



## SECOND GRADE LESSON: Stick to Stickers SC STANDARD: 2.FSS.1.4



It's your world.

### STICK TO STICKERS

#### OBJECTIVES:

- Talk about GO foods and how they are mostly “Stick to Stickers” foods
- Explain the difference between foods in their natural form and foods that have been processed
- Understand the difference between farmers and factory workers

#### LET'S GET STARTED:

- Review GO foods or introduce GO foods if you have not already been through that lesson
- Discuss different ways to package foods
- Explain canned foods versus the Stick to Stickers foods
- Talk about the different ways people earn livings in the food industry

#### ACTIVITY:

- Distribute the “Stick to Stickers Worksheet” with a variety of foods pictured, some in natural form and some have been processed, and have the students place stickers on the foods that come in their natural form
- Have the students also decide which foods were grown by the farmers versus those made by factory workers

#### WRAPPING UP:

- Remind students that GO foods are usually those foods that are in their natural form
- Review packaging and processed foods

#### SC STANDARDS:

- 2.FSS.1.4 Summarize changes that have occurred in the local community over time, including changes in the use of land and in the way people earn their living.

#### MATERIALS:

- Stick to Stickers worksheet
- Stickers
- Farmers and Factory Workers
- Boss' Backpack Bulletin
- Pencils

### LET'S GET STARTED!

- If you have already gone through the GO, SLOW, WHOA foods lesson, you will be one step ahead for this part of Stick to Stickers, and you can start off the lesson by asking if anyone remembers what GO foods are.
- If you have not discussed GO, SLOW, WHOA foods yet, begin this lesson by talking about GO foods and how a lot of them are foods that are still in their natural form and what that means.
- Once GO foods have been introduced, or reintroduced, start explaining the various ways of packaging foods, such as canning, as well as the stickers that come on produce.

### DIALOGUE BOX

- GO foods are the healthiest foods that offer the most nutrients for your body and can be eaten all the time!
- Most GO foods are fruits and vegetables that are still in their natural form, meaning they have not been processed yet, and still look like they did when they were in nature!
- Foods that are still in their natural form are super healthy and have the most vitamins and minerals. When foods are processed, a lot of those healthy vitamins and minerals are removed, which is why they are not as healthy for you.
- One way you can tell that foods have been processed is by their packaging. When foods come in boxes or cans, they have probably been processed in a factory (for example, boxed crackers or canned vegetables).
- One way to avoid the processed foods and recognize natural foods is by sticking to stickers!
- Sticking to stickers is a way to find those healthy GO foods and know that they have not been processed in a factory.
- When you walk by the fruits and vegetables section of the grocery store, notice that most of those foods will have a small sticker on them. Use that sticker as your guide to choosing the healthiest foods!
- As an example, apples come with stickers on them, but applesauce in a plastic container does not come with a sticker. Which one do you think is the healthier option?
- If a food does not have a sticker on it, that's okay, but make sure it is among other foods that do have stickers, and looks like it would if it were still in nature!
- An example of this would be that corn does not have a sticker on it because of its husk, but it is displayed around many other fruits and vegetables that do have stickers, and it still looks like it would if it were growing on a farm!
- Sometimes the grocery stores trick you because they put unhealthy foods next to foods that have stickers on them. For example, there may be a lot of dried fruits, like raisins, around the stick to stickers foods, so you might think they are healthy. But remember to make sure it looks like it would if it were in nature! Do you find raisins or dried cranberries in nature? No, you do not!
- So, just remember those two rules: if there is not a sticker on certain foods, make sure they are around other foods that DO have stickers and also make sure they look like they would in nature!

