



Week 1 Supplies

DAY one

LESSON How Do Plants Grow?

- one small potted plant
- pictures of a garden (pages 29-30)
- seed packets

GROW Activity Finding a Garden Home

- 3- to 5-gallon planting pot or other container

DAY two

LESSON Underground Root Table

- 2- to 3-foot section of pegboard or foam board
- pipe cleaners (mostly green and brown)

Activity Rainbow Roots

- three pipe cleaners per student
- one sheet of light-colored construction paper per student
- crayons or markers
- tape or stapler

DAY three

LESSON Mop Flower

- pool noodle
- mop
- two sheets of poster board (green and one other bright color)
- scissors
- clear packing tape



Cost Saving Tip: Save and use two gift wrapper tubes or several paper towel tubes in place of the pool noodle.

GO Activity I Am a Growing Plant!

- water
- spray bottle

DAY four

LESSON Healthy Henry

- 4 feet of butcher paper
- napkins
- small plates
- ranch dressing (optional)
- seeds (such as sunflower or pumpkin)
- bite-sized pieces of:
 - roots (such as carrots or radishes),
 - stems (such as celery or asparagus),
 - leaves (such as lettuce or spinach),
 - flowers (such as broccoli or cauliflower), and
 - fruit (such a bell pepper or cucumber)

Activity Sorting Plant Parts

- six containers (bowls, plates, or bins)
- plant parts (seeds, roots, stems, leaves, flowers, and fruit)



Cost Saving Tip: If fruits like apples or bell peppers were used in the Healthy Henry lesson, save the seeds for this activity. Carefully dig up weeds as a free source of roots, stems, and leaves. If possible, clip a few flower blooms from available plants growing in the ground or containers in your area. Wilted blooms from grocery stores or a florist could also be donated.

DAY five

LESSON Grow a Pumpkin

- 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)

EAT Activity Garden Kitchen

- Supplies vary based on recipe selected.



Cost Saving Tip: Choose the Easy, Homemade Garden Vegetable Soup for the Garden Kitchen recipe and chop up all of your Healthy Henry leftovers for your fresh vegetable ingredients.