

What is a Mushroom?

As we begin a new unit related to nutrition, your child will be exploring Mushrooms. Your child will focus on learning about mushrooms, identifying mushrooms, learning about how healthy mushrooms are to eat, tasting mushrooms, and using mushrooms. Join us on that journey as you review what your child learned and how to extend that learning at home.

What is a Mushroom

A mushroom is a fungi but closely resembles vegetables.

Types of Mushrooms

White Button

Portabella

Oyster

Beech

Crimini

Lion's Mane

Shitake

Extended Learning

For a fun activity, the next time you go to the grocery store, try these activities

- Encourage your child to look at the mushroom selections and see what types they can identify.
- Purchase a type of mushroom and give it a taste test as a family. Use descriptive words to talk about the texture, taste

Read About Mushrooms

Suggested Readings to share with your child:

- [Mighty Mushroom & Friends](#)
- The Magnificent Mushroom by Meredith Hansen Favero
- A Walk Through Mushroom Town by David Aaron Charpentier

Nutritional Mushrooms

Mushrooms are great because they are a superfood and available all year. They are lowcalorie, fat-free, and contain more than 12 vitamins and minerals.

