



_____'S Garden Journal

Garden Journal: Week 1

Write a plant need beside each letter below:

P
L
A
N
T
S



Your teacher has given you a seed. What might it grow into if you plant it and give it everything it needs? Maybe it will grow into a tree, a flower, or some tasty new veggie that you've never even seen before.

1. Draw a picture of what you think this seed might become one day:
2. Write 2 sentences to describe what you think the plant would look like when it's grown. (Include at least 3 describing words in these sentences.)
3. 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's using all 5 of your senses! Today you will give a report card to a carrot. Give it a separate grade for each sense—sight, smell, feel, sound, and taste.

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

Garden Journal: Week 2

The bear in the story was lazy. All he wanted to do was lounge around and sleep. But by the end of the story, the bear's laziness had cost him a lot, and he had learned to go outside and spend time in his garden.

Digging, planting, and pulling weeds are all actions you take to care for your plants. They are also good exercise for your body.

What do you like to do that helps you stay fit? Write 5 ideas and tell how each helps you stay healthy.

1.

2.

3.

4.

5.



Next, draw 3 stars next to the activities that make your heart beat faster and make you take deeper breaths.



Now, draw 1 water drop beside any activity that makes you thirsty.

What you put in your body is a big part of what makes you feel healthy and grow strong. Just as plants need water to live and grow, your body also needs water.

Sometimes it's OK to have sweet drinks, but most of the time, try to choose drinks that make you feel healthy and grow strong.



TASTING 2:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

Sight A B C D F

Smell A B C D F

Feel A B C D F

Sound A B C D F

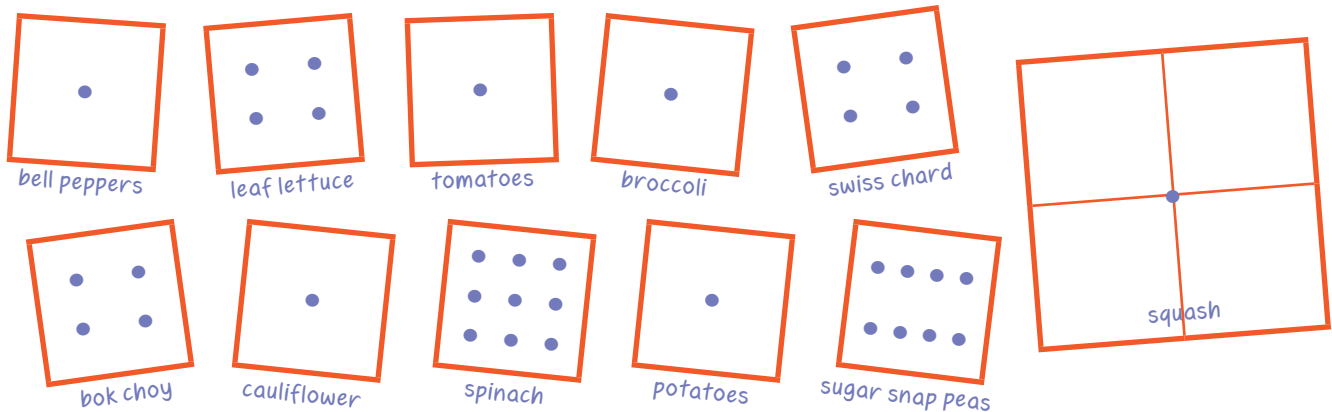
Taste A B C D F

Garden Journal: Week 3

Today you learned about the amount of space different plants need. The garden below is 3 feet wide and 7 feet long. How many total square feet are in this garden? _____

A lot can fit in this small garden! Fill in the spaces below with the vegetables that you used in Paper Towel Gardening. Label each square with the vegetable that you would plant there. Use small letters.

Also in each square, put a dot for every seed that should be planted there. (The first one has been done for you.)



 carrots						

TASTING 3:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

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

Garden Journal: Week 4

You have learned that a garden must be located where it can provide for the needs of the plants growing there. You have also learned about the five food groups that you want on your plate to provide for your body's needs.

