

## Lesson 1: How Do Mushrooms Grow?

### Enduring Understanding:

- Mushrooms are good and good for me!

### Lesson Objectives

- Students will be able to identify a mushroom as a fungus that comes in different shapes and sizes.
- Students will be able to describe how mushrooms are farmed.
- Students will be able to describe in basic terms the ways mushrooms are good for their bodies and the planet.

### New Vocabulary

- Mushroom
- Cap
- Gills
- Stem

### Materials

- How Does it Grow video: <https://www.youtube.com/watch?v=HLtGRHX0sLI>
- Projector or paper/markers
- Farm-to-Plate Maze
- Crayons
- Lesson 1 PowerPoint presentation



## Activity Session

### Opening

- Show children the picture of mushrooms (slide 1 of Lesson 1 PowerPoint presentation) and let them guess what is in the picture. Give them hints if they don't know.
  1. They are all different varieties of one thing
  2. They are a type of food
  3. The first letter of their name makes the "mmm" sound
- Ask the children questions about mushrooms:
  1. Do you know where mushrooms grow?
  2. Have you ever seen a real mushroom?
  3. What color are mushrooms?
  4. Have you ever tasted a mushroom?

### Part 1: Activity: K-W-L Chart

Complete a K-W-L chart discussing what students already know about mushrooms and what they want to know about mushrooms. Make the KWL chart on chart paper.

1. Draw a chart with three columns.
2. On top of the first column, write the word "Know". In this column, discuss and record the things that students already know about mushrooms.
3. On top of the second column, write "Want to Know." In this column, discuss and record questions that students have about mushrooms.
4. On the top of the third column, write the word "Learned". For now, leave this column blank. This column will be used later to record what students learn throughout the unit.



## Part 2: How Does it Grow Video

- Tell the children they are going to watch a video to learn about what mushrooms are, the different types, and how mushrooms grow.
- Show students the “How Does it Grow” video (linked in PowerPoint presentation) and answer any questions they have about it. Ask the children questions about the video and have them hold up one or two fingers to show which they think is the right answer to each question. Explain each answer in a little more detail (reference the part of the video that discussed the concept).
  1. Do mushrooms prefer (1) sunlight or (2) darkness? (darkness)
  2. Do farmers grow mushrooms (1) indoors? (2) outdoors? (indoors)
  3. Is the top of a mushroom called a (1) cap (2) hat? (cap)
  4. Is the bottom of a mushroom called a (1) leg or (2) stem? (stem)
  5. Do mushrooms grow from (1) seeds or (2) spores? (Spores) Explain that spores are so tiny you can't see them and are attached to gills under the cap.
- Remind students that mushrooms also grow in the wild but some are not safe to eat, so we always get our mushrooms from farmers - we never pick them ourselves.

## Part 3: Farm-to-Plate Maze

- Have children complete the maze while recapping how mushrooms get from the farm to our tables. Mention clips in the video:
  1. Mushrooms growing in the dirt
  2. Worker cutting mushrooms
  3. Mushrooms getting packaged
  4. Mushrooms in grocery stores
- Pass out crayons and allow children to color the Farm-to-Plate Maze. Engage children while they color.:
  1. How was the mushroom farm different from other farms you've seen? How was it similar?
  2. Who has seen mushrooms in a grocery store?
  3. Who wants to try mushrooms? (Hint that they may get to taste soon!)



# Mushroom Madness!



- While children are coloring, explain how mushrooms are good for our bodies and the planet.
  1. They provide things that are good for our bodies like vitamins and minerals
  2. They have a special flavor - called umami - which makes them taste like meat - sometimes they're called the "meat" of the vegetable world!
  3. They don't use much water or energy to grow
  4. Introduce basic sustainability concepts. Remind children how in the video the mushrooms were grown in the dark, and they grow very fast, so they don't need as much energy to grow as other foods.
  5. Eating more mushrooms is good for our bodies, and it's good for the planet!

## Closing

- As a class, Tweet the Mushroom Council with information learned from today's lesson and any questions that they have about mushrooms.
- Let students know that tomorrow they will learn about the different types of mushrooms as they prepare to help the kitchen staff prepare a delicious mushroom recipe!

