

# Why are mushrooms mighty?

## CONTENT:

- Students will learn the health benefits of mushrooms and why mushrooms are mighty.
- Students will complete a hands-on task of creating a mushroom puzzle.
- Students will be asked to share their puzzle with either their family, or a child of a younger age.
- This lesson is reinforcing literacy, as well as fostering confidence, creativity and creating a sense of responsibility.

## SUMMARY OF TASKS/ACTION:

- 1) Share with the students the information around mushroom health, and the benefits of mushrooms on the human body (Resource 1). Ask the children questions; "how else can we get vitamin D into our bodies?" "What other foods help us to have strong bones?" etc.
- 2) In conclusion, discuss and summarise why mushrooms are mighty and good for us.
- 3) Consider the proposition that if we know that mushrooms are an excellent source of nutrients and highly beneficially to our health, why is it that we do not eat more of them? What strategies can we put in place to increase the consumption of mushrooms in our classroom, at our school, at home, in our community? Have this discussion with the students.
- 4) Teacher to print Resource 2 for each student. This resource is a puzzle on why mushrooms are mighty.
- 5) Ask the students to colour and to cut out the puzzle and cut along the dotted lines.
- 6) Teacher to ask students to either:
  - a) take this puzzle home and share with family on mushroom health; or,
  - b) share with a younger class and age group, taking responsibility and pride in teaching them about the health benefits of mushroom.

Just like humans, mushrooms need water too - make sure you are checking your mushroom kit every day and watering when needed. Remember, the peat moss needs to be like a wet sponge.

## DID YOU KNOW:

The mushroom is used in many cuisines throughout the world and it is known as the "meat" of the vegetable world.

## EXTENSION:

Follow up extension should centre on the benefits of eating a balanced diet.

Explore the different nutritional components, this can link to health and nutrition and science.

An example could be, ask the students to research, using technology, some questions around 1x nutritional component and present back to the class. i.e; protein.

What is protein? How is protein good for our bodies?

## CURRICULUM LINKS

**Health and Physical Education:** (ACPPS036)

**Science:** Communicating (AC SIS060, AC SIS071).

**The Arts:** Media Arts (ACAMAM060).

**General Capabilities:** Literacy, Personal and Social Capability.