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



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

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TASTING 4:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

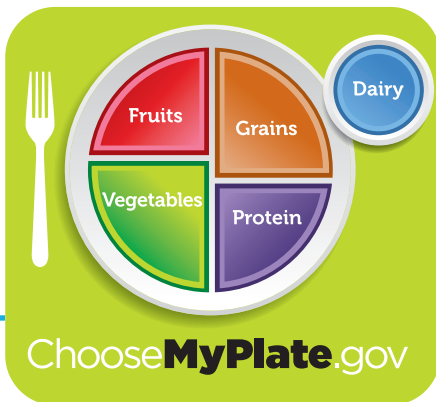
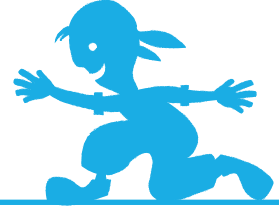
Sight	A	B	C	D	F
Smell	A	B	C	D	F
Feel	A	B	C	D	F
Sound	A	B	C	D	F
Taste	A	B	C	D	F

Garden Journal: Week 5

This week you made rules and plans to keep your garden safe and healthy. Planning makes it easier to reach your goals.

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

How does planning help you be sure to eat a healthy meal?



TASTING 5:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

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

Garden Journal: Week 6

1. Describe how your class made Garden Graffiti and how you helped make your rock.
2. Explain how painting those rocks might help make other people healthier.
3. In the box, draw a picture of the rock you designed and decorated.

Your Garden Graffiti



TASTING 6:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

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

Garden Journal: Week 7

It's important to eat a variety of foods to give your body the nutrients and fuel it needs. A good way to help you get that variety is to eat foods of many different colors.

Take the rainbow challenge below by writing the name of a vegetable or fruit beside its color:



BLUE	_____
PURPLE	_____
PINK	_____
RED	_____
ORANGE	_____
YELLOW	_____
GREEN	_____
BROWN	_____

TASTING 7:

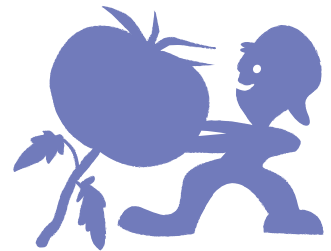
(If you are doing a tasting today, write the name of the veggie that you are grading.)

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

Garden Journal: Week 8

What is happening in your garden right now? Are new leaves growing? Have you harvested or eaten from the garden yet?

1. In the space above, write at least two sentences about what is happening in the garden right now.
2. Add one more sentence about how you are working to help the garden.
3. If you have time, draw a quick picture of what the garden looks like today.



TASTING 8:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

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

Garden Journal: Week 9

In *Two Old Potatoes and Me*, the family grew a garden. They planted old, hairy potatoes and grew new potato plants and a bunch of new potatoes.

Put the steps for planting potatoes in order by writing the numbers 1-5 in the circles below.

In the box, draw a picture of what you think the potato plant will look like when it's fully grown.



Put the potato piece in the hole with the sprout facing up.



When the plants are tall (or after 3 months), dig down deep to the roots to find the potatoes.



When the plants start to grow, add some compost or more soil.



Dig a hole for each sprout.



Cut the potatoes so each piece has an eye with a sprout.



Write some notes here to tell what happening in the garden this week:



TASTING 9:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

Sight A B C D F

Smell A B C D F

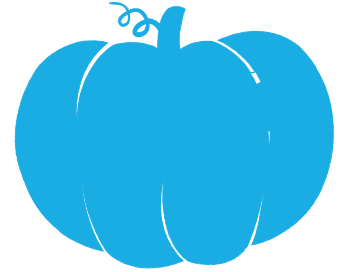
Feel A B C D F

Sound A B C D F

Taste A B C D F

Garden Journal: Week 10

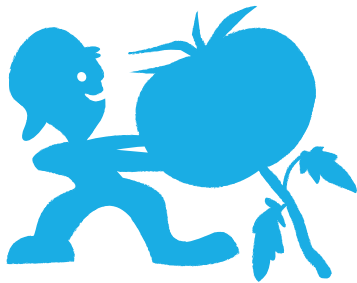
When you take care of a garden, you can grow vegetables that you've never grown before and taste foods that you've never tasted.



