

Seeds & Roots

day two

Learn, Grow, Eat & Go!
EARLY CHILDHOOD
week 2

LESSON A: How Do Seeds Move?

Objectives: Students will identify that seeds are planted in several ways: wind, water, animals and people.

Time: 10 minutes

Materials/Prep:

Make a chart on large paper with title section: *How Seeds Move: Wind, Animals People*, chart paper, seed, tape, winged seed spinner (instructions below), *Seeds Move* photos (below)

Introduce seeds and discuss how they grow.



Lesson Narrative:

1. Seeds are not just planted in the ground. They move many other ways. Let's think about the ways a seed could move. It might help us to think about how boats, cars, and airplanes move.
2. Demonstrate the following:
 - Show the "Spinning Seed" that was made prior to the lesson. Hold it high and drop it in front of you as you blow it further away.
 - Tape a seed to a child's clothing. Explain how an animal might have a seed stuck to its fur and how it drops in places wherever they may go.



3. As we think of ways seeds move, let's write them on our chart. Have students brainstorm ways a seed could move. Hopefully the students will come up with some ways that seeds move. Use scaffolding to help students understand. Here are some ideas. Think about the book, *The Tiny Seed*. How did seeds move in our book? (Wind and birds) Can anyone or anything move seeds around? Seeds can stick to people or animals and move around. Animals carry seeds in their mouths or they stick to their fur and travel wherever they go. There are many ways seeds can move.

4. As students give responses, write them in the columns on the chart titled, "Wind, Animals, People". Show the printed pictures to the students one at a time. Look at this picture. How does do you think this seed is moving? Tape the picture in the correct column. Repeat for each picture.
5. Conclude lesson by referring to the chart made by the class. Let's look at our chart. How do seeds move? Seeds can be planted, and they can move by the wind, animals and people.

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LESSON B: Seeds We Eat

Objectives: Students will investigate seeds with their senses and classify them as seeds they can eat and seeds they can't.

Time: 15 minutes

Materials/Prep:

Have foods available that contain seeds that can be eaten and foods that have seeds that can't be eaten (some examples are in the chart below), knife & cutting board for teacher, paper plates for students.

Learn about seeds they can eat and sample some of them.



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Lesson Narrative:

1. Today we are going to explore these foods by looking, smelling and tasting them.
2. First, which foods do you think have seeds in them? Sort the foods into two groups; one that the children think have seeds and one that they think does not have seeds.



3. Cut open the different types of food and see what is inside.

4. Explain that some seeds can be eaten and some seeds can't be eaten.

5. Pass around the seeds that can't be eaten and let the children look, smell and feel them. *Describe the seeds.* Take responses.

6. Pass out the seeds that can be eaten. Encourage students to look, smell, and taste the seeds. *What do they taste like? What is your favorite? Did you realize that you were eating a seed?*

Can Be Eaten	Can't Be Eaten
Sunflower	Avocado
Bean	Peppers
Peanuts	Apple

ACTIVITY: Seed Mosaic

Objective: Students will explore the different shapes, colors and sizes of seeds to create a design of their choice.

Materials: Glue, plastic container lids (such as butter dish lid, yogurt lid, etc), different types of seeds (corn, beans, sunflowers, pumpkin seeds, etc or a mixed bag of beans often sold as a soup mix in the grocery store works well.)

Lesson Narrative:

1. Have glue their seed onto the plastic container lids. While they are working, ask the following questions and make the following statements:

Look at all the seeds we have! The seeds are different sizes and shapes and colors.

What colors do you see? What shapes do you see?

How do the seeds feel? Are they smooth or rough?

Are all the seeds the same size? Show me the seeds that are smaller or bigger.

All of these seeds are very different and beautiful.

2. When the students finish their mosaic. Describe your seed design(mosaic) to me. Listen to responses and ask for details. Why did you choose this design? What would happen if we planted your mosaic?

Glue seeds on plastic lids to make interesting designs.



