



Fall Pilot 2014

'S GARDEN JOURNAL

1. garden journal – The First Seed



You learned about plant needs today. Write the plant needs that you remember beside each letter below:

P
L
A
N
T
S

Your teacher just gave you a seed. Do you know what it will grow if you plant it and give it everything it needs? Maybe it will grow into a tree, or a flower, or some tasty new veggie that you've never even seen before. *Draw a picture of what you think this seed might become one day then write two sentences to describe what you think it would look like when it's grown.* (Include at least 3 describing words in these sentences.) Then write one more sentence to tell how this grown plant might be useful to you.

TASTING 1: Carrots

You've learned that eating something is not just tasting it but using all 5 of your senses!

When you get the carrot sample, you get to give it a report card. Each sense of sight, smell, feel, sound and taste gets its own grade.

Sight	A	B	C	D	F
<hr/>					
Smell	A	B	C	D	F
<hr/>					
Feel	A	B	C	D	F
<hr/>					
Sound	A	B	C	D	F
<hr/>					
Taste	A	B	C	D	F
<hr/>					

2. garden journal

The bear in the story was lazy. All he wanted to do was lounge around and sleep. By the end of the story, the bear's laziness cost him a lot and he learned to get outside and spend time in his garden. Digging, planting, pulling weeds **are** all things you do to take care of your plants. It's also good exercise for taking care of your body.

What are some things that you like to do that help you stay fit? Write 5 ideas and tell how it helps you stay fit.

1.

2.

3.

4.

5.



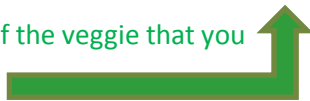
Next place three stars next to any of those activities that make your heart beat faster and makes you take deeper breaths.



Now place a water drop beside any activity that makes you thirsty.

TASTING 2:

Write the name of the veggie that you are tasting today.



What you put in your body is a big part of what makes you feel healthy and grow strong. Just like water is a need for plants to live and grow, your body needs and wants water. Even though sweet drinks are OK to have sometimes, try to make choices that make you feel healthy and grow strong.



Sight	A	B	C	D	F
<hr/>					
Smell	A	B	C	D	F
<hr/>					
Feel	A	B	C	D	F
<hr/>					
Sound	A	B	C	D	F
<hr/>					
Taste	A	B	C	D	F
<hr/>					

3. garden journal

Today you learned about the amount of space different plants need. The garden below is 4 feet wide and 4 feet long. How many total square feet are in this garden? _____

A lot can fit in this small garden!

Choose from the vegetables that you used for Paper Towel Gardening.

1. Write small letters to label what you would plant in each square.

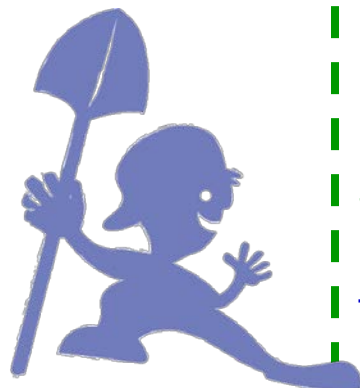
2. Fill in the squares with the right number of dots to show how many seeds should be planted in each square.

(The first one has been done for you!)

• • • • • • • • • • • • • • • • carrots			

TASTING 3: _____

Write the name of the veggie that you are tasting today.



Sight A B C D F

Smell A B C D F

Feel A B C D F

Sound A B C D F

Taste A B C D F

4. garden journal

You learned that it is important to pick a location that supports the needs of plants growing there. You also learned about five food groups you want on your plate to provide for your body's needs.

Think about places where you can get the food your body needs to live and grow and learn and play. You might think of a grocery store or restaurant. You might think of your home or school.

Write the name of one place that would be a good choice for a source of food. Tell **why** you would choose that place and **what** you would be able to eat there.

[illegible]

TASTING 4: _____

Write the name of the veggie that you are tasting today.

