



## A Lesson on Plants and Food by Stephanie Conte

**Grade Level:** Grade 6

**Subject Area:** English Language Arts

**Lesson Length:** 2 hours

**Lesson Keywords:** Reading, Writing, Pairing items together

**Lesson Description:** The goal of this lesson is to open up students eyes to new terms and new ideas. What causes something to be bad? The class will take a closer look on what impact that plants have on our lives and how they can help or harm us.

### Common Core Standards Covered with This Lesson

CCSS.ELA-Literacy.RL.6.1: Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

CCSS.ELA-Literacy.RI.6.1: Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.

CCSS.ELA-Literacy.W.6.1: Write arguments to support claims with clear reasons and relevant evidence.

CCSS.ELA-Literacy.W.6.4: Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. (Grade-specific expectations for writing types are defined in standards 1-3 above.)

CCSS.ELA-Literacy.SL.6.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.

CCSS.ELA-Literacy.L.6.6: Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.

---

## Lesson Content: Book/Story/Reading Passage

**Instructions:** Please read the following reading passage as many times as needed (aloud and silent) before starting to go through other lesson pages. Understanding the content of this passage is very important since the lesson activities will be all about this content. Feel free to print the passage if needed.

### Plants and Food

by

**Content:** The more you know about plants and foods, the healthier you will be. Some foods can provide you with essential vitamins to keep you healthy, but some foods can make you sick. It is very important to know how to distinguish between the two. You also need to learn how to keep foods safe and prevent them from spoiling. There's so much to learn.

There is a lot to learn about plants people eat, such as how to grow them and how to prepare them for eating. Scientists can learn how to keep them safe to eat. Sometimes people who don't know something can make a mistake. For example, some mushrooms are poisonous, and people need to know which those are so they don't eat them. People need to know about plants in order to stay healthy.

If you don't know about foods and plants, you can make a big mistake. You need to know which plants are safe to eat. At one time, people feared the tomato, because they believed it to be poisonous. They thought it was dangerous because it grows on a vine that looks like a poisonous plant called nightshade. Therefore, in the early 1800s, people in the United States were afraid to eat it. It took several years before the tomato was accepted as a food in the United States. Today, it is a big part of the American diet. It's found in things like soup and ketchup.

Any food can become a source of sickness if it's not stored safely. Tomatoes can be dangerous if they rot, and so can most other foods if they are not stored properly. One way to store food safely is to dry it. Before people invented cans, they used to dry food to store it for long periods of time. For example, they would dry tomatoes in the sun. Today, people still eat sun-dried tomatoes.

Some plants actually help keep people safe, for example, cloves. No one really knows how people figured that out, but it was most likely from someone trying to use cloves to flavor their food. Cloves have a nice, spicy taste.

The clove plant was first found on islands sometimes called the Spice Islands. A tree grows there; it's a tree that makes cloves. These cloves actually are buds from that tree. The people on the islands picked the buds; the buds were pink when people picked them, and then they dried and turned dark. When they were dried, people put them with food, and they made the food taste great. Probably, the people found that they also helped to preserve foods. Cloves help meat and other foods keep from spoiling.

Today we know why cloves help food stay safe. Scientists have studied cloves and have discovered that cloves contain a kind of oil in them called eugenol. That oil is an antiseptic. Antiseptic is a word with two important parts. The prefix anti means against, and the root sepsis means poisoning. In other words, eugenol helps prevent poisoning. It's a good thing we have scientists to help us stay safe.

Scientists are people who have careers learning about plants and food. They study the history of plants, and they observe them in order to learn how to make them grow better. They study how to keep them safe, which in turn helps people live healthier lives.

---

## Task 1: Vocabulary

**Instructions:** Please complete the following vocabulary activity by choosing the correct meaning of each word selected from the passage and use of each word correctly in a sentence.

**Q: 1 WordPhrase:** spoiling **WordPhraseTier:** 2

**Question:** What does the term spoiling mean?

- A: To give someone whatever they want when they should be rewarded.
- B: To be very mean.
- C: To be funny.
- D: To ignore someone.

