

This week's lessons

a. Veggie Research and Garden Graffiti

60 minutes

b. GO, SLOW, WHOA Classification

30 minutes

Weekly features

Fresh Food Exposure (pages 132–137)

Garden Kitchen Recipe Demo
(pages 141–158)

Quick Classroom Exercise (page 168)



Tip of the Week

This lesson combines color, creativity, and communication in the garden. You'll need to gather stones beforehand to be painted by your students. These can be anything from flat stones to old bricks to even smaller pieces of a recently broken up sidewalk or curb. Look for just about any type of stone that includes a flat surface of at least 8 to 10 inches across.

a. Veggie Research and Garden Graffiti 60 minutes



Objectives

Gather data on the nutritional benefits of vegetables.

Use art to demonstrate understanding of the nutritional benefits of vegetables.



Supplies

For research: Several copies of the *Garden Planting Chart* (page 27) and the *Veggie Research Data* chart (pages 50–53)

For each student: 1 sheet of paper; 1 *Veggie Mania* worksheet; 1 pencil

For graffiti art: Covers for the tables or desks

For each student: 1 clean, dry stone or brick*; paintbrush; acrylic paints, or, if the surface of the stones is smooth and light colored, permanent markers

* Examples: Found stones, old bricks, or small chunks of cement; irregularly shaped pieces are ideal if each has at least one flat surface that can be painted

** As an option, your class could use permanent markers to decorate wooden paint stir sticks for their graffiti.

Know your stuff

Did you know that like oranges, broccoli is an excellent source of vitamin C? Or that carrots can help you see better at night? The vegetables that your students will learn about—and especially those that will grow in your garden—contain a huge variety of nutrients that help us grow healthier, stronger minds and bodies.





The students will not only learn about the health benefits of eating vegetables, but they'll also help others learn. Before class, write down the six vegetables growing in the garden this season.

Post several copies of the *Veggie Research Data* chart around the room.

Then give a copy of the *Veggie Mania* worksheet and assign a vegetable to each student. Allow 15 minutes for the students to fill in the data to complete their research pages.

Be creative

Art can be fun, but it can also communicate messages. The students will use the information gathered in their vegetable research to create art that will teach others about the benefits of eating the vegetables growing in the class garden.



Tell the students that they will each create a piece of art to add to the garden. Their art will be colorfully and creatively painted stones that they will place near the vegetable plants. Each student will be assigned to paint a label stone, a vitamin stone, or a benefit stone (see descriptions below). The stone will share information about their researched vegetables.

- ★ **Label:** This stone will display the name and a drawing of the vegetable.
- ★ **Vitamin:** Another stone will have a drawing of the vegetable and the name of the vitamin or nutrient it contains.
- ★ **Benefit:** This stone will show a drawing of the vegetable and one of its benefits to your body.

The class should paint at least 18 stones, three for each of the six vegetables in their garden. If your class has fewer than 18 students, some can paint more than one stone. If the class has more than 18 students, have some of them paint additional “benefit” stones.



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Ask volunteers or parents to help gather and prepare the stones for the workshop by scrubbing them lightly with soapy water and allowing them to dry.

Also ask for donations of paints and brushes, and for volunteers to help during the workshop.

Ask the students to share something they learned while researching their vegetables and painting their stones.

Compliment them on their Garden Graffiti art and point out that people visiting or even walking by the garden will learn about what's growing there. These passers-by might want to grow or try the vegetable for themselves!



Follow the steps below to guide the students through the Garden Graffiti workshop:

1. Cover the table tops with sheets of newspaper or plastic, and secure them with tape.
2. Give a stone and assign a design category (marker, vitamin, benefit) to each student.
3. Have the students look at the flat surface of the stone they'll be decorating and make an outline of that shape on a sheet of paper. The sheets will be the planning pages for their Garden Graffiti designs. The students will make sketches of what they will communicate in paint on their stones.
4. Next, the students will paint their stones. Encourage them to take their time, and point out that they will be able to add more details during the next session. Next time, they may apply a second layer of paint, such as a solid background color or a dark outline around the vegetable.
5. Allow the paint to dry.
6. Set a time for the students to place their stones near the appropriate plants in the garden.



As an option, your class could use permanent markers to decorate wooden paint stir sticks for their graffiti.

Name: _____

Veggie Mania

Name of the plant: _____

Drawing of the plant



Drawing of the seeds



Use the *Garden Planting Chart* and *Veggie Research Data* chart to answer the questions below:

1. Is the plant grown in a warm or cool season? _____
2. How deep should the seed be planted? _____
3. How many days after planting can the vegetable be harvested? _____
4. What color is the edible part of the plant? _____
5. Name one U.S. state that produces this vegetable. _____
6. What vitamins does the vegetable provide? _____
7. What benefit do you get from eating this vegetable? _____
8. Write an interesting fact that you learned about this plant. _____
