



What is a Mushroom?



LESSON 1

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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

- ELA
 - » 8.CC.1 Engage effectively in a range of collaborative discussions (e.g., one-on-one, in groups, and teacher-led) on grade-appropriate topics.
- Science:
 - » MS-PS1-3 Gather and make sense of information to describe that synthetic materials come from natural resources and impact society.
- Family and Consumer Sciences:
 - » FCS-MS 3.1 Nutrition: Evaluate nutrition choices and practices in a variety of settings, using reliable guidelines and sources of information, including; Comparing food intake to recommendations/ Serving/Portion Sizes and Nutrients, nutritional label analysis

Materials

- Handouts
- Colored Pencils
- Matching Cards
- Projector - Laptop

Educator Preparation

- Warm-Up: Prepare pre-test and post-test on mushrooms, print handouts, provide coloring pencils, prepare presentation

Lesson Outline			
Step 1	What do you know about Mushrooms?	Warm Up and Motivation	10 minutes
Step 2	What is a Mushroom?	Direct Instruction	10 minutes
Step 3	Benefits of Mushrooms	Direct Instruction, Activity	15 minutes
Step 4	Mushroom Identification	Game, Activity	30 minutes

Step 1: What do you know about Mushrooms?

Warm Up

The teacher engages students in class by conducting a pre-test identifying types of mushrooms.

Pre-Test:

- Allow students five to ten minutes to complete the pre-test on mushrooms

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.
- Go through the first portion of PowerPoint, *What is a Mushroom*, or print pictures of the types of mushrooms.
- Ask students to draw three types of mushrooms that were discussed today and label them.

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?
- What are some unique features of the mushrooms?
- Which mushroom drawing was better, your first or second?
- What do you want to learn about mushrooms?

Step 3: 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. Part of this exercise will be highlighting the nutritional benefits of mushrooms by reviewing the nutrition labels

Lesson Focus

As part of the lesson, help students understand how to read nutrition labels. Hand out the nutrition label fact sheet and review the content. Then have students participate in the Nutrition Facts Quiz to make sure they understand how to read labels.

Hand out Nutrition Label Fact Sheets:

https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_WhatsOnTheNFL_October2021.pdf

Ask students to complete the nutrition facts quiz:

[Interactive Nutrition Facts Label \(fda.gov\)](https://www.fda.gov/interactive-nutrition-facts-label)

After completing the quiz: Finish the PowerPoint about nutrition of each mushroom.

Benefits:

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

Step 4: Mushroom Identification

Game

Print off the game cards for your class. You may need to make more than one copy to have enough for the class. You may choose to utilize either game or both games.

Game 1: Matching

Directions: Go over the rules for the game.

Rules:

- Place students in groups of four
- Each group should have a set of cards
- Lay the cards face down
- Each student has a turn - they select one card and are looking for the corresponding card to make a match. Then the next person goes
- The student with the most matches wins

Instructor Note: Differentiate instruction based on the ability of your class. For advanced students, utilize matching of nutrition facts or nutrition fact labels.

Game 2: Headbands

Directions: **Use the cards with just pictures of a mushroom.** Go over rules for the game

- Each student draws a card and holds it up on their forehead facing the group members (player should not look at the card and card can be taped to the forehead)
- The player with the card asks questions of the group members about the mushroom until they can identify the mushroom.
- Next player goes.

Post Test

Conduct the same test about Mushrooms. Pose questions to the class to further discussion about mushrooms:

- Go over the correct answers
- Ask students compare their pre test and post test results