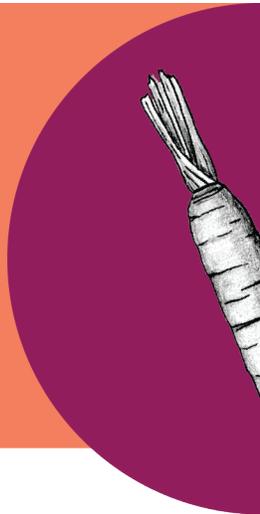


THE **EDIBLE**
SCHOOLYARD
PROJECT



WHAT IS ORGANIC?

Student Name:

Summary: Many of us are familiar with the term organic. Even if we understand what the definition is, we don't always take the time to explore what organic represents. In this lesson, you will explore and discuss your understanding of what organic is and what it represents to you.

Time: 40 minutes

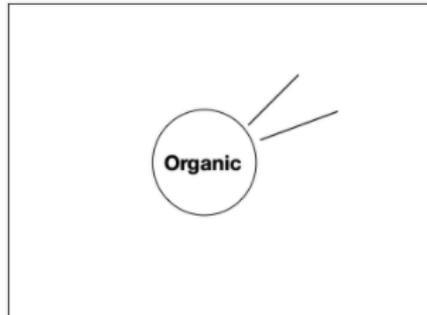
Vocabulary:

- **Genetically modified:** a plant or animal that has had genes added to it
- **Pesticides:** something used to kill insects, weeds, and fungi
- **Synthetic:** not naturally derived
- **Antibiotics:** drugs used to kill bacteria - sometimes used to make animals gain weight faster
- **Hormones:** natural chemicals that plants and animals use to control their functions - sometimes synthetic hormones are used to make animals grow faster or produce more milk



WHAT IS ORGANIC?

WRITE: *When you hear the word “organic,” what comes to mind for you?* Create a word association map on a piece of paper (see image below of how to start your word map). Describe your personal associations, thoughts, and feelings on the word **organic**. Remember there are no right or wrong answers for this activity. Whatever comes to mind is what you should write!



DISCUSS: Discuss what you wrote. If you are completing this activity with a class, check-in with your teacher. They will instruct you on what to do next. If you are completing this lesson on your own, discuss what you wrote with a family member or friend.

WATCH: Now that you have spent some time discussing what organic means to you, watch this video <https://www.youtube.com/watch?v=GhIZWhJtY8w> to understand what organic means. Watch the video twice, once just watching and then a second time taking notes.

READ: Organic with a capital “O” means that a food or food product is certified Organic according to government regulations outlined in the video. When you see organic with a lower case “o” it refers to the ideas and practices of organic farming. Some farms use organic practices but can’t advertise their food as Organic because they can’t afford certification or choose not to complete the intensive certification process.

REFLECT: Reflect either in writing or with your class, a peer, or a family member. In your reflection, answer the following questions:

- Did this lesson reveal any misconceptions (something you thought was true that turned out to not be) or misunderstandings about organic for you or your classmates? What were they?
- Has your understanding of or attitude towards organic changed? Why?
- What questions do you still have about organic?



WHAT IS ORGANIC?

ANSWER: In your own words, define organic.

Student and Parent Notes:

- Buying organic supports the health of farmworkers and the environment. You can buy organic food at farmer's markets, produce markets, and supermarkets.
 - Community Supported Agriculture (CSA) is a model in which consumers pay farmers directly for the food they produce. See if there are any Organic CSAs near you that you could join!
 - Buying from farmers at farm stands, through CSAs, and at farmer's markets supports farmers more than buying at supermarkets because 100% of your dollars go directly to them!
 - Many farmer's markets accept and match SNAP/EBT funds. This means that you can get \$2 worth of food for every SNAP/EBT dollar you spend. Here is a [map of California farmer's markets](#) that accept or match SNAP/EBT funds.

Teacher Notes:

- If this lesson is part of a class, we suggest teachers hold a class discussion as a large group. Please see our [Organic Lesson: Tips on Facilitating Open Discussions \[Teacher Resource\]](#) prior to teaching this lesson.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.
- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 1.9. The ninth lesson of Unit 1.

References:

What is Organic Food? (2012, November 6th). *Epipheo*. [Video] Retrieved from

<https://www.youtube.com/watch?v=GhIZWhJtY8w>.

Farmer's Market Finder (n.d). *Ecology Center*. [Map] Retrieved from

<https://ecologycenter.org/fmfinder/>.

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