

WEEK 1 - Plant Parts & Plant Needs		Early Childhood Learn, Grow, Eat & GO! Supplies
DAY 1	How Do Plants Grow?	<ul style="list-style-type: none"> • 1 small potted plant • pictures of a garden (pages 29-30) • seed packets (vegetable seeds)
	Finding A Garden Home	<ul style="list-style-type: none"> • 3- to 5-gallon planting pot or other container
DAY 2	Underground Root Table	<ul style="list-style-type: none"> • 2- to 3-foot section of pegboard or foam board • pipe cleaners (mostly green and brown)
	Rainbow Roots	<ul style="list-style-type: none"> • 3 pipe cleaners per student • 1 sheet of light-colored construction paper per student • crayons or markers • tape or stapler
DAY 3	Mop Flower	<ul style="list-style-type: none"> • pool noodle • mop • 2 sheets of poster board (green and one other bright color) • scissors • clear packing tape
	I Am A Growing Plant!	<ul style="list-style-type: none"> • water • spray bottle
DAY 4	Healthy Henry	<ul style="list-style-type: none"> • 4 feet of butcher paper • napkins • small plates • ranch dressing (optional) • seeds (such as sunflower or pumpkin) <p>bite-sized pieces of:</p> <ul style="list-style-type: none"> • roots (such as carrots or radishes) • stems (such as celery or asparagus) • leaves (such as lettuce or spinach) • flowers (such as broccoli or cauliflower) • fruit (such a bell pepper or cucumber)
	Sorting Plant Parts	<ul style="list-style-type: none"> • 6 containers (bowls, plates, or bins) • plant parts (seeds, roots, stems, leaves, flowers, and fruit)
DAY 5	Grow a Pumpkin	<ul style="list-style-type: none"> • a small pumpkin (if pumpkin is not in season, a squash, bell pepper, watermelon, etc., will work) • knife (for teacher use) • chart paper • markers (green, brown, yellow, and orange)
	Garden Kitchen Recipe: Power Smoothie	<ul style="list-style-type: none"> • 1 single-serve container skim milk • baby spinach • frozen pineapple chunks (or other fruit of choice) • 2 single-serve cups or 1 large container low-fat vanilla yogurt
Book options this week:		<p><i>Grow Flower Grow (by Lisa Bruce), Lola Plants a Garden (by Anna McQuinn)</i> <i>Pumpkin Circle (by George Levenson), Seeds Go, Seeds Grow (by Mark Weakland)</i></p>

WEEK 2 - Seeds & Roots		Early Childhood Learn, Grow, Eat & GO! Supplies
DAY 1	Seed Dissection	<ul style="list-style-type: none"> • bag of dried lima beans (or other large beans or seeds) • a bowl • water • paper plates • My Seed Parts page
	Growing Carrots or Radishes	<ul style="list-style-type: none"> • bag of all-purpose potting soil • carrot or radish seeds • water in a watering can • large pot or container with drainage holes in the bottom • trash bag
DAY 2	Seed Investigation	<ul style="list-style-type: none"> • cutting board • knives (for teacher use) • paper plates • 2-3 types of edible seeds (such as canned beans, peas, corn, fresh snow peas, or sunflower seeds) • 2-3 types of vegetables or fruits with seeds that are not edible (such as avocados, apples, bell peppers, or oranges)
	Seed Mosaic	<ul style="list-style-type: none"> • glue • index cards • different types of dried seeds (such as corn, beans, sunflowers, pumpkin seeds, etc.) or a mixed bag of beans (often sold as a soup mix in the grocery store)
DAY 3	The Bare Root Bucket	<ul style="list-style-type: none"> • bucket or bin (10 to 12 inches deep) • potting soil • small weeds (carefully dug up to preserve roots) • 2-3 types of root vegetables with green tops still attached (such as carrots, radishes, turnips, or beets)
	Garden Yoga	<ul style="list-style-type: none"> • carpet squares or yoga mats (both are optional)
DAY 4	Root Investigation	<ul style="list-style-type: none"> • 1-2 whole carrots • small potted plants • 1 small section of grass or a weed carefully dug up to include the roots • bucket of water • plastic tablecloth (to cover teaching area)
	Graphing Carrots	<ul style="list-style-type: none"> • 1 whole carrot • 1 bag for each shape or type of carrot (such as baby carrots, match-stick carrots, and carrot chips) • medium bowls to place each type of carrot into • small paper plate for each student • chart paper • markers
DAY 5	Twisty Roots	<ul style="list-style-type: none"> • paper towels (cut into four strips cut approximately 6 inches by 12 inches) • blue food coloring • clothes pins or paper clips • water • cups
	Garden Kitchen Hummus with Carrot Sticks	<ul style="list-style-type: none"> • 1 can low-sodium garbanzo beans • 1 garlic clove, crushed or 1/4 teaspoon garlic powder • 2 tsp ground cumin • 1 tbsp olive oil • 1 bag baby carrots
Book options this week:		<i>Tiny Seed (by Eric Carle), From Seed to Plant (by Gail Gibbons)</i> <i>The Carrot Seed (by Ruth Krauss), What Will Grow (by Jennifer Ward)</i>

