

Seeds & Roots

day five

Learn, Grow, Eat & Go!

EARLY CHILDHOOD

Week 2

LESSON A: Seed Observation

Objective: Students will explore examine seeds and the correlate them to packages that contain them.

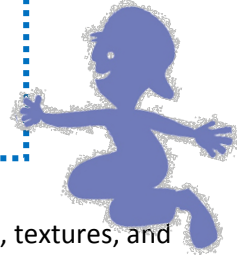
Time: 10 minutes

Materials/Prep:

A 4-6 vegetable seed packets with seeds (with seeds that are a variety of sizes, shapes, textures, and colors), sandwich or snack-sized baggies with zipped top, magnifying glasses

- Open seed packet and fill the baggie with the seeds
- Attach the seed packet to the baggie that contains the corresponding seeds

Examine different seeds and match them to the vegetable and seed packet they come from.



Lesson Narrative:

1. Hold up seeds. These are all seeds that grow in the ground and grow into a plant that produces fruits and vegetables.
2. Let's guess what plant they might grow into. Take responses from students.
3. Hold up seed packets. Now let's guess which seeds go with each packet. Take responses from students.
4. Show the correct match. Point to one of the matches. How do you think this seed grows into this plant? Take responses and discuss. If you plant a carrot seed, do you think a cucumber will grow? Take responses and ask why?
5. We are going to be planting seeds during this unit. It will be interesting to see what the plants look like. These seeds will be available during center time and you can use the magnifying glass to see them up close!

PILOT DRAFT

LESSON B: Twisty Roots

Objectives: Students will observe the Twisty Roots model that demonstrates how roots absorb nutrients and water.

Time: 15 minutes

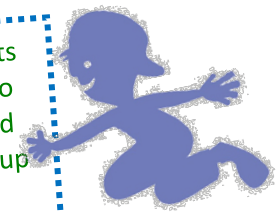
Materials/Prep:

Paper towels cut into 4 long strips and twisted tightly to form a long, thin root-like shape. Cup of colored water. (Fill cup with water and add 8 to 10 drops of blue food coloring.)

Lesson Narrative:

1. Begin lesson by singing the *Roots Are Growing in the Ground* song and perform movements with students.
2. Roots are a very important part of the plant. What do you think is a root's job? (Accept various student answers.) Watch what happens when I put a twisty root in my cup of water.

Build a model of roots from paper towels to show how water and nutrients are drawn up into plants.

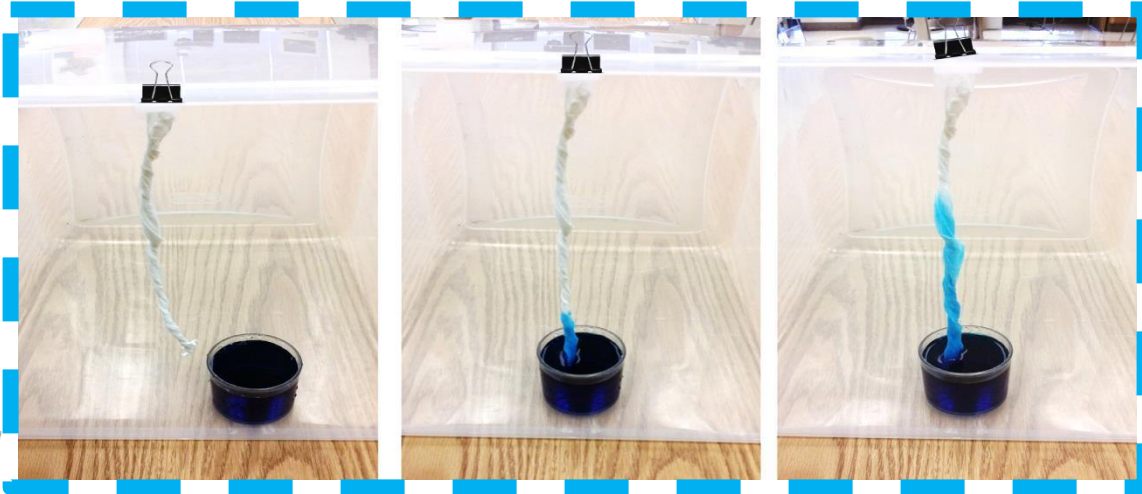


Assemble Twisty Root for view in bin by setting a plastic bin on its side and clipping twisted paper towel at top so that it reaches cup of water at bottom of bin.

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(Demonstrate the activity and watch students to determine if they are able to see the immediate movement of water up the twisty root and the water's progression towards the top.)

3. What is happening? Are you seeing any changes in my twisty root? Yes? Who can tell us what they are seeing? Why do you think the twisty root is changing color? (Guide the group to understand that water travels up the twisty root much like water and nutrients travel through the root system of plants (Example: carrots as seen in the Bare Root Bucket lesson). The nutrients help the plant grow big and strong like carrots help us to grow big and strong.)
4. Is this twisty root thick or thin? Yes, it is thin!



PILOT DRAFT



ACTIVITY: Cinnamon Carrot Crunch

ingredients:

- 4 medium carrots, grated
- 2 medium apples, chopped
- 1 tablespoon of lemon juice
- 3/4 cup of raisins
(soak them overnight in 1 cup of water in the refrigerator)
- 3/4 cup of vanilla yogurt
- 1 teaspoon of cinnamon

Garden Kitchen Directions

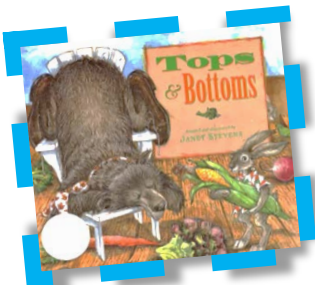
Guide students to:

1. Wash your hands and clean your cooking area.
2. Wash the carrots, apples, and celery.
3. With a knife or peeler, peel the carrots.
4. Chop the carrots and apples, and place them in large mixing bowl.
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.
6. Stir them until they are coated evenly.
7. Chill the salad before serving it.

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



Literature connection: Song of the week:



today's garden journal prompt:

Draw a picture of the food we made today.