

## Week 2



Share your photo on social media with hashtags **#plantparteats** and **#EarlyChildhoodLGE6**.

### Learn with Me at Home Activity: Root & Seed Scavenger Hunt

This week, our class has learned about the seeds and roots of plants. The grocery store, market, or even a convenience store can be a great place for your child to learn more about roots, seeds, and other plant parts we can eat!

Here are great examples of tasty seeds and roots:

**seeds:** peas, corn, beans, sunflower seeds, nuts, peanut butter

**roots:** beets, carrots, turnips, radishes, sweet potatoes

This week, do one of these two activities at a local store:

- ★ Bring home a grocery store flyer. With your child, search for pictures of roots and seeds that are listed for sale in the flyer. Work together to cut them out. Have him or her sort the pictures and tape the foods that your family has tried on one paper plate and tape pictures of foods your family has not tried yet on another paper plate. Take a picture of your child with the plates and share with your child's teacher.
- ★ Go on a scavenger hunt at the store or market. Challenge your child to help you find fresh, frozen, or canned roots and stems. Take a picture of yourself and your child holding either three types of roots or three types of seeds and share the picture with your child's teacher.

#### Learn at Home Tips:

Get your child talking more and start conversations about what they are learning with these questions:

- **What is inside a seed?**
  - A baby plant.
- **Where does the root grow on a plant?**
  - Under the soil.
- **What are the roots' jobs?**
  - To hold the plant in place
  - To transport water from the roots to the rest of the plant.
  - To transport food energy from the leaves to the rest of the plant.

Ask your child about what meal he or she would like to help you make that includes seeds and roots. Allow your child to help with jobs like washing, peeling, and stirring.

The first time you try a new food with your child, start by putting just a small serving on the plate and let him or her ask for more if desired.