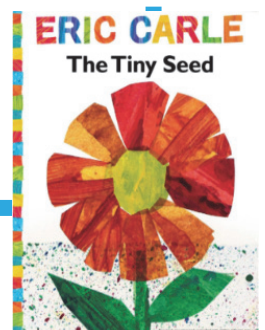
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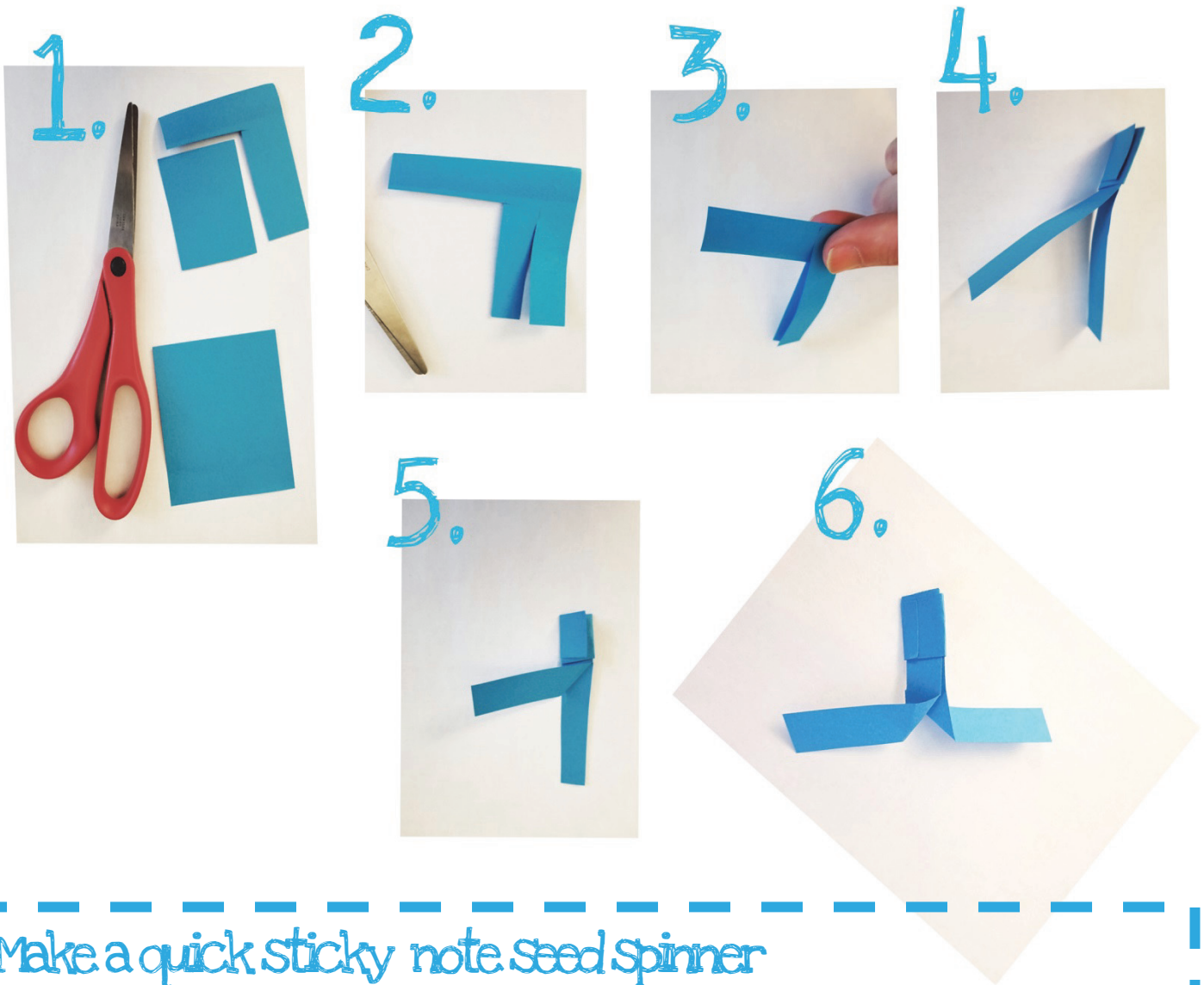
today's garden
journal prompt:

Draw a picture of a seed you can eat.

literature connection:

See featured book questions in yesterday's lesson to make another literature connection today!





Make a quick sticky note seed spinner






1. Cut rectangle from corner of non-sticky edge to form an L shape.
2. Cut down middle of the non-sticky edge to form 2 parallel strips as shown above.
3. Fold 2 parallel strips together so that both sticky tips are touching as shown.
4. Keep folding sticky strip around fold to form a small square of many layers of paper.
5. Fold each remaining long strip in opposite directions as shown.

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HOW SEEDS MOVE:		
WIND: CARRIES SEEDS  	ANIMALS: CARRY SEEDS BY MOUTH  SEEDS STICK TO ANIMAL FUR 	PEOPLE: SEED STICK TO SHOES OR CLOTHES  PEOPLE PLANT SEEDS 