WEEK 3 - Stems & Leaves		<i>Early Childhood Learn, Grow, Eat & GO! Supplies</i>
DAY 1	Stem Investigation	<ul style="list-style-type: none"> • 3 non-edible stems (such as weeds or twigs from bushes and trees) • 3 edible stems (one to three celery ribs, cut into narrow, bite-sized strips) • paper plates or napkins
	Growing Spinach and Lettuce	<ul style="list-style-type: none"> • bag of all-purpose potting soil • spinach or leaf lettuce seeds • water in a watering can • large pot or container with drainage holes in the bottom • a trash bag
DAY 2	Coloring Stems	<ul style="list-style-type: none"> • celery stalks (use the center stalks with the leaves attached) • tall clear plastic jar partially filled with water • blue food coloring • knife for teacher use
	Sipping Stems	<ul style="list-style-type: none"> • 1 small water bottle per student • 1 straw per student (use green straws if possible) • permanent marker to write students' names on water bottles and containers
DAY 3	Leaf Investigation	<ul style="list-style-type: none"> • bag of fresh, pre-washed baby spinach • small paper plates • a picture of a spinach plant • non-edible leaves collected from outside (one per student)
	Stem Flow Run	<ul style="list-style-type: none"> • chalk or masking tape
DAY 4	Mystery Touch and Feel	<ul style="list-style-type: none"> • fresh leaf lettuce • a mystery container (such as a brown paper sack, pillowcase, or a box with a hole in the lid for student to reach into) • paper towels
	Leaf Texture Card	<ul style="list-style-type: none"> • variety of edible and not edible leaves (collect leaves of different shapes, sizes, and colors) • thick crayons (with the paper peeled off) • white copy paper • a flat surface or table • glue • masking or painters tape
DAY 5	Leaf Shine	<ul style="list-style-type: none"> • sipping stem bottles and straws from the lesson on Day Two
	Garden Kitchen: Red Leaf Lettuce & Strawberry Salad	<ul style="list-style-type: none"> • 4 cups red leaf lettuce greens • balsamic vinaigrette salad dressing • 1 cup fresh strawberries, sliced, or 1 cup mandarin oranges (fresh or canned), chopped
<i>Book options this week:</i>		<i>Up, Down, and Around (by Katherine Ayres), Oliver's Vegetables (by Vivian French) Leaves (by David Ezra Stein), Jack's Garden (by Henry Cole)</i>

