



## **Your Plate**

Classroom post Harvest Meal Activity  
2nd-6th Grade

Students reflect on the Harvest Meal they made, what it means to them and where it came from

### Lesson Objectives:

- **Students can list 3 ingredients that they harvested for the meal**
- **Students describe or draw their Harvest Meal**
- **Students identify which ingredients came from the farm**

### What You Need

**Paper plates  
Or plain paper**

**Dry erase or  
chalkboard**

### What to do

Ask students to think back on the Harvest Meal they ate at the field trip. Give them a few minutes just to remember this. What does it smell like? What does it look like? Pass out the paper plates or paper and have them draw or write about this food in the center of their plate. They are welcome to use colored pencils or pens.

Now ask them to remember eating the food. Who does it make them think of? Have them draw a line from the food outward and draw or write the people that the food reminds them of. How did they feel while they are eating? Write the feelings on the board. Have them draw a line out and draw or write how they feel when they remember eating that food. Ask them how sitting and eating at the farm made them feel. did it feel different than eating at school?

Ask them if they remember one thing that they harvested for the meal. Draw a line out and draw or write that ingredient. Ask students to share their ingredient. Make a list on the board of the ingredients students share. Ask them to think about how far the ingredients came from. Did it have to go in a truck, ship, airplane or could they carry it to where it was prepared? Have students think of ingredients that were used that didn't come from the farm (cheese from Rogue Creamery, olive oil from California, salt, pepper, vinegar and honey in dressing. If you have time guess how many miles these came from and how many miles (or Steps) the harvested produce came from and compare this to a typical meal they've had or to store or restaurant pizza and salad.