



## A Lesson on Knowing the Health Benefits of Plants and Food by James Hines

**Grade Level:** Grade 6

**Subject Area:** English Language Arts

**Lesson Length:** 1 hour 30 minutes

**Lesson Keywords:** Health, Benefits, Plants, Food

**Lesson Description:** The purpose of this lesson is to establish the importance of knowing the health benefits that plants and other foods can provide. By reading and analyzing the text, as well as answering the questions and writing a short essay pertaining to the text, students will learn to draw thoughtful conclusions about what they have read. Students will learn important information from the assignment that can be directly applied to daily life.

### 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.6.2: Determine a central idea of a text and how it is conveyed through particular details; provide a summary of the text distinct from personal opinions or judgments

CCSS.ELA-Literacy.RI.6.6: Determine an author's point of view or purpose in a text and explain how it is conveyed in the text.

CCSS.ELA-Literacy.L.6.4: Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 6 reading and content, choosing flexibly from a range of strategies.

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.

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## 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.

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## 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:** Essential **WordPhraseTier:** 2

**Question:** In this passage the author says "Some foods can provide you with essential vitamins to keep you healthy". What does the word "essential" mean in this sentence?

- A:** Occasional use may or may not be beneficial.
- B:** These types of vitamins are required by your body to maintain proper health.
- C:** It is best to avoid these types of vitamins at all costs.
- D:** Healthy vitamins taste delicious in smoothies.

**Question:** Select the correct use of the word "essential" from the sentences below.

- A:** A bird has wings, making it essential to fly long distances.
- B:** Using a fork is essential in obtaining your vitamins from a bowl of soup.
- C:** A fuel source is essential in the proper operation of a gasoline engine.
- D:** Knowing how to count to ten is essential in learning to read.

**Q: 2 WordPhrase:** Antiseptic **WordPhraseTier:** 3

**Question:** "That oil is an antiseptic. Antiseptic is a word with two important parts." What are the two "important parts" of the word "antiseptic" that the author states?

- A:** The root of "anti" means "against"; the root of "septic" is sepsis, meaning "poisoning".
- B:** The root of "anti" is a slang word for "a close relative"; the root of "septic" is sepsis, which is the first name of the relative.
- C:** The root of "anti" means "against"; the root of "septic" is sepsis, meaning "the waste water from the house".
- D:** The root of "anti" means "praise for"; the root of "septic" is sepsis, meaning "poisoning".

**Question:** Which of the following sentences uses the word "antiseptic" correctly?

- A:** I had to get rid of an infection, so the doctor prescribed me an antiseptic.
- B:** I just completed a workout, so I took an antiseptic to help my muscles grow.
- C:** Antiseptic and Uncle Bob are coming to visit for Thanksgiving.
- D:** I enjoy using cloves in my cider because they have strong antiseptic qualities that can help prevent illness.

**Q: 3 WordPhrase:** Scientist **WordPhraseTier:** 3

**Question:** In the passage the author says "Scientists have studied cloves and have discovered that cloves contain a kind of oil in them called eugenol." and that they "...study the history of plants, and they observe them in order to learn how to make them grow better." What can we derive from these sentences about the career field of scientists?

- A:** They are mechanically inclined and can maintain your vehicle.
- B:** They are pilots that can fly all over the world.
- C:** They observe and study the natural world to bring us new and better understanding of the world around us.
- D:** They are stunt people in the movie industry.

**Question:** Which of the following sentences correctly uses the word "Scientist".

- A:** Jacob is a scientist that has been studying the use of nuclear power as an energy source for many years.
- B:** I needed a ride to the store, so I hailed a scientist to drive me there.
- C:** I have studied the subject of scientist for three years in college.
- D:** English is easy, is not rocket scientist after all.

**Q: 4 WordPhrase:** Distinguish **WordPhraseTier:** 2

**Question:** The author states that "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." What does the word "distinguish" mean in the sentence?

- A:** A high ranking official.
- B:** A respected person.
- C:** A food that is healthy for you.
- D:** The ability to tell the difference between things.

**Question:** Which of the following sentences correctly uses the word "distinguish"?

- A:** Because a bird has wings, it has the distinguish to fly long distances.
- B:** Water is useful to firefighters to distinguish a fire.
- C:** I have much distinguish for doing homework.
- D:** It is important to be able to distinguish between fantasy and reality.

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## 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 two peer responses for each topic.

### 1 - The importance of keeping food from spoiling.

In the passage, the author states You also need to learn how to keep foods safe and prevent them from spoiling. Why is keeping food from spoiling so important? What are some methods you could use to keep food from spoiling?

### 2 - Knowing the health benefits of certain foods.

The opening sentence states that The more you know about plants and foods, the healthier you will be. Explain how the discovery of the health benefits of certain plants can impact the health of a community.???

### 3 - Awareness of plants health benefits.

?Since it is important that People need to know about plants in order to stay healthy, what are some ways that scientists can ensure the general public is aware of a plants health benefits???

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Task 3: Writing Activity

**Instructions:** Write a 250?word essay giving three?examples of?why it is important to know the health benefits of plants. For each reason provide support from the text. Submit using the text box below.?

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