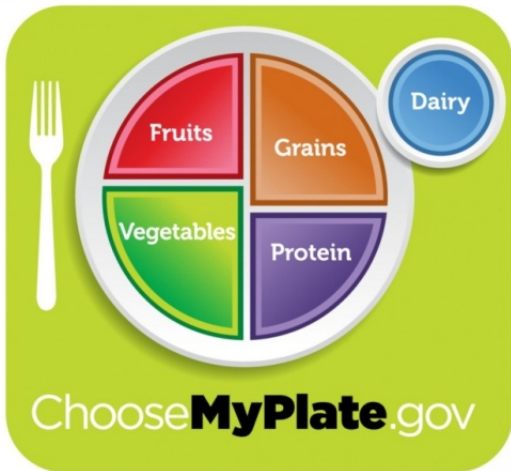
Sight	A	B	C	D	F
Taste	A	B	C	D	F

5. garden journal

In today's lesson you came up with rules to keep your garden safe and made plans to help your garden stay healthy. **Planning ahead makes it easier to do the things you want to do.**

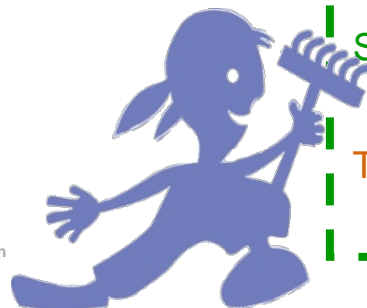
Do you help plan meals at your house? **Yes** or **No**

How does planning your meals *ahead of time* help you to make sure you are going to be able to eat a healthy meal?

[illegible]

TASTING 5: _____

Write the name of the veggie that you are tasting today.

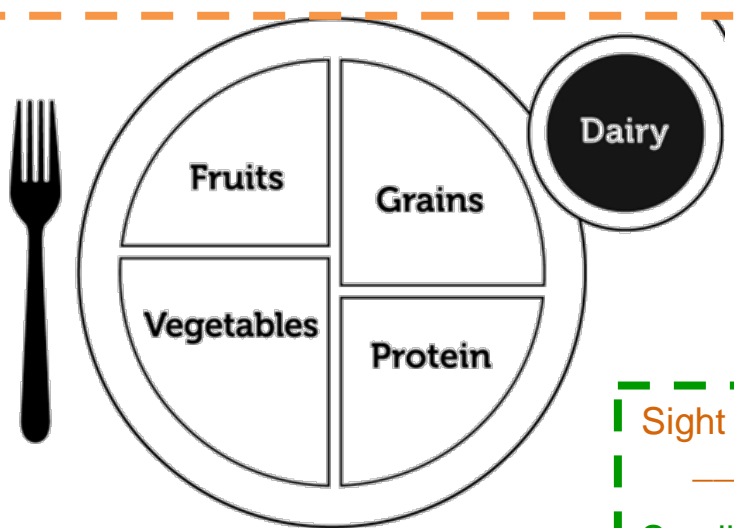


Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F

6. garden journal

Tell how your class made Garden Graffiti and how you helped make your rock! Also tell how painting those rocks can actually help make other people healthier. Then draw a picture of the rock you designed & decorated:

YOUR GARDEN GRAFFITI:



