

Consuming Day: *Lesson Plan*

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Preparation:

1. Make sure you have all of your materials on hand (Materials List)
2. Write the 10 guidelines for environmentally responsible shopping on a flipchart – one guideline per page.
3. Spread the products for the Product Matching Game around the room, leaving enough space between them so that the children can explore the products without being crowded.
4. Mix 1/4 cup salt, 1/4 cup flour, and 1/4 cup water together in jars for the paint.

1. Introduction (15 minutes):

“Hi, my name is (leader 1) and this is (leader 2), and this is _____, _____, _____. We are your Eco Team Leaders! Eco Teams is a fun investigation group that explores environmental issues facing everyone on the planet. We believe that kids have creative and helpful ideas for coming up with ways to live more sustainably and to help solve some of these issues; and that is why we are called an ECO TEAM. Together, we will be investigating issues and coming up with ways to be more earth-friendly. And, our mascot that helps get all this done is the earthworm, because earthworms are hard workers, turning the dirt under our feet into rich compost to grow plants in.”

In the past few weeks we have been working hard to change our habits and create a more environmentally sustainable lifestyle. While this will have a great impact on the planet, we have not yet completed our work...

Industry is a major contributor of greenhouse and acid rain gases. Industry does this while it produces the products we buy. We can influence businesses in helping bring the planet back to health.

“How do I do that? I’m just a kid!” you say. Well, kids are one of the most important consumer groups in America. Just think about all the commercials on television that industry designs to appeal to kids. Think about all of the foods, toys, and clothes that businesses design just for kids. Can you begin to see how your buying is as important as any adult’s? Every time you buy a product, you are voting for it in an election held by the company that produces that product. Companies pay great attention to the results of these elections. They change their products depending on the results.



Remind the children of the times they are likely to be buying products. This may be:

- When they are invited to a friend's birthday party
- At holiday time
- When shopping for clothes, either with parents or by themselves
- When buying food, either at a local store or in the school cafeteria

When else do the children buy products? Have the children give examples of other buying they do that is not on this list.

Now, review the guidelines for environmentally responsible shopping (have these written on a flipchart beforehand so you can flip from one to the next):

1. Choose products of good quality; they last longer before they become garbage.
2. Choose products with the least amount of packaging.
3. Choose products with packaging that is recyclable.
4. Choose products that are nontoxic.
5. Choose products that are produced closest to home.
6. Choose products that are made from recyclable materials.
7. Choose products that are used (secondhand).
8. Choose products that are not tested on animals.
9. Choose products that are easily biodegradable.
10. Choose products that are compostable.

When you review these guidelines with the children, provide a quick explanation for each one, perhaps one or two sentences. Do not give examples. The reason for this is that the children will be searching through the products you bring in and exploring these guidelines in a discovery search game. If you give the children too much of an explanation, you will take the self-discovery from the game.

2. Product Matching Game: 15 Minutes

Purpose: Learn some guidelines to become an ecologically conscious consumer.

The way to play the Product Matching Game is as follows:

- Give each child a label with one of the ten environmental buying guidelines. This works out perfectly if you have 10 children.
 - If you have fewer than 10 children, give two labels to some of the children until you pass out all 10 labels.
 - If you have more than 10 children, bring in more than one example for a possibility. The possibility that you choose to represent with two examples is up to you. Match the number of products you bring in to the number of children in your group. Make extra labels that describe the possibility of each of your extra products. Each child, then, still gets one label.
- The children have to find the product that matches their label.



These are the products that we will use that correspond to each guideline:

1	Choose products of good quality; they last longer before they become garbage.	<i>Legos</i>
2	Choose products with the least amount of packaging.	<i>Bulk food – sunflower seeds to eat with salad</i>
3	Choose products with packaging that is recyclable.	<i>Peanut butter</i>
4	Choose products that are nontoxic.	<i>Cleaning product – Seventh Generation</i>
5	Choose products that are produced closest to home.	<i>Local cheese – to eat with salad</i>
6	Choose products that are made from recyclable materials.	<i>Kid-friendly greeting card</i>
7	Choose products that are used (secondhand).	<i>T-shirt from a thrift store</i>
8	Choose products that are not tested on animals.	<i>Shampoo/body wash with this label</i>
9	Choose products that are easily biodegradable.	<i>Biodegradable soap</i>
10	Choose products that are compostable.	<i>Raw vegetable scraps</i>

After you explain how to play the game, pass out the labels to the children. Give the children time to explore the products and find the match to their labels.

