



I am Poem

Summary: Have you ever read a poem or a piece of text that created a rich visual in your mind? Want to learn to incorporate more vivid imagery into your writing? In this lesson, you will learn about imagery and record different facets of imagery for a strawberry. Then, you will take what you learned about imagery to write an **I am poem**.

Time: 20-40 Minutes

Before you get started: You will need an organic strawberry to complete this lesson.

Vocabulary:

- **Imagery** is using language to represent objects, ideas, emotions in a way that appeals to our physical senses.

WRITE: Engage your senses and learn about different types of imagery. Grab an organic strawberry and fill out your imagery observations on the [Imagery Practice Worksheet](#).

CREATE: Using your [Imagery Practice Worksheet](#), create an [I Am Poem](#) from the perspective of a fruit or vegetable of your choosing. Here is an example of an [I am Strawberry Poem](#).

Student Notes:

- Have you thought about eating something slowly? Noticing all the flavors and textures as you eat? Try it out, go to our [Reflecting on Food series: Mindful Eating](#), and listen to an audio recording that encourages you to pay attention and eat a delicious organic strawberry with intention.

References:

I am Poem (2004). *Read Write Think*. Retrieved from

http://www.readwritethink.org/files/resources/lesson_images/lesson391/I-am-poem.pdf

Types of imagery (n.d). *Literary Terms. Net*. Retrieved from <https://literaryterms.net/imagery/>

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Notes for Teachers/Parents

- This activity supports students in imagining; activities and lessons use creative expression, including poetry and drawing, to engage with the garden, food, and cooking.
- This activity integrates experiences that support the development of relationships to food and the land.
- You can extend this lesson to explore types of imagery further. Use our [Types of Imagery Visual](#). Consider focusing on one kind of imagery description, asking students to explore other foods using imagery type.