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

2. Pretend that you offered a bite of that vegetable to some friends 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:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

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

Garden Journal Calendar

In each line below, write a note about what is happening on that day. Write down events that you or someone else should remember. It may be telling what you planted, how many seeds you planted, what insects were on your plants, when you added fertilizer, when you harvested, when it froze or anything else you think is important!

Month _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
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26. _____
27. _____
28. _____
29. _____
30. _____
31. _____

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24. _____
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26. _____
27. _____
28. _____
29. _____
30. _____
31. _____

Garden Journal - Plant Scrapbook

Plant name: _____

How planted: **Seed** or **transplant**

Date planted: _____

What is this plant being grown for? _____

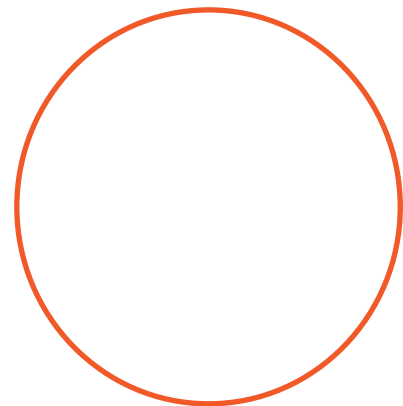
How many days until seed germinated
or new growth observed? _____

Interesting observations:

★ _____

★ _____

★ _____



Make a drawing of the seeds
(or transplant), or glue some
sample seeds here.

Plant drawing

After 1 week

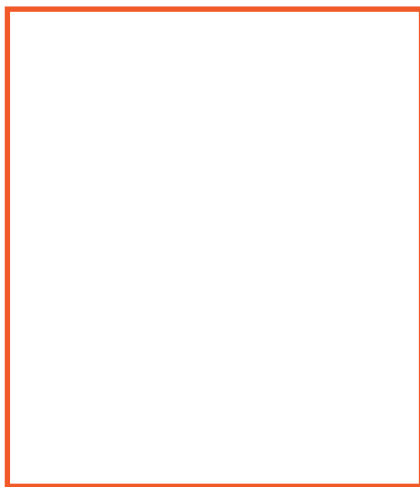
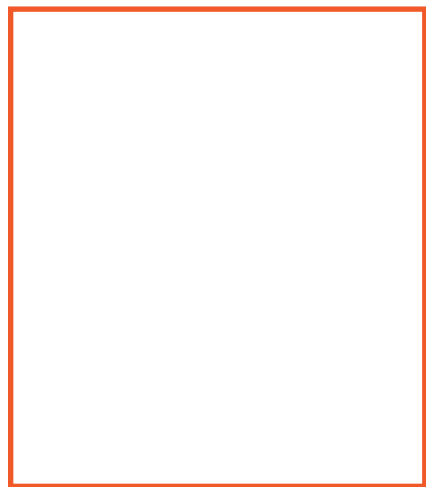
After 2 weeks

After 8 weeks

Date: _____

Date: _____

Date: _____



If this plant was grown for its flowers or for food, what dates were the flowers produced or
the food harvested? _____

