



Colorado Family and Consumer Sciences  
Lesson Plan

**FACS State Course Name: Life Management**

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**Unit: Personal and Family Wellness**

**Lesson: Organic Food Option**

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**Competencies/Purpose:**

Students will walk away with an understanding of organic food and the value of it in our diets. They will also walk away with the ability to determine which foods are right for them and not.

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**Time Needed: 90-120 minutes**

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**FACS Standards (Colorado and National):**

Apply consumer skills to decisions about housing, utilities, and furnishings. (MAT01.02.a, MAT03.01.a, MAT03.01.a, MAT03.03.a,) (RWC04.03.c, RWC4.01.d)

N 2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, healthcare, recreation, transportation, time and human capital.

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**Colorado Academic/Model Content Standards (CDE):**

Apply consumer skills to decisions about housing, utilities, and furnishings. (MAT01.02.a, MAT03.01.a, MAT03.01.a, MAT03.03.a,) (RWC04.03.c, RWC4.01.d)

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**Objectives- Upon completion of this lesson, students will:**

CO: Students will understand the basics of organic food as an option and interview others to figure out their feelings.

LO: students will summarize their feelings towards the personal use or non-use of organic food as an option in their diets.

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**Instructional Strategies:**

- ☐ Assigned Questions
- ☐ Brainstorming
- ☐ Case Study
- ☐ Computer Assisted Instruction
- ☐ Concept Attainment
- ☐ Concept Mapping
- ☐ Conducting Experiments
- ☐ Cooperative Learning
- ☐ Debates
- ☐ Demonstration

- XX Discussion
- ☐ Drill & Practice
- ☐ Field Trip
- ☐ Inquiry
- XX Interviewing
- ☐ Jigsaw
- ☐ Journal Writing
- ☐ Laboratory Groups
- ☐ Learning Centers
- XX Lecture

- ☐ Peer Learning
- ☐ Problem Solving
- ☐ Reading for Meaning
- ☐ Research Projects
- ☐ Role Playing
- ☐ Simulations
- ☐ Storytelling
- ☐ Think, Pair, Share
- ☐ Tutorial Groups
- ☐ Writing to Inform

**Tools, Equipment & Supplies:**

- ☐ Computers ([Click here to enter text.](#))
- ☐ Construction Paper
- ☐ Markers, Scissors, etc.
- ☐ Paper
- ☐ Printer(s)
- ☐ Other [Click here to enter text.](#)

**Resources:**

- XX Handouts
- ☐ Textbook pgs. [Click here to enter text.](#)
- ☐ Multimedia [Click here to enter text.](#)
- ☐ Overhead Masters
- ☐ Workbook pgs. [Click here to enter text.](#)
- ☐ Other [Click here to enter text.](#)

**Key Terms:**


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Organic food- food that is raised, grown and made by a set of USDA standards.

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Pesticides

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Fertilizers- used to enrich the soil and increase nutrients in food.

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**Introduction of Lesson:**


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Answer these three questions:

- What is organic food?
  - Why would someone chose to eat organic food?
  - Why does everyone not eat organic food?
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**Exploring the Content (Lesson):**

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1. Discuss as the class the answers to the questions from the warm-up. This will add the background knowledge of the students to the lecture.

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  2. Go through the powerpoint slides. Additional information can be found in the notes section below and on the websites provided on the resource page.

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  3. Ask questions throughout the lecture that are posed on the slides and obtain opinions from the students.

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4. Assignment: Students are going to need to take the interview worksheet home and interview four people (two need to be adults). They will need to record the answers and bring them back to class for a discussion. Question seven is where the students can come up with their own question to ask. Or this can be where the students choose three to four facts they want to share about organic food with the interviewee.
  5. Upon returning back to class, facilitate a discussion about the answers the students received. What did the people they talked to say about organic food? Were the students surprised or not? What did they hear that they could have answered/corrected with the knowledge they gained from the lecture.
  6. Writing assessment: After interviewing 4 people, include their responses and your own feelings about organic food to answer the question below in a paragraph.
    - Would you or would you not buy organic food and why? (5-7 sentences)
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**Review/Summary:**

Organic food is unique and has a lot of different qualities that lead to a healthier lifestyle. At the same time there are downsides to this food. It is ultimately up to you as the consumer to determine if you want to eat organically or not. In reality, incorporating some organic food into your diet is more possible than changing every item to organic food.

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**Assessment:**

Interview questions to different people. Ask people the different questions and bring the answers back to discuss them in class.

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In class, discuss what the majority of the answers were. What did people generally feel about organic food? What are the truths about what they shared (were there things that were not different from what we learned)?

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Writing assessment: After interviewing 4 people, include their responses and your own feelings about organic food to answer the question below in a paragraph.

- Would you or would you not buy organic food and why? (5-7 sentences)
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**FCCLA Integration:**

Applied Technology

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