



Mushrooms are Nutritious



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LESSON

Overview

Students investigate mushrooms and their role in personal nutrition.

Outcome

Students explore mushrooms and the Dietary Guidelines for Americans.

Learning Objectives

Students will be able to....

- Describe mushrooms
- Identify mushrooms and uses for mushrooms
- Explain the Dietary Guidelines for Americans
- Apply information learned about mushrooms and the Dietary Guidelines for Americans

Materials

- Projectors
- Laptop for Exploration

Educator Preparation

- **Step 1:** Prepare handouts for exploration of the Mushroom Council website. Websites:
[Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans](#)
- **Step 2:** Review presentation prior to sharing. Review guiding questions to prepare for classroom interaction.
- **Step 3:** Select an activity that aligns with your classroom standards and goals. Supply needs may vary by classroom.

Lesson Outline			
Step 1	What do you know about Mushrooms?	Exploration and Webquest	45 minutes
Step 2	Nutrition and Mushrooms	Direct Instruction	30 minutes
Step 3	Investigating Mushrooms	Direct Instruction, Activity	Time will vary

Learning Activity

Activities are all aligned to the instruction of Step 1 and Step 2. Select an activity to assess learning and develop skills critical to the course. You may utilize as many of the learning activities that meet the needs of your students.

- Create an Infographic
- Gamify Mushrooms
- Informational Interviews
- Data Analysis
- Taste Test and Research
- Teaching Mushrooms

Step 1: What do you know about Mushrooms?

Warm Up

The teacher engages students in class by asking students about mushrooms.

Question 1: How many foods (recipes, dishes, etc.) can you identify that utilize mushrooms?

Question 2: Can you name any types of mushrooms?

Mushroom Exploration

Ask students to explore Mushrooms by engaging in a mushroom webquest to explore the mushroom council's website and learn more about mushrooms. The webquest will cover types of mushrooms, nutrition, growing methods, and sustainability.

HandoutT: Mushroom Webquest Exploration

Ask students to complete the webquest.

Whole Group Discussion

Guiding Questions: Lead discussion about mushrooms after completing the webquest.

- Were you able to see that there was more than one kind of mushroom?
- What are some unique features of the mushrooms?
- What recipe did you find that interests you?
- What do you want to learn more about concerning mushrooms?

Step 2: Nutrition and Mushrooms

Direct Instruction

Students will learn about the Dietary Guidelines for Americans while considering mushrooms.

[Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans](#)

Presentation: Review the presentation titled Mushrooms, School Meals, and Dietary Guidelines for Americans

Step 3: Choice Activity

Activity

Select an activity from the list of activity below to check your student's understanding of the information on mushrooms and their role in the Dietary Guidelines for Americans. Implement which lesson works best for the class standards.