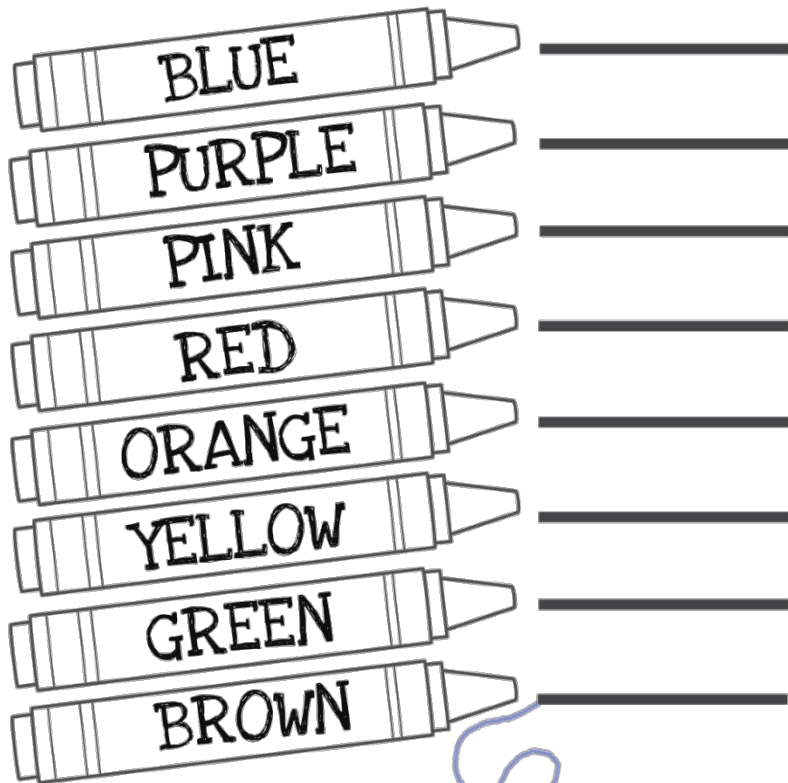
TASTING 6:

Write the name of the veggie that you are tasting today.

Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F

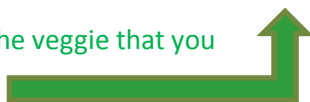
7. garden journal

You learned that eating a variety of foods is important to give your body the nutrients and fuel it needs to live, grow, learn and play. Eating many different colors is a good way to help you get that variety. Take the rainbow challenge below by writing the name of a different vegetable or fruit beside the color it is:

A large, empty rectangular box with a green border, intended for a drawing or additional notes related to the rainbow challenge.

TASTING 7: _____

Write the name of the veggie that you are tasting today.



Sight	A	B	C	D	F

Smell	A	B	C	D	F

Feel	A	B	C	D	F

Sound	A	B	C	D	F

Taste	A	B	C	D	F

8. garden journal

What is happening in your garden right now? Are there new leaves growing?
Have you harvested or eaten from the garden yet? Write at least two sentences in the space above about what you are seeing happen in the garden right now. And add one more sentence to explain how you are working to help the garden.



TASTING 8:

Write the name of the veggie that you are tasting today.

