

Lesson 1: What are mushrooms?

- Compare a mushroom and a plant.
- Answer the questions in the comparison chart



	Mushrooms	Plants
Describe what they look like.		
Do they have leaves?		
Do they have flowers?		
Do they have roots?		
Do they look the same?		
Where do they get their food from?		
Do they look like they use sunlight to grow?		
Are mushrooms plants?		

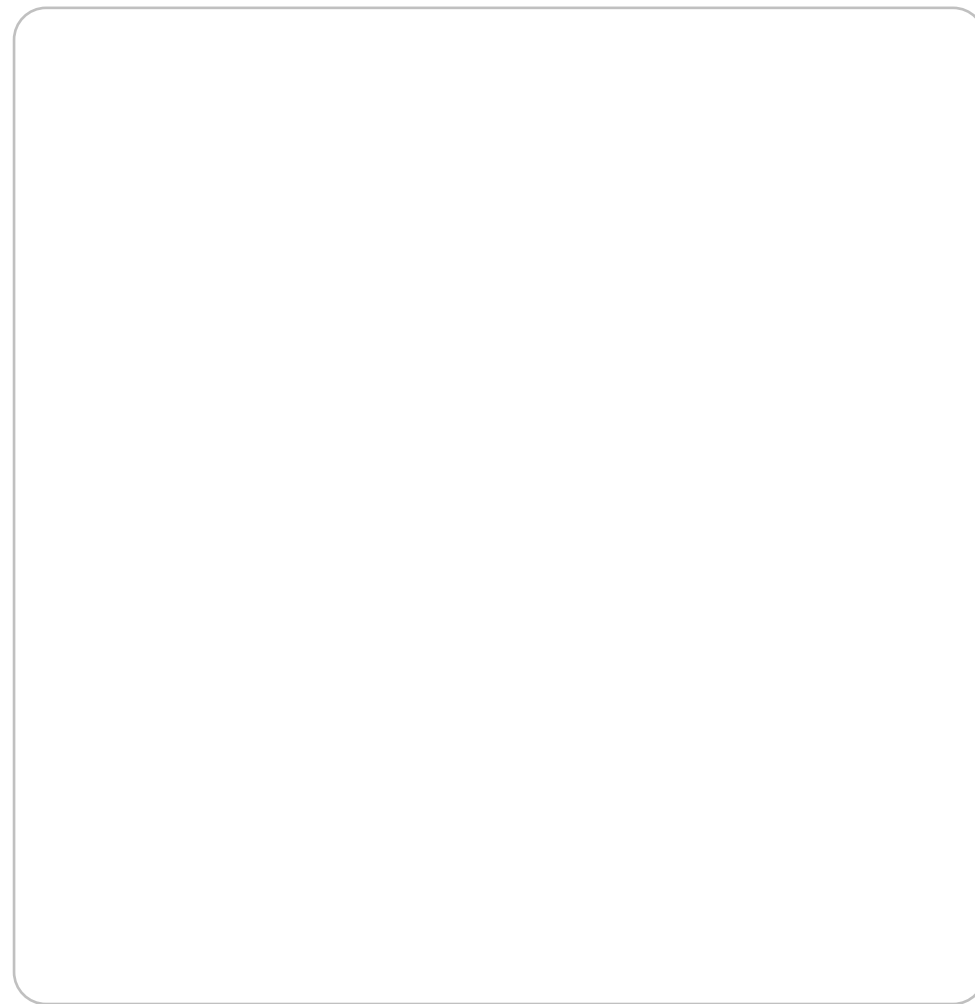
To complete the activity, choose one of the following options:

- a) use one of the mushroom images on the page or online
- b) use a fresh mushroom that your teacher has brought into class
- c) take a photo or draw a mushroom that you can see growing outside (Remember - Look don't touch!).

