

Lesson 1



What is a Mushroom?



OVERVIEW

Students investigate mushrooms.

Outcome

Students explore the types of mushrooms, practice identifying mushrooms, and discuss the benefits of mushrooms.

Learning Objectives

Students will be able to....

- Describe mushrooms
- Identify mushrooms
- Discuss the benefits of mushrooms

Standard Alignment

- Demonstrate a strong sense of counting
- Recognize numbers
- Demonstrate understanding of classifying
- Demonstrate receptive and expressive communication
- Demonstrate comprehension

Materials

- Computer paper
- Tape

Educator Preparation

- Warm-Up: Give one example of a confidence booster

Lesson Outline			
Step 1	A mushroom story	Warm Up and Motivation	10 minutes
Step 2	What is a mushroom	Direct Instruction	5 minutes
Step 3	Mushroom identification	Game	15 minutes
Step 4	Benefits of mushrooms	Direct Instruction, Activity	15 minutes

Step 1: A Mushroom Story

Warm Up

The teacher engages students in class by reading a story about mushrooms. The story introduces the topic to students.

Suggested Readings:

- Mighty Mushroom & Friends, [Download from Mushrooms in Schools here.](#)
- The Magnificent Mushroom by Meredith Hansen Favero
- A Walk Through Mushroom Town by David Aaron Charpentier

Step 2: What is a Mushroom?

Introduction

Students will learn about mushrooms while participating in an activity. Explain to the class that today's lesson is to learn about the types of mushrooms and the nutrition of mushrooms.

Introduction Activity: What is a mushroom, let's draw it!

- Provide students with the handout **Draw a Mushroom**. Ask students to draw a simple mushroom in the first box on the paper from what they learned in the story.
- Go through the first portion of PowerPoint, *What is a Mushroom*, or print pictures of the types of mushrooms
- Ask students to draw a new mushroom that is one of the types they learned about.
- Have students name their mushrooms and share with the class.

Whole Group Discussion

Guiding Questions: Lead discussion about mushrooms and types of mushrooms.

- Were you able to see that there was more than one kind of mushroom?
- Which mushroom drawing was better, your first or second?
- What do you want to learn about mushrooms?

Step 3: Mushroom Identification

Game

Print off the matching game for each group of four students.

Directions: Go over each type of mushroom they will find in the game.

Matching – students should play the matching game with types of mushrooms. A student goes until they don't have a match and then the next person has a turn.

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Step 4: Benefits of Mushrooms

Whole Group Discussion

Begin by asking students about the benefits of mushrooms. Example questions below:

- “What do you do with mushrooms?”
- “Why are there so many types?”

Activity

Go through the second portion of the PowerPoint, *Nutrition of Mushrooms*, to share about the nutritional benefits of mushrooms with students. Hand out the **Nutrition of Mushrooms** handout. For each mushroom, ask students to draw the number of mushrooms in a serving.

Benefits:

- Low-calorie
- Fat-free
- Cholesterol-free
- Contain more than 12 vitamins and minerals

Debrief

Pose questions to the class to further discussion about mushrooms

- “What did you learn about mushrooms today?”
- “Have you eaten mushrooms before?”
- “Why would mushrooms be a healthy snack?”
- “Was it easy to identify the types of mushrooms?”