- Ask if the students have any questions
- After questions have been answered, discuss the difference between farmers and factory workers
- You will also need to explain that there are different ways to earn a living, or make money, and that both farmers and factory workers do deal with food, but in completely different ways

## DIALOGUE BOX

- Does anyone know what it means to earn a living?
- Earning a living is when people work to make money so that they can support themselves and their families!
- There are several different ways people can earn a living. In the food industry, there are farmers and then there are factory workers. Although they are similar because they both deal with food, there are certain parts to their job that are vastly different!
- A farmer's job is to plant and water seeds so that eventually they can grow to be different types of food, like corn, lettuce, tomatoes, and wheat. You can buy this food straight from the farmer at a place called the Farmer's Market or at the grocery store in the produce section.
- Sometimes the foods that the farmers grow are used to make other things by sending them off to the factory to be made into other foods. This is when the factory workers come in and earn their living.
- So, if farmers grow wheat on their farm, they can send it off to the factory, and the factory workers can turn it into other foods, like whole-wheat pasta, whole-wheat bread, and whole-wheat crackers.
- Both the farmer and the factory worker have their important part in providing food for people, but their jobs and ways of earning a living are a little different!
- Ask if students have questions on the ways farmers and factory workers earn a living before moving on to the activity

## ACTIVITY

- Hand out the Stick to Stickers worksheet along with a pack of stickers per table
- If you do not have stickers, provide them with markers so that they can color dots on the foods that need stickers

## DIALOGUE BOX

- There will be a variety of different foods on the worksheet, some in their natural form and some that have been processed.
- Go through them and put a sticker on all the foods that are still in their natural form!
- Once you finish that part, go back through the different foods and try to decide if you think a farmer made the food or if it went to a factory worker! Circle the ones that you think the factory workers made!

- When they are done, ask if anyone would like to share what they starred and circled

## WRAPPING UP

- Review the difference between foods in their natural forms versus those that have been processed
- Remind them about the Stick to Stickers rule, as well as the two main things to remember if a fruit or vegetable does not have a sticker

## BOSS' FUN FACTS

The Farmer's Market is a great place to find raw and fresh vegetables from local farmers in your area! It is also a great place to learn about new fruits and vegetables you have never seen or tried before!

## DIALOGUE BOX

- Remember, foods in their natural form are those that look most like they did when they were in nature, and foods that have been processed will usually come in a box, can, or plastic container!
- Use the Stick to Stickers technique to find those foods that are still in their natural form in the grocery store! If the food does not have a sticker, remember there are two things to look for: 1- if they are near other foods with stickers and 2- if they look like they are in their natural form!
- Pass out the Farmers and Factory Workers handout as well as Boss' Backpack Bulletin with their weekly task and goal on it

## DIALOGUE BOX

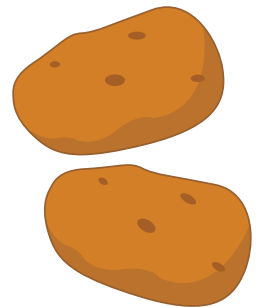
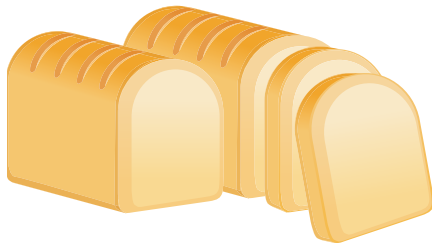
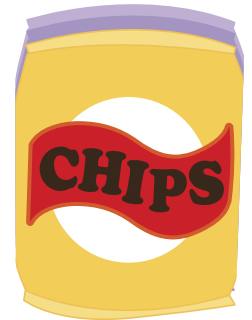
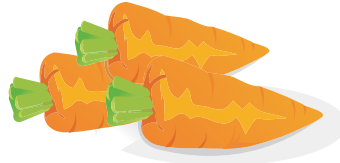
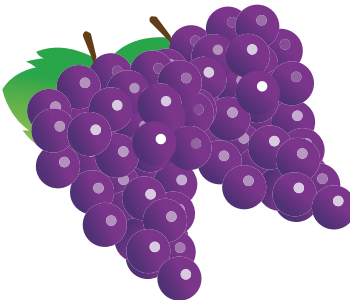
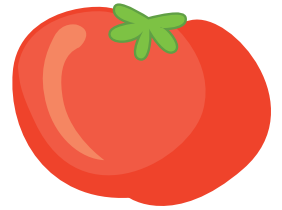
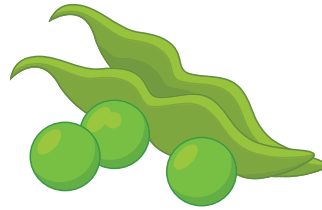
- The Farmers and Factory Workers handout is going to explain the different ways they both earn a living using a tomato plant as the example.
- This week, Boss' Backpack Bulletin is going to get you to remember to stick to stickers by collecting all the stickers off of the foods you eat!



