

Integrating MiHOTM™ in Classrooms

Michigan Harvest of the Month™ Training 2015 School Teams' Tips for Success!



- ✓ I have made a book to use with Garden Heroes from PE-Nut. On each page we describe a fruit or veggie, including color, nutrients, and ways to eat it.
- ✓ Connect to homework – pick a fruit or vegetable of the week – creates dialogue around dinner table. Children report/share with peers what they learned.
- ✓ Use the MiHOTM™ teacher letter
- ✓ Use the MiHOTM™ educator checklist
- ✓ Teacher should role model fruit/vegetable tasting
 - o Excited kids
 - o Encouraged as brave, “makes you heathy & strong” when willing to taste new food
- ✓ Use MiHOTM™ Family Newsletters as reading material; bind materials as booklets for students
- ✓ Write poems describing with sensory information to reflect on tasting
- ✓ Borrow a blender bike with blender on back so kids can make their own smoothies while getting physical activity (ride to blend)
- ✓ Offer fruit/vegetable/week - get knowledge/ eat recipe at home & report back to class
- ✓ Curriculum links – gardening in 2nd (plant); 4th (harvest) work with science teacher
- ✓ Plant a taste garden fruits/vegetables
- ✓ Arts/writing diagrams of fruits/vegetables start writing using a diagram
- ✓ Teacher should role model fruit/vegetable tasting
- ✓ Fractions work with cooking
- ✓ Feature on Facebook page/classroom newsletter
- ✓ Fruits/vegetables substitutions based on what's available (apples)
- ✓ Taste can vary based on store purchases.
- ✓ Grocery store field trips
- ✓ Focus on the chemistry of produce (science)

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