WEEK 4 - Flowers & Fruit		Early Childhood Learn, Grow, Eat & GO! Supplies
DAY 1	Flower Lab	<ul style="list-style-type: none"> • 3 paper plates • permanent marker • fresh flowers (appropriate for the activity to identify seeds) • scissors • magnifying glasses
	Growing Vegetable Transplants	<ul style="list-style-type: none"> • bag of all-purpose potting soil • watering can filled with water • large pot or container with drainage holes in the bottom • trash bag • small vegetable or fruit transplant
DAY 2	Making Sunflower Seed Heads	<ul style="list-style-type: none"> • yellow construction paper • green playdough • roasted sunflower seeds • small plastic plates • scissors for teacher use
	Chalk Flowers	<ul style="list-style-type: none"> • dark construction paper (one sheet per student) • colored chalk
DAY 3	Dusty Bees and Honey Please!	<ul style="list-style-type: none"> • Chalk Flower activity art pages • cotton balls • tape • honey • plastic spoons (one per student) • scissors for teacher use
	Blue Flower, Yellow Flower, BUZZ!	<ul style="list-style-type: none"> • 4 sheets of poster board (red, green, yellow, and blue) • scissors
DAY 4	Fruit Investigation	<ul style="list-style-type: none"> • 1 fruit with an edible skin or peel • 1 fruit with a non-edible skin or peel • knife for teacher use • cutting board • muffin cups or plates
	Orange Juicer	<ul style="list-style-type: none"> • handheld juicer or small electric juicer • small tasting cups • a measuring cup • a knife for teacher use • oranges
DAY 5	Floating Fruit	<ul style="list-style-type: none"> • 1 orange • tall, clear plastic cylinder (such as a cereal container) or a large, clear bowl with water (3/4 full)
	Garden Kitchen: Banana Chocolate Pudding	<ul style="list-style-type: none"> • 1 large avocado, pitted and peeled • 1 banana • 1/2 cup cocoa powder • 4 tbsp honey • 1/4 cup nonfat milk • 1 tsp vanilla extract
Book options this week:		<i>The Reason for a Flower (by Ruth Heller), A Fruit is a Suitcase for Seeds (by Jean Richards) Planting a Rainbow (by Lois Ehlert), Flower Garden (by Eve Bunting)</i>

Teacher Resources / Unit Centers	<i>Early Childhood Learn, Grow, Eat & GO! Supplies</i> (Resources that may already be available in the classroom; pages 146-149)
Art Center	<ul style="list-style-type: none"> • paper • glue • 1 package sunflower seeds • 1 package spinach seeds or other variety • fresh and dried leaves • small twigs • grass • flowers (appropriate for art activities) • tree bark
Block Center	<ul style="list-style-type: none"> • blocks • 2 small plastic shovels • 2 small plastic rakes • 4 sets kids gloves • 2 watering cans • artificial flowers (as appropriate for activity and of a vegetable or fruit if possible)
Dramatic Play Center	<ul style="list-style-type: none"> • 5 reusable/paper shopping bags • 3 shopping baskets • plastic produce • cash register • scale • photos of farmer's market
Math Center	<ul style="list-style-type: none"> • leaves • permanent marker • 7 types of natural elements (acorns, pebbles, small leaves, seeds, twigs, etc.)
Library Center	<ul style="list-style-type: none"> • books referenced or audio recordings
Science Center	<ul style="list-style-type: none"> • 4 sheets of poster board (red, green, yellow, and blue) • scissors
Writing Center	<ul style="list-style-type: none"> • laminated copy of writing center garden words • 6 paper copies of writing center garden words
Playdough Center	<ul style="list-style-type: none"> • 6 containers playdough • 3 sets playdough letter stamps • 3 packets seeds (vegetable seeds of various sizes) • leaves and stems, cleaned for use • 6 photos of flowers or fruits • 4 pipe cleaners, in 1-inch increments
Tub Garden	<ul style="list-style-type: none"> • plastic Tub • 1 bag potting soil • 5 plastic spoons • 2 plastic shovels • 5 artificial flowers
Soil and Seed Sorting	<ul style="list-style-type: none"> • 1 bag potting soil • 4 packets seeds (or use beans) • 4 muffin tins • 5 plastic spoons • 4 sets tweezers
Arranging Stems and Leaves	<ul style="list-style-type: none"> • leaves and stems collected from outdoors
Scrub Station	<ul style="list-style-type: none"> • plastic tub • 1 orange • 1 apple • 1 lemon • 1 bell pepper • 4 scrub brushes • paper towels