How many total pounds were harvested? _____

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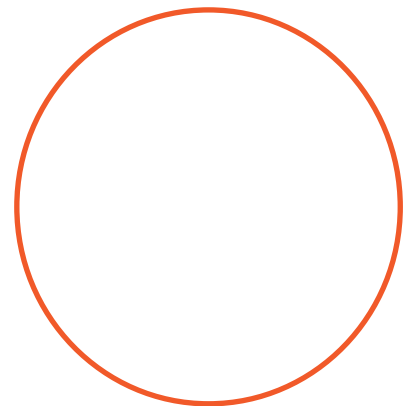
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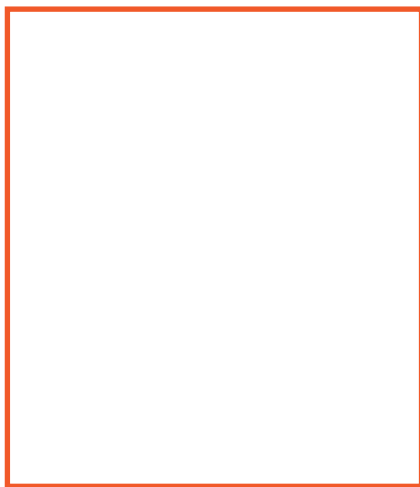
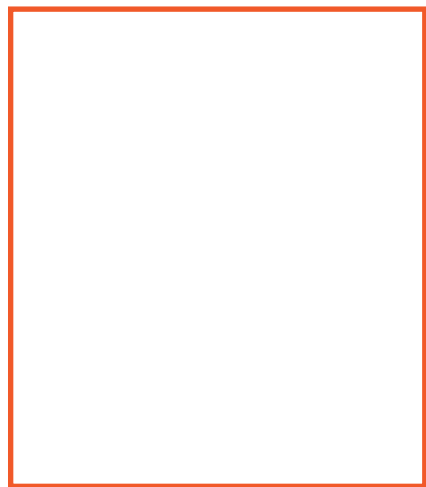
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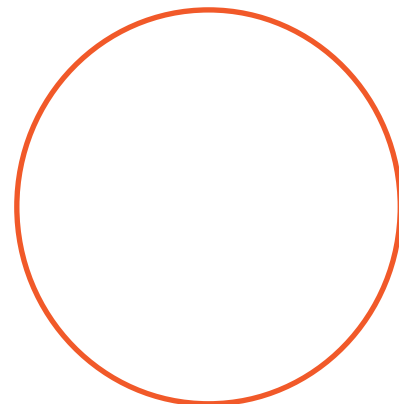
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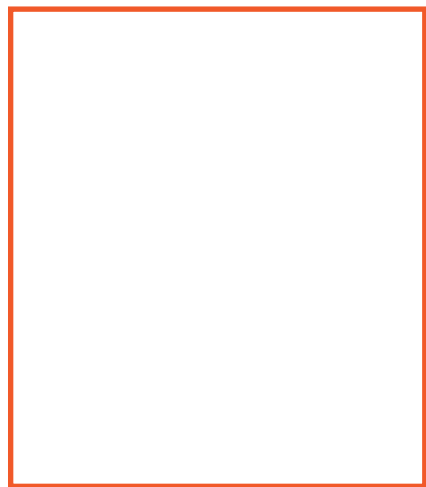
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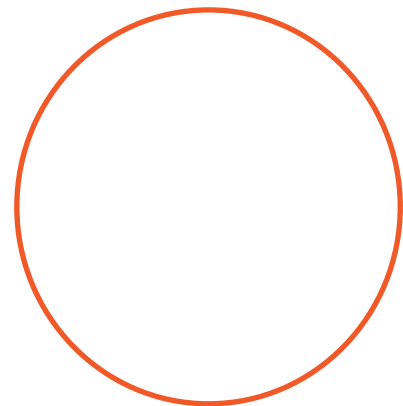