If a child picks a product that another child thinks is the correct match to his/her label, have the children talk this over and decide together which label is the better description for that product. If another child cannot find a match to his/her label, have the children hold out the products they have picked to see if they are holding the correct match. Again, have the children decide together which label is the better description for that product. These conversations are part of the analysis of the products and the guidelines that you want to encourage.

When all the children have selected a match for their label, and are satisfied with the product-label match that they are holding, have the children return to their seats.

Each child will then share their label and product with the group, sharing how their product fits their label with a guideline for responsible shopping.

3. Non-Toxic Paint / Salad Dressing (15 minutes)

At this point you will divide the children into two groups. Half the children will be mixing non-toxic paint and half will be making salad (harvesting salad greens and making salad dressing).

*****Meanwhile, one child at a time from each group will be called over to the grow wagon to help harvest the salad greens*****

Once the greens are harvested, volunteers will wash them to prepare them for eating.



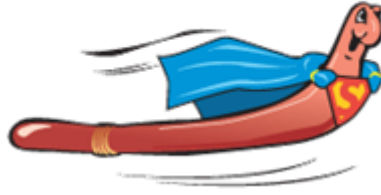
<i>Non-Toxic Paint:</i>	<i>Salad Dressing:</i>
<p>Assist youth in adding food coloring to the jars to create desired colors.</p> <ul style="list-style-type: none"> ● Tell the kids that this paint is made out of things they can find at home – equal parts of flour, salt, water, and food coloring. ● They will get to take the recipe home at the end. <p>Once the paint is ready, this group of children will have the chance to paint environmentally friendly messages on paper to hang up or take home (or on the sidewalk outside, depending on if we can get permission).</p>	<p>With the youth, combine these ingredients in a jar with a lid:</p> <ul style="list-style-type: none"> ● 1 cup of olive oil ● 1/2 cup of Apple cider vinegar ● 2 tablespoons of whole grain mustard or dijon type mustard ● 2-3 cloves of garlic minced ● 1 teaspoon of onion powder ● 1/2 teaspoon of dried thyme ● 1/2 teaspoon of dried basil ● 1 teaspoon salt ● Optional: 1 tablespoon sugar or honey <p>Let each child have a turn shaking the jar to mix up the dressing!</p>

4. Harvest and Enjoy Salad (15 minutes)

Children and volunteers will eat salads from the greens they grew. At this time certificates of completion and handouts will be given. Thank the children for participating in this program!



2014 “Earthworms” Youth Eco-Teams Program



This is our final week. Thank you for participating in the program!

Guidelines for Environmentally Responsible Shopping:

- Choose products of **good quality**; they last longer before they become garbage.
- Choose products with the **least amount of packaging**.
- Choose products with **recyclable packaging**.
- Choose products that are **nontoxic**.
- Choose products that are **produced closest to home**.
- Choose products that are **made from recyclable materials**.
- Choose products that are **used (secondhand)**.
- Choose products that are **not tested on animals**.
- Choose products that are easily **biodegradable**.
- Choose products that are **compostable**.

Make Your Own Non-Toxic Paint!

1 cup salt * 1 cup flour * 1 cup water
Food coloring



Make Your Own Salad Dressing!

1 cup of olive oil
1/2 cup of Apple cider vinegar
2 tablespoon of whole grain mustard or dijon type mustard
2-3 cloves of garlic minced
1 teaspoon of onion powder
1/2 teaspoon of dried thyme
1/2 teaspoon of dried basil
1 teaspoon salt
Optional: 1 tablespoon sugar or honey

Combine all ingredients and mix well before using.

