

Oats lesson 1 (short class)

Grade Level: 3rd

Season: Fall

Larger IGS Unit: Farms

Essential Question: What role did oats play in colonial history?

Objective: To know ways that people eat oats and to understand that there are different levels of processing of oats

Materials:

Introduction:

- Who likes apple crisp? Oatmeal cookies? Granola? Granola bars? Oatmeal? What is the crop that is in all of these delicious dishes?
- We are growing to grow oats, one of the staple crops (define – something people survived off of) of the New England colonials, including those who lived on Martha's Vineyard. Beginning in the mid-1650s, oats were something they grew in their backyards, and then stored and ate through the winter when it was hard to grow much else. (provide loose time range)

Activity:

- Show oats in four different forms (whole oat groats, steel cut, rolled oats, and quick oats)
- Which is the most processed? Least processed? What does "processed" mean? Which is the most expensive? Which is the healthiest? Which takes the longest to cook?
- Leave oats in the classroom for students to touch

Extensions:

- Oat lessons 2