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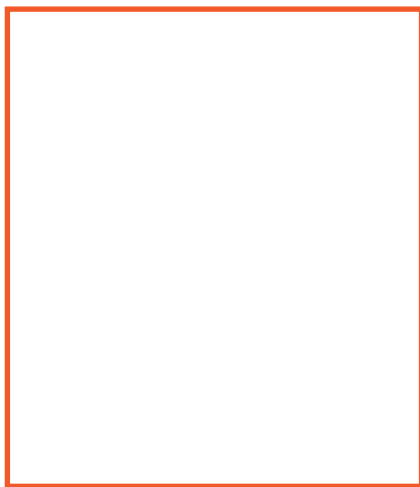
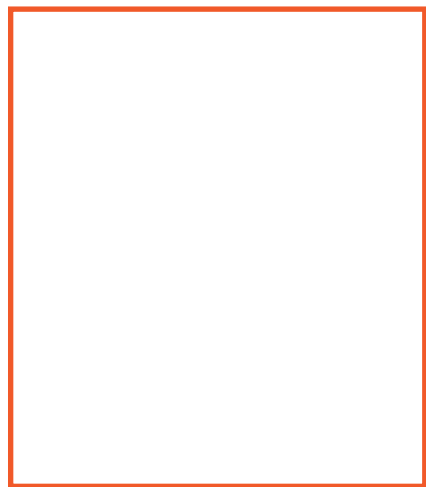
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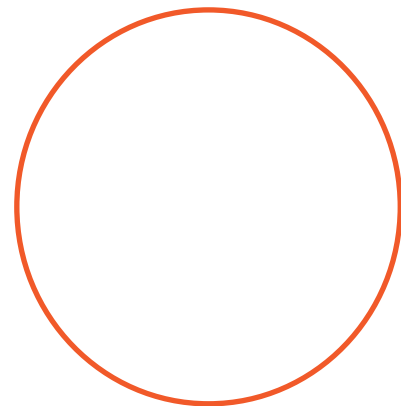
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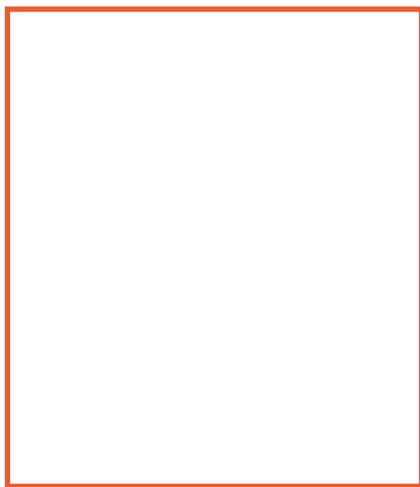
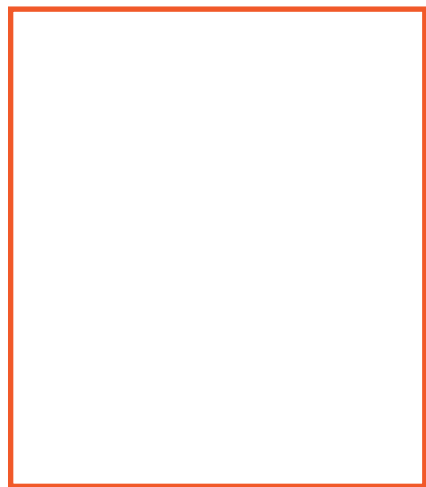
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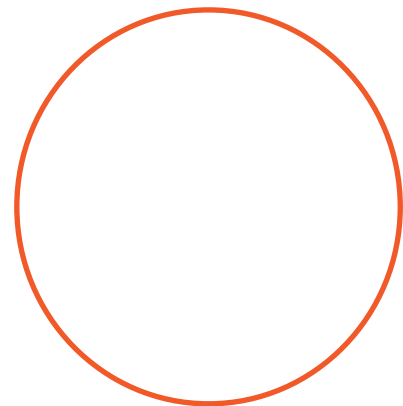
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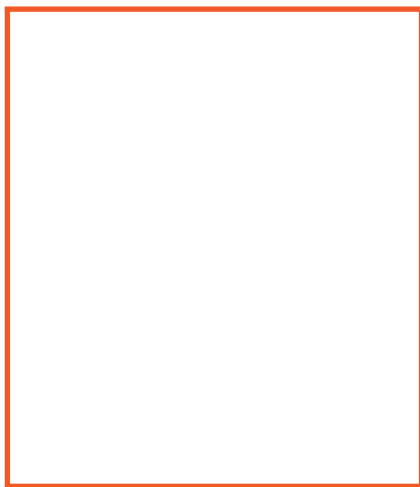
