

Organic Foods Lesson Plan for Elementary School Students

Learning Objectives: The goal of this lesson is to teach students what the word "organic" means and how to choose organic food options.

Materials Needed:

- A selection of organic and non-organic fruits such as apples, oranges, pears or grapes, with price information.
- A selection of organic and non-organic packaged foods for label comparison.

Procedure:

1. Ask children if they know the definitions of the following words: "pesticides" and "organic foods". Use the following definitions to help define these terms:

- **Pesticides:** A substance (chemical) used to kill bugs, mice or other pests that might harm growing food. Some pesticides contain ingredients that can be harmful to your body, your pets or nature. Pesticides may stay on food after it's picked.
- **Organic:** A type of way foods are grown. Organic foods are grown naturally without pesticides or harmful ingredients.

2. Discuss the following reasons why organic foods may [cost more](#) than non-organic (older elementary students can compare the costs of organic and non-organic foods by making a chart or graph).

- Since pesticides aren't used to kill harmful bugs, it takes more people to weed crops by hand.
- Organic, natural fertilizers, such as manure, are more expensive.
- To display the USDA organic seal, farmers must prove (certify) their food is organic and have a special label put on it, which costs money.

3. Using the fresh fruit provided, have students use their senses to determine if there are any differences between organic and non-organic fruits.

- Is there a difference in appearance between organic and non-organic fruit? For example, some non-organic fruits are waxed to make them shiny and more vibrant while organic fruits are not. Is there a difference in size?
- Have students smell and taste both types of fruit to see if there's a difference.

4. Display and discuss the [USDA organic symbols](#) and use provided food labels to learn how to identify organic foods in the grocery store.

5. End the lesson by suggesting students discuss eating more organic foods at home with their parents.