1. Choose a mushroom.



2. Draw and label the parts of your mushroom.

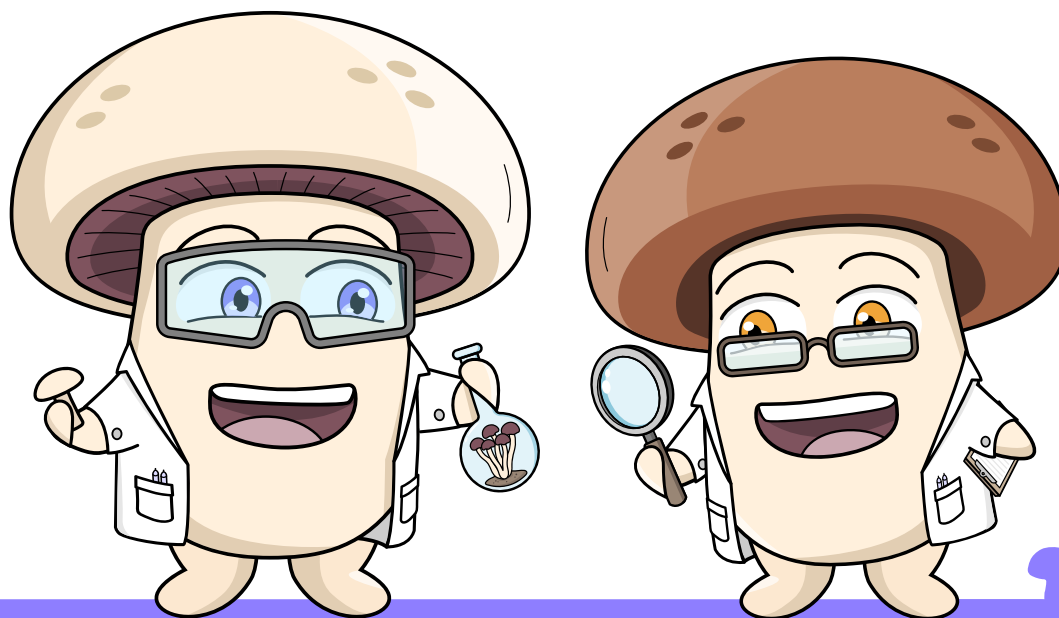


Lesson 1: Foray not forage

3. Describe what your mushroom **looks like**.

(e.g. colour, features)

4. Outdoor option: Describe where the mushroom was growing.



1. Complete each of the sentences using the words in the box.

Mushrooms don't need s_____ to grow; they are grown i_____ in special rooms.

They grow on s_____ which is made from recycled things like straw.

Mushrooms grow very f____! They can double in size in just one day.

Mushroom farms use a lot less l____ than farms that grow vegetables or raise animals.

Indoor mushrooms farms are controlled environments. Farmers manage and control energy use for h_____, c_____, and lighting.

After the mushrooms are harvested, the leftover substrate is full of n_____. Farmers often sell this to other farms to h_____ them grow new crops or use it in gardens.