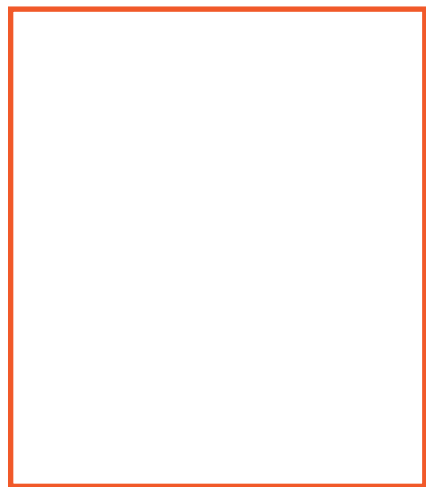
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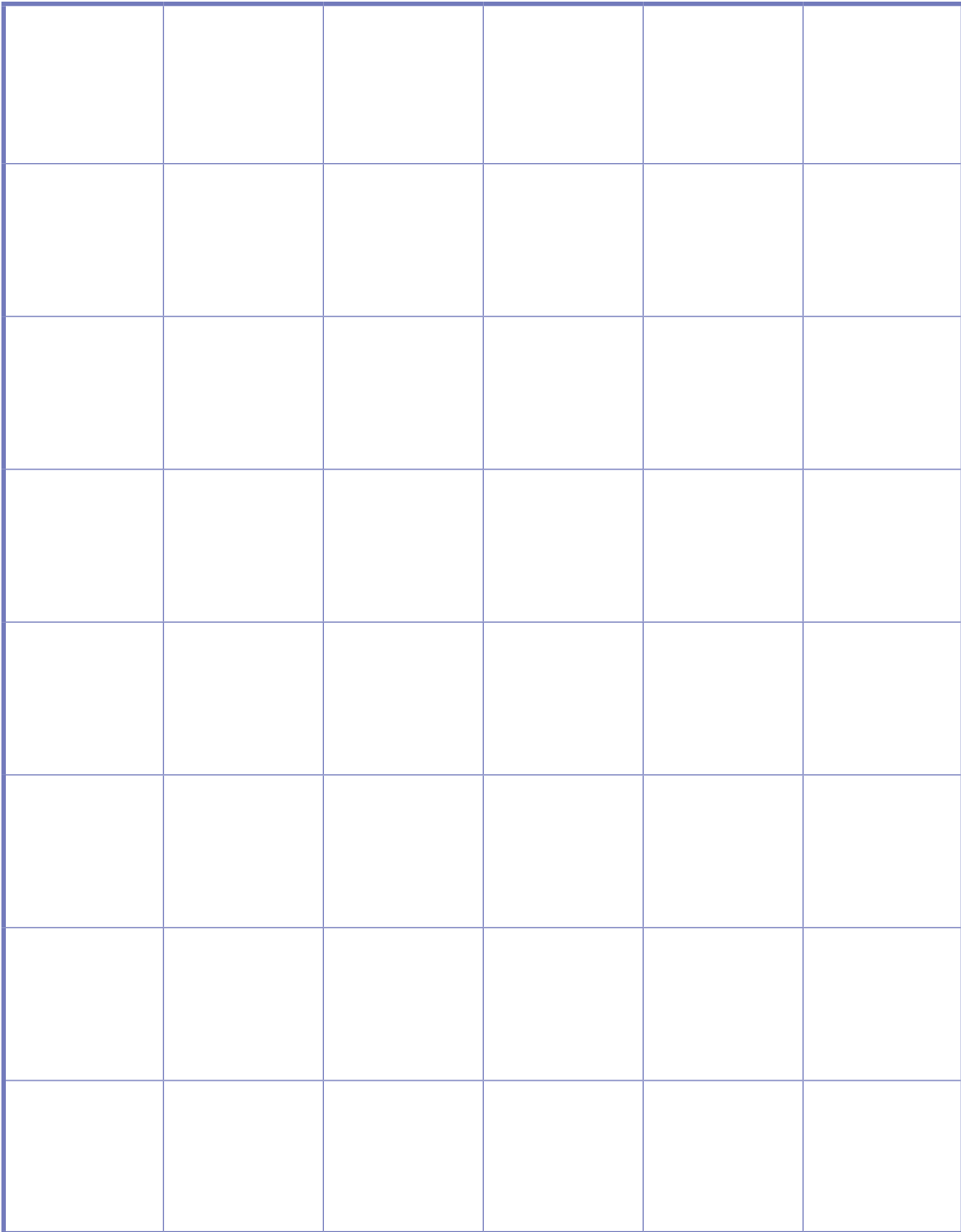


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How many total pounds were harvested? _____

Garden Journal - Garden Sketch

Make a sketch of your garden area in the grid below. With your group, you can measure the garden and make 1 square foot in the garden equal to 1 square in the sketch.





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