



LEARN

DAY
one

Lesson Stem Investigation Identify edible and not edible stems and use the senses to explore them.

GROW Activity Growing Spinach or Lettuce Plant spinach or lettuce seeds in the garden.

Daily Literature Connection and Song of the Week

Journal Prompt Draw a picture of a stem or leaf you can eat.

DAY
two

Lesson Coloring Stems Predict and observe the movement of different colors of water through different stems.

Activity Sipping Stems Pretend straws are stems by using them to suck up water like plants do.

Daily Literature Connection and Song of the Week

Journal Prompt Draw a picture of a stem with water on the inside.

DAY
three

Lesson Leaf Investigation Identify edible and not edible leaves and use the senses to explore them.

GO Activity Stem Flow Run Run and play in a large, open area to learn the function of stems.

Daily Literature Connection and Song of the Week

Journal Prompt Draw a picture of leaves on a plant.

DAY
four

Lesson Mystery Touch & Feel Reach into a mystery bag to feel, describe, and taste edible leaves.

Activity Leaf Texture Card Make leaf-rubbing cards to study leaf characteristics.

Daily Literature Connection and Song of the Week

Journal Prompt Draw a picture of a leaf that you can eat.

DAY
five

Lesson Leaf Shine Pretend to be a plant responding to water and light.

EAT Activity Garden Kitchen Make and enjoy a yummy, nutritious, and kid-tested recipe!

Daily Literature Connection and Song of the Week

Journal Prompt Draw a picture of the food we made today.

GROW Gardening Resources Growing Spinach or Leaf Lettuce (Day 1)

EAT Food Exposures Mystery Touch & Feel (Day 4) and Garden Kitchen Recipe (Day 5)

GO Brain and Body Boosting Movement Stem Flow Run (Day 3)