

Chapter 4

Lesson 1: Organic vs. Non-organic

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Time	Instructions	Materials Needed
Learning Objectives	Explain the difference between organic and non-organic.	Pg. 1 content
Activities	<ol style="list-style-type: none">1. Read the content2. Go to the store and identify various brands which claim to be “organic” “all-natural”; “natural”; or “GMO” free, Write down the brands in the workbook; Identify:<ul style="list-style-type: none">● Fruits/vegetables; nuts; additives● what is the price difference between organic and non-organic?4. Complete worksheet and discuss.	Workbook/content
Wrap Up/ Reflection	Group discussion on the impact of organic vs. non-organic on: <ul style="list-style-type: none">● health benefits● price● talking points● awareness of guests needs	Write in workbook
Assessment	Demonstrate the ability to explain the difference between organic, natural, “all-natural”, GMO, and processed foods Multiple choice & true/false quiz	Quiz
Notes & Check for Understanding		