

# Grades K-2

## Food Choice, Cost, and Convenience

### Frozen Fresh

*Making observations to understand the value of frozen foods*  
(W.K.7; W.1.7; W.2.7)

In advance, leave out a piece of broccoli for several days. Display in the classroom the dried-out and discolored broccoli and some frozen broccoli. Tell students that both of the samples were purchased on the same day. (As an alternative, leave out a potato for several weeks and compare it with a canned potato or leave out a fresh pea for several days and compare it to a dried pea.) Give students a sheet of paper divided into two sections. Have him label one side "frozen" and the other side "raw." Then direct him to draw and record his observations on the corresponding sides. After discussing students' observations, explain that frozen vegetables are just as nutritious as fresh, and you can keep them for longer times. Both play an important part in your diet. Then explain why it's important to keep fresh foods properly refrigerated and to keep frozen foods frozen to make sure they are safe to eat. If desired, repeat the activity and compare fresh foods with canned or dried food.

Extend the learning: Draw a freezer on a sheet of chart paper. Invite each student, in turn, to draw and/or write the name of a frozen food that he likes to eat. Then, as a class, brainstorm meals that include these healthful choices.

### Fun Fact:

There are enough peanuts on one acre to make 30,000 peanut butter sandwiches.



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