

Flowers & Fruit

day five

Learn, Grow, Eat & Go!
EARLY CHILDHOOD
week 4

Insert seeds inside of model sunflower made with construction paper and green playdough



LESSON A: Making Sunflower Seed Heads

Objectives: Students will create a model to better understand the purpose of flowers

Time: 10 minutes

Materials/Prep: Yellow construction paper, green playdough, roasted sunflower seeds, small plastic plates, scissors

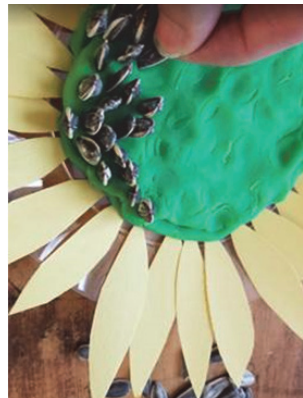
- Make ball of green playdough and flatten into circle in middle of a plate
- Cut petal shapes from yellow construction paper and tuck end under playdough to form flower

Lesson Narrative:

1. Remember the book we read earlier today? It is called The Reason for a Flower. Do you remember the reason the important job of a flower? It makes seeds.
2. Why do flowers make seeds? So they can grow new flowers.
3. How do flower seeds move from one place to another? Do you remember the ways seeds travel? We talked about how seeds move a few weeks ago. Take responses
4. Show a the three pictures of a sunflower (following this lesson).
Picture 1 What is this? What color is it?
Picture 2 Does it have seeds? Can you see them where they are hiding?

When the flower finishes growing you can see the seeds growing in the middle.

5. What happens when the seeds blow or fall off the flower to the ground? A new plant can grow.
6. It is important for flowers to make seeds so that we have seeds to plant new flowers.
7. Show students plate with the flower shape of green playdough and petals. Do you see any seeds on this pretend sunflower yet? No. Who wants to help me fill it? When I call your name, I'm going to give you a sunflower seed to take and carefully push the pointy end into the green playdough.
8. Have each student add one seed to the flower. This sunflower will be out during centers for you to look closely and use your hands or the tweezers to add more seeds. Once it's full, we are going to practice taking out the seeds. (fine motor activity)



PILOT DRAFT

Flowers & Fruit : day four

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LESSON B: Grow a Fruit

Draw stages of pumpkin plant from seed to fruit and cut open pumpkin to find seeds.



Objectives: Students will help make a chart and cut open pumpkin to life cycle of pumpkin

Time: 10 minutes

Materials/Prep: Small pumpkin, knife, chart paper, markers (green, brown, yellow, orange)

Lesson Narrative:

1. Today we are going to talk about how a fruit grows.
2. What is planted in the ground and grows a plant? Draw a seed on chart paper.
3. After the seed is planted what happens? Draw the sprout going up and the roots growing down.
4. The sprout turns into what? Draw the pumpkin stem.
5. The stem is missing something. What grows on the stem? Draw the leaves.
6. What blooms next? Draw a pumpkin flower.
7. What does the flower turn into? Draw a pumpkin.
8. Now we have a pumpkin. I have a real pumpkin. Let's look at it. I am going to cut it open. Show students the inside of the pumpkin.
9. What do you see? Yes, there are seeds in the pumpkin. The pumpkin is a fruit. What is the fruit's job? Hold seeds. How can these seeds grow into new pumpkins? Plant them.
10. What are some ways that seeds move and planted?
11. We learned about the life cycle of a pumpkin.



ACTIVITY: Power Smoothies

Make and enjoy this yummy, nutritious & kid-tested recipe!



PILOT DRAFT



ingredients:

- 1 to 1 ½ c. fresh spinach
- 2 c. pineapple, orange or other 100% juice
- 1 ½ c. frozen mixed berries
- 1 (6 oz.) container low-fat yogurt
- 1 banana
- 1 c. ice

Garden Kitchen Directions

Guide students to:

1. Place spinach in blender with juice. Blend thoroughly.
2. Add remaining ingredients and blend.

Song of the week:



Literature Connection:



today's garden journal prompt:

Draw a picture of the drink we made today.

JMG Early Childhood Pilot Curriculum Study

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