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### **Gardening Lesson Plan – Middle School**

**Learning Goal:** Student will create a healthy alternative snack/meal to replace traditional recipe using garden veggies.

**Anticipatory Set:** Teacher is eating chips as students arrive raising them to question, “Can I have some?” Teacher shares sweet potato or alternate chip with students. Students describe the chip in terms of taste, texture, etc...

**Research:** Students use internet to research alternative healthy snack/meal recipes.  
Ex. Gluten free spaghetti or another way to add veggies to diet– substituted spaghetti or zucchini squash for pasta.  
Kale, sweet potato, or beet chips to replace potato chips.

**Experiment:** Students create their healthy snack/meal. Share with class. All snacks are rated by taste, texture, similarity to original, etc...

**Assessment:** Write a paragraph summarizing your experience. Was it easy to find and follow a recipe? Which recipes did you enjoy? Will you use any of the recipes again or share them with your family? Which of the veggies would you like to grow?