

Seeds & Roots

weekly overview

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

Day 1

Lesson A: How Do Seeds Grow?

Lesson B: Seed Dissection

Activity: Bean See-D (Science)

Journal Prompt: Draw a picture of what you think a seed and root look like planted in the ground.

Day 2

Lesson A: How Do Seeds Move?

Lesson B: Seeds We Eat - Tasting

Activity: Seed Mosaic (Art)

Journal Prompt: Draw a picture of a seed that you can eat.

Day 3

Lesson A: The Bare Root Bucket

Lesson B: Root Exploration

Activity: Clapping the Roots Song (Vocabulary)

Journal Prompt: Draw a picture of a root that you can eat.

Day 4

Lesson A: Underground Roots Table

Lesson B: Roots we Eat - Tasting

Activity: Counting Carrots (Math)

Journal Prompt: Draw a picture of the seeds and roots that we planted in the CD case.

Day 5

Lesson A: Seed Observation

Lesson B: Twisty Roots

Activity: Garden Kitchen (Nutrition & Fine Motor)

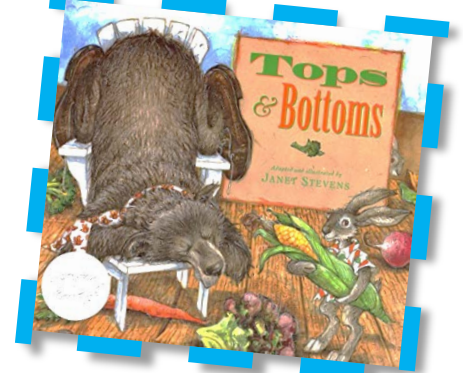
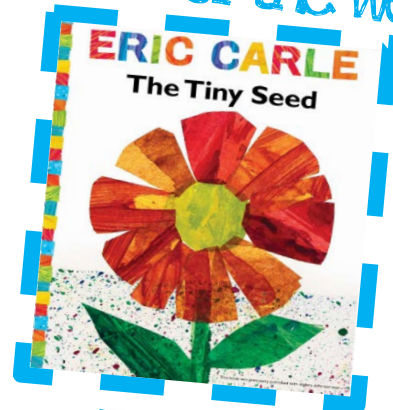
Journal Prompt: Draw a picture of the food we cooked today.

Grow Gardening Resources : **Plant Seeds of a Featured Crop**

Eat Food Exposure: **Baby carrots & Cinnamon Carrot Crunch**

GO Brain & Body Boosting Movement : **Garden Yoga**

books of the week:



Song of the week:



Family Engagement: Send home edible seeds & carrot/radish to try, ask families to look at roots, ask families to look for edible seeds & root vegetables.