

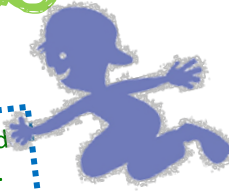
Stems & Leaves

day five

Learn, Grow, Eat & Go!
EARLY CHILDHOOD
week 3

LESSON A: Tea Tasting

Learn where tea comes from and taste different varieties of teas.



Song of
the week:

Lead students to learn this week's song with motions before this lesson.



Objective: Students will explore the color, smell, feel and taste of tea while exploring different varieties of tea

Time: 10 minutes

Materials/Prep:

- five types of tea, cup for each student (use real tea cups if possible), chart paper, photos of tea plants and videos of tea plants being processed (at <http://JMGkids.us/JMGearlychildhoodPILOT>)
- Prepare five types of tea. This can be five different types of one variety (e.g., different types of black tea) or different varieties of tea (e.g. 1 fruit tea, 1 black tea, 1 green tea, 1 herbal tea, 1 ginger tea). If you have children who come from cultures that drink tea, ask them to recommend their favorite tea. Prepare the tea in advance so that children do not handle hot water. Tea can be served at room temperature.
- Tea cups, real or disposable
- Create your own group chart to record favorite tea

Lesson Narrative:

1. Display the tea plants (or photos of plants) for the children and invite them to explore them with their eyes, smell them with their nose, and touch them with their hands. Has anyone ever seen a plant like this before? What do you notice about this plant?
2. The leaves are used to make tea that some people drink. Tealeaves are picked by hand and then left to wilt. They are then rolled, pressed, and dried out.
3. Now show students the tea bags. Tea may be purchased in teabags to seep in boiling water to make tea that we drink.
4. Show students the different variety of teas that have been prepared.
5. Serve tea to the children one variety at a time. Describe the flavor and smell (aroma = new vocabulary word)
6. After all the tea is sampled chart the favorite teas by taking a popular show of hands for each one. Either count votes or chart on a graph.



PILOT DRAFT

LESSON B: Stems Connect

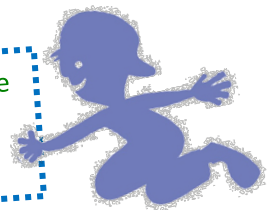
Objectives: Students will investigate and describe how stems connect the roots and leaves.

Time: 10 minutes

Materials/Prep:

- Select one or two lima beans growing in the CD case to demonstrate how the stem connects the roots and the leaves.

Examine bean seedlings to see how stems are attached to leaves and roots.





Lesson Narrative:

1. Remember when we planted the lima bean last week? Show students the lima bean plant growing in the CD case.
2. Remind me what we planted in the dirt. (lima bean)
3. What happened after we planted the lima bean?
4. Point to the stem of the lima bean plant. What parts of the plant is the stem connecting in the lima bean plant? (roots and leaves)
5. What is the job of the stem? (to transport water and food up from the plant)
6. Remind students about our stem straws and science experiment that show how water and food is transported through the stem.

PILOT DRAFT

ACTIVITY: Dilly Spinach Dip with Celery Sticks

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



ingredients:

- 1 (10oz.) package of finely chopped frozen spinach, thawed
- 6 oz. part skim Mozzarella cheese, shredded or grated
- 1 cup reduced fat or reduced sodium Parmesan cheese, grated
- 1 cup plain Greek yogurt
- 1 (.7oz) package of Italian seasoning dry dressing mix

Garden Kitchen Directions

Have one precooked spinach dip cooled and ready to share once students complete steps below. **Guide students to:**

1. Wash your hands and clean your cooking area.
2. Drain spinach well, pressing between paper towels.
3. Mix with remaining ingredients.
4. Pour mixture into greased baking dish.
5. Bake at 400 degrees for 20-25 minutes
6. Serve with celery sticks and crackers.



Literature Connection:

Read the book, picture walk or discuss daily during the unit on stems. Choose two questions each time you read aloud or discuss the book.

1. Point out rhyming words in book
2. Review seeds and roots while reading this book.
3. Describe the stem of a corn plant.
4. Do carrots have a stem?
5. What holds the peppers, corn, broccoli & okra up?
6. Describe the stem of a pumpkin.
7. How are cucumber, pumpkin, green bean and tomato stems similar?
8. What is the job of a stem?
9. What are some stems that were in the book? What are some stems that were not in the book?
10. Stems connect what 2 parts of a plant? (roots and leaves)



today's garden

journal prompt:

Draw a picture of the food we made today.