**Question:** Which of the following best uses spoiling in a sentence?

- A: Sally is upset about being spoiled.
- B: My mom and dad are always spoiling me when i deserve it.
- C: My friend always ignore and spoil me.
- D: My mom spoils me when she is angry

**Q: 2 WordPhrase:** Distinguish **WordPhraseTier:** 2

**Question:** What does the word Distinguish mean?

- A: To say something is alike.
- B: To separate two things by meaning.
- C: To accuse someone of something.
- D: To say things are the same thing.

**Question:** Which of the following sentences use Distinguish correctly in a sentence?

- A: It is very easy to distinguish between right and wrong.
- B: We do not need to distinguish between opposite and positive because they are the same thing.
- C: Tommy said i was being distinguishing.
- D: Distinguishing between two things that are alike is correct

**Q: 3 WordPhrase:** Invented **WordPhraseTier:** 3

**Question:** What does the word invented mean?

- A: To draw something
- B: To build something out of wood
- C: To create something from nothing
- D: To paint something.

**Question:** Which sentence uses the word Invented correctly in a sentence?

- A: Sally Smith Invented on her canvas.
- B: Harry Smith Invented the Television.
- C: Tommy Invented on paper
- D: The boy invented a shelf in workshop.

**Q: 4 WordPhrase:** Preserve **WordPhraseTier:** 3

**Question:** What does the word Preserve mean?

- A: To keep something alive.
- B: To cause harm.
- C: To make something die, like a plant.
- D: To cause injury

**Question:** Which of the following best uses Preserve in a sentence?

- A: The boy was trying to preserve the team on the field
- B: The class was killing and preserving their plants
- C: The class is trying to preserve their plants in the class.
- D: Tommy was preserving Allie

=====

## Task 2: Forum Discussion

**Instructions:** This discussion forum will have questions for students to respond. Read the posted questions, and respond to each. Students are responsible for posting one initial and and two peer responses for each topic.

### 1 - Plants and Foods

What is the relationship between plants and foods?

### 2 - What do you know

What is your knowledge of the Clove Plant and why is it important?

### 3 - Research

Why is it important to study and learn about plants and animals?

=====

=====

### Task 3: Writing Activity

**Instructions:** Plants and different foods can be very important to our health. They are used to cook with and can be used for special remedies. With so many plants available to us we should really make ourselves aware of the impact that plants can have on our lives. They can always affect us in negative ways as well. Students will be able to tell the difference between the good and the bad after extensive research. For example, Clove plants are a great spice people can use to season their food. Using plants in food have been used for a very long time. As an assignment we will take a closer look on how to be more cautious and be aware on the impact plants and different foods impact us. People always try to be more health conscience and that is a great thing. If we learn more about different foods we can understand the importance of the food groups. Plants can be beautiful to grow and look at and some are used in cooking as well. In the lesson we will look at the good and bad plants and see what we need to look for. I will ask the class What are the warning signs for plants that may harm our bodies? This is the question asked to the class to help them think about the topic at hand. Each of the students will be assigned a plants that is harmful to us and we will compare and contrast. It is important for the students to look into a certain topic and do their? own research. The class will take a closer look at their plant and write a paper to share with the class at a later date. They will have to write a one-page paper on what it would be like to be the plant they are assigned. They will have to describe how it lives and what it takes to survive. They will write about the pros and cons of their plant and what the plant can do for us.?The class will be able to ask questions to gain a better understanding. A visual aid will also be required. They will be asked to draw their plant to gain the classes attention. This will be a mostly at home project after the initial lesson is taught in class. This can allow the students to be proud of something they have done. This will be a open discussion topic as well. I feel students will learn more after being able to talk to other students about what they have learned. Having them discuss what they have learned from their own plants is a great way to see things in? a different light. Topics for discussion should be interesting and enticing. This information will be new information to most of the students, so the information has to be issued in a way to make them want to learn more. They can take the information and share with others ?what they have learned. This information can be used in the future and will be very helpful to each student.

?

=====