# STICK TO STICKERS

**Part 1:** Place a sticker on all of the foods that are still in their natural form and can be found in the produce section of the grocery store.

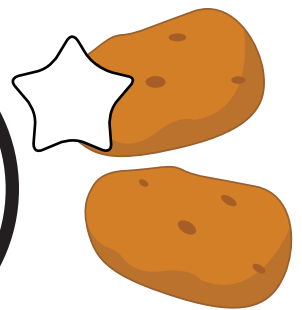
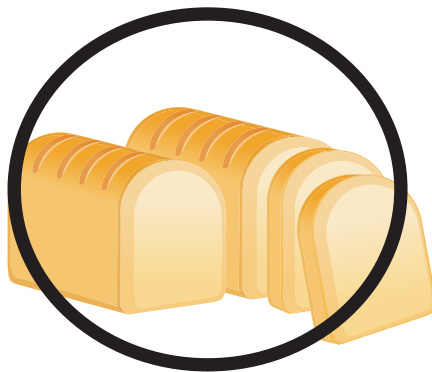
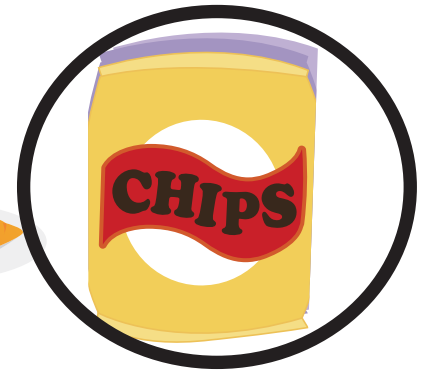
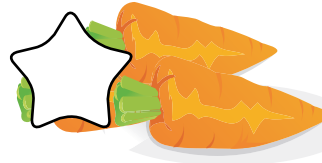
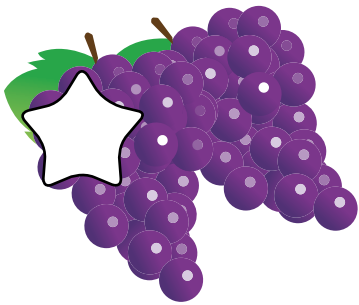
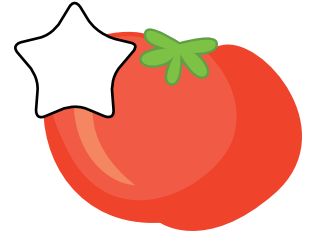
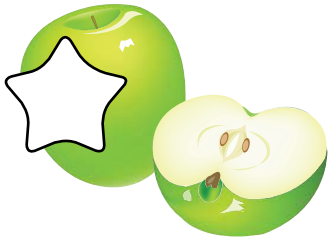
**Part 2:** Circle the foods that you think are made by the factory workers!



# ANSWER KEY: STICK TO STICKERS

**Part 1:** Place a sticker on all of the foods that are still in their natural form and can be found in the produce section of the grocery store.

**Part 2:** Circle the foods that you think are made by the factory workers!



# FARMERS AND FACTORY WORKERS

## FARMERS

Picture of a seed



Picture of farmer planting seed



Picture of the vegetable (Tomato or corn) that grew from the seed



Picture of the farmer holding tomato or corn



Picture of farmer giving the vegetable to someone



Picture of someone eating the vegetable

## FACTORY WORKERS

Picture of a seed



Picture of farmer planting seed



Picture of the vegetable (Tomato or corn) that grew from the seed



Picture of the farmer holding tomato or corn



Picture of farmer bringing the vegetable to factory



Picture of food in the factory



Picture of tomato sauce



Picture of the tomato sauce in the grocery store

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# BOSS' BACKPACK BULLETIN

Your goal for this week is to try to eat more foods that come with stickers and fewer foods that come in boxes and cans!

An easy way to keep track of this is to take the stickers off of the fruits and vegetables you eat and stick them in the circle below! If they are not sticky anymore, you can use tape to make them stay in place!

If your fruits and vegetables do not come with a sticker on them, write down what they are in the circle!

