hand out a toothpick to each student.
4. Have students add a bread cube to their toothpicks. What type of food is this (a Go Food!) How did you know? What other Go Foods do you like?
5. Add the cheese and discuss. What type of food is this? (a Grow Food!) How did you know? What other Grow Foods do you like?
6. Walk out into the garden where the basil and cherry tomatoes are growing. Have each student harvest one or two cherry tomatoes, and one or two basil leaves, and add them to their toothpicks. What type of food is this? (a Glow Food) How did you know? What other Glow Foods do you like?
7. Compost any plant-based food waste, such as the tomato stems.

ELABORATE AND EVALUATE

1. Gather in a circle with your Go, Grow, Glow Sticks in hand.
2. Have each student think of some part of the growing process to thank for this snack. It could be the sun, the plants, the cows, the wheat, the farmers, the soil, etc. Have a few volunteers share out in the form of a toast, holding up their toothpicks and saying "To the soil!" or "To the sun!"
3. Give a toast to your student, mentioning all that they accomplished together in this Adventure. *Together, we studied our soil, built compost, and prepared our garden bed(s) for planting! And then we prepared a healthy snack and enjoyed it together. And throughout the Adventure, you treated each other with respect, worked hard, and had fun* (or whatever feels right for your group).
4. Enjoy your snacks together!

Extend

1. Have students think about and then share ideas for their own ideas for Go, Grow, Glow snacks using whole grains, protein-rich foods, and fruits and vegetables they like. Ideas might include crackers with fruit and cheese; or sandwiches with meat and vegetables on them; or corn tortillas with bean dip and fresh salsa, for example.
2. Have them write 2 or more of their favorite Go, Grow, Glow snack ideas in their journals.
3. Have them share their ideas.

MAKE IT YOUR OWN

Creating a celebration and ritual around eating together at these times is fun and allows Scouts to reflect on the hard work and amazing feats of nature that went into the food they're eating. A simple toast, such as the one described here, is one way to create ceremony and give thanks, but there are also many other ways. Use the toast or create or choose another, simple ritual that you think will work well in your context.

STANDARDS CONNECTIONS

This extracurricular activity provides children with an opportunity to practice and apply the following academic content standards they may be working on in school:

Common Core English Language Arts 3-5.SL.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3-5 topics and texts, building on others' ideas and expressing their own clearly.

This lesson is adapted from the FoodCorps Sprout Scouts Handbook for the Whole Kids Foundation.

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