Sight A B C D F

Smell A B C D F

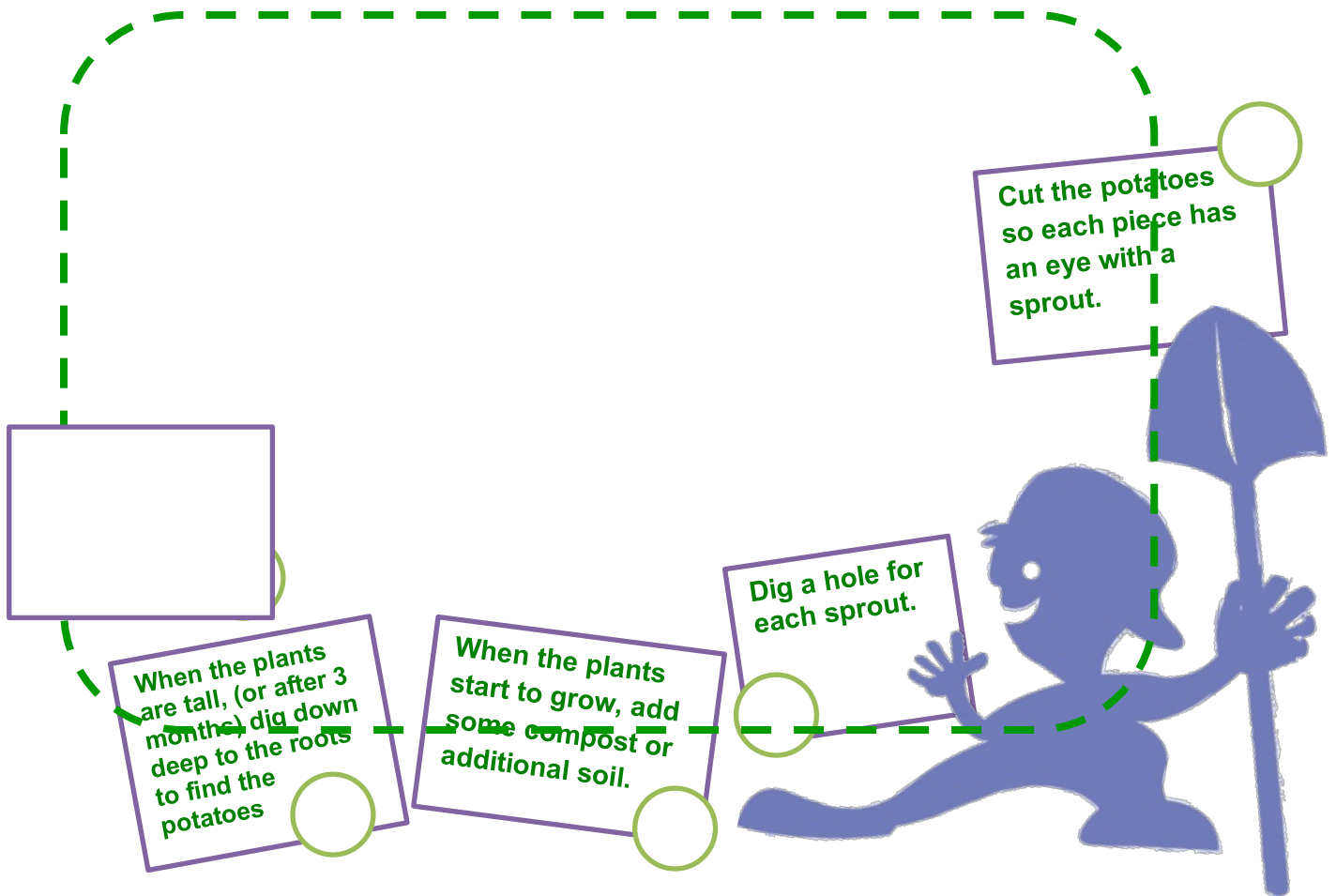
Feel A B C D F

Sound A B C D F

Taste A B C D F

9. garden journal

In the story *Two Old Potatoes and Me*, the family grew a new garden. They planted old, hairy potatoes and were able to grow new potato plants AND a bunch of new potatoes. Put the steps to planting potatoes in order by writing the numbers 1-5 in the circles below. Then, in the box below, draw a picture of what you think the potato plant will look like when it's fully grown.



TASTING 9:

Write the name of the veggie that you are tasting today.

Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F

10. garden journal

As you take care of a garden, you get to grow vegetables you've never grown before and taste things you never tasted. Answer these 3 questions:

1.

What is a vegetable you like now that you had not tasted before?

2.

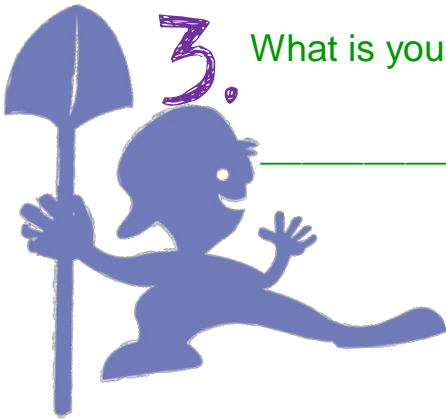
Pretend you offered a bite of that vegetable to a friend and they said, "I don't like that," even if they've never tried it.

What would you tell them? _____



3.

What is your favorite part of having a garden?



TASTING 10:

Write the name of the veggie that you are tasting today.



Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F