



## Quicktivities | Activity Ideas

# Activities

## Summer Squash

- Have students measure and compare different varieties of summer squash.
- Have students compare and contrast different varieties of summer squash and write a sonnet or other poem based on their observations.
- Observe a squash plant in the school garden (or with pictures) and have students identify the parts of the plant and their functions.

## Kale

- Collect several varieties of kale leaves. Have students compare texture, color, and taste.
- Have students imagine they are a kale plant and describe their life from seed to plate. Include the life cycle of kale, including as it survives through the winter.

Source: Vermont Harvest of the Month ([www.vermontharvestofthemoth.org](http://www.vermontharvestofthemoth.org))

## Dig Deeper

Get more information, register, or download resources:

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[www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)

## Apples

- Using a few different varieties of Montana apples, conduct a taste test and have students create a graph to represent the votes for the class's favorite apple.
- Have students explore two varieties of Montana apples with all five senses and compare and contrast them using a Venn diagram.
- Taste Montana apples and have students write an apple haiku.

## Winter Squash

- Collect a variety of winter squash. Have students weigh and/or measure the squashes and count and chart the number of seeds for a math activity.
- Introduce the three sisters garden: corn, beans, and squash. Have students research how and why some Native American tribes cultivated these crops together, using the term companion planting.

## Carrots

- Using whole carrots, carrot seeds, and images of carrots flowering, discuss the biennial life cycle of a carrot. Have each student draw an image of part of a carrot's life cycle and write a short story to accompany it. Source: Vermont Harvest of the Month ([www.vermontharvestofthemoth.org](http://www.vermontharvestofthemoth.org))
- Have students engage in a root exploration! Gather a variety of roots (e.g., carrots, beets, rutabagas) and cut cross sections of each while leaving others whole. Have students diagram their observations and taste each root crop.

## Beets

- Boil cut beets in water to create beet paint. Read *The Legend of the Indian Paintbrush* by Tomi dePaola to extend the discussion about natural paints and dyes.
- Sprout a beet! Cut the root and stems so a 1/2 inch remains of each. Press the remaining crown of the beet, root facing down into the soil with stems up. Place the container in a window with good light and water, and have students observe the growth of the leaves over time.

Source: *Vermont Harvest of the Month* ([www.vermontharvestofthemoth.org](http://www.vermontharvestofthemoth.org))

## Beef

- Map the distance your hamburger travels from ranch to plate.
- Explain the digestive process of a cow using diagrams and/or videos. Have students compare and contrast this to the digestive system of a human.
- Have students research different breeds of beef cows raised in Montana and present their findings to the class.

## Grains

- Use an air popper to make a healthy, whole grain popcorn snack for the class.
- Plant wheat in your school garden or indoors in containers. Have students decorate the outside of the containers with faces to create a "Wheat Head." They can give it a "hair" cut when the wheat starts to grow!
- Experience the seed to table process by grinding wheat to make flour and using the flour to make bread!

## Lentils

- Sprout lentils in a glass jar topped with cheesecloth or fabric following the instructions in this handout. You can enjoy them alone or on a cracker with cream cheese.
- Create a lentil rainbow or mosaic by gluing the colorful varieties onto paper.
- Use lentils for students to practice counting and sorting.

## Leafy Greens

- Plant a variety of leafy greens in your school garden for children to enjoy. Let some of the plants go to seed so the students may harvest the seeds at the end of the season. Or, have each student plant leafy greens in a container that they can tend at home.
- Have students taste multiple varieties of leafy greens and discuss the different flavors and textures. Each student can then select a few leaves to incorporate into a drawing of their choice. Quick! Take photos of the drawings before the leaves wilt.



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between the Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, and FoodCorps Montana. More information and resources are available at: [www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth).

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