fast

heating

cooling

nutrients

sunlight

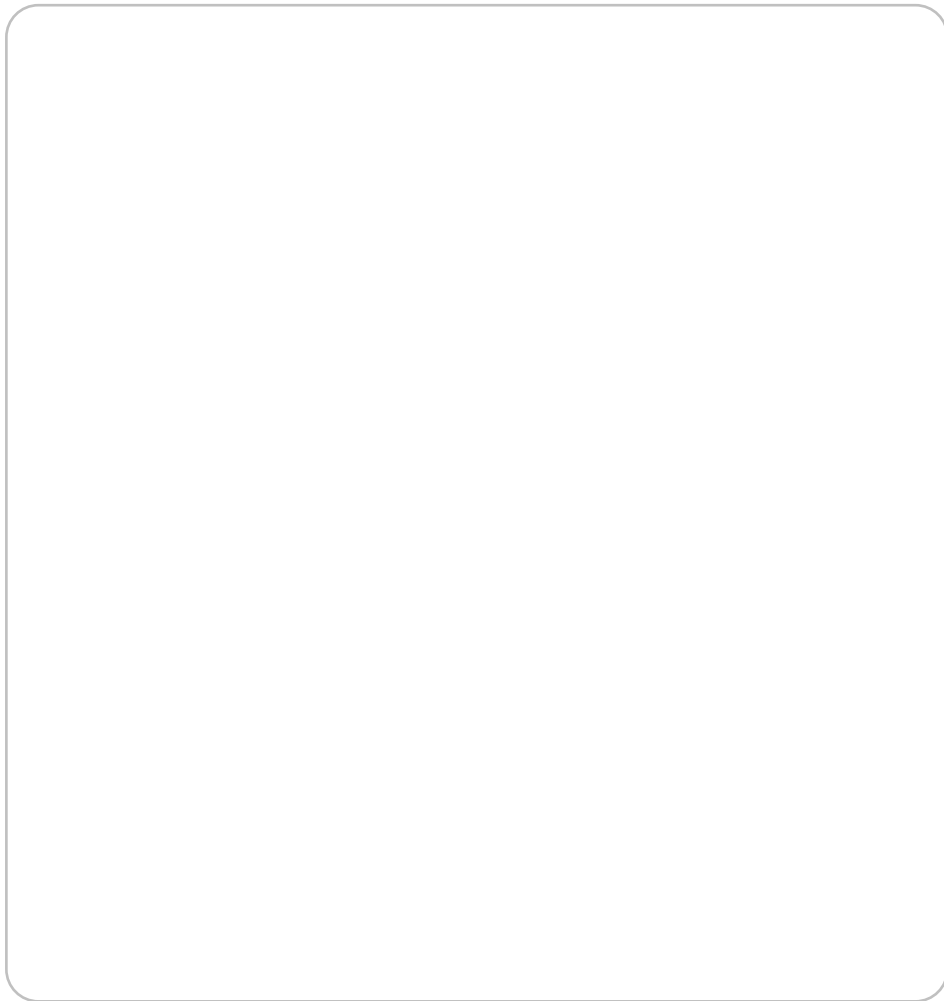
indoors

help

land

substrate

2. **Draw** a sustainable mushroom farm



3. Why is mushroom farming a great example of a **sustainable** practice?

4. Why are mushrooms considered a '**future food**'?

Lesson 4: What am I?

Eating a rainbow of fruits and vegetables is important because each colour has its own special things inside that help your body stay strong and healthy

1. Cut out and match the different coloured fruits and vegetables to their health benefits.
2. Draw an example of each one.
3. Trace then cut out the message.

Orange or
Yellow

Red

Draw a **purple** or **blue** food

Green foods like broccoli and spinach contain helpers like folate, which help your body grow, give you energy and boosts your immunity.

Brown and white foods like mushrooms and potatoes have helpers that help your body fight off bad germs to keep you healthy.

Draw a **green** food

Green

Foods like strawberries and tomatoes have special helpers that can help keep your heart healthy and strong.

Purple or
Blue

Draw a **green** food

Foods like blueberries and eggplant have powerful helpers called antioxidants. These protect your body from getting sick.

Foods like carrots and oranges are packed with a special helper called Vitamin A. This vitamin helps you see better, especially in the dark, and keeps your skin healthy.

Brown or
White

Draw a **green** food

Draw a **brown** or **white** food

- **Taste each of the foods and complete the table.**
- **Warning:** Make sure you tell your teacher if you have any food allergies before you start and DO NOT touch or eat that food.

	Taste 1	Taste 2	Taste 3	Taste 4
Draw the food.				
Name the food.				
Describe the food. What does it look like; feel like; smell like?				

	Taste 1	Taste 2	Taste 3	Taste 4
Describe the taste of the food.				
Is the food: sweet, savoury, sour, bitter, salty or something else?				
How does it taste compared to the cooked mushrooms you tried?				
Is a mushroom sweet, sour, bitter, salty or something else?				