

Week 3 Supplies

DAY one

LESSON Stem Investigation

- three non-edible stems (such as weeds or twigs from bushes and trees)
- one edible stem (one to three celery ribs, cut into narrow, bite-sized strips)
- paper plates or napkins

GROW Activity Growing Spinach & Lettuce

- a bag of all-purpose potting soil
- spinach or leaf lettuce seeds
- water in a watering can
- a large pot or container with drainage holes in the bottom
- a trash bag



Cost Saving Tip: If you purchase one stalk of celery, the ribs can be used during Day One's lesson, Day Two's Coloring Stems lesson, and the Dippy Spinach Dip with Celery Sticks recipe on Day Five.

DAY two

LESSON Coloring Stems

- celery stalks (use the center stalks with the leaves attached)
- tall clear plastic jar partially filled with water
- blue food coloring
- a knife for teacher use

Activity Sipping Stems

- one small water bottle per student
- one straw per student (use green straws if possible)
- a permanent marker to write students' names on water bottles and containers



Cost Saving Tip: Instead of water bottles, you can use recycled butter dishes or yogurt containers with holes punched in the lids.

DAY three

LESSON Leaf Investigation

- a bag of fresh, pre-washed baby spinach
- small paper plates
- a picture of a spinach plant
- non-edible leaves collected from outside (one per student)



Cost Saving Tip: If you purchase one bag of spinach, it can also be used as a substitute for red leaf lettuce with the Red Leaf Lettuce and Strawberry Salad recipe on Day Five.

GO Activity Stem Flow Run

- chalk or masking tape

DAY four

LESSON Mystery Touch & Feel

- fresh leaf lettuce
- a mystery container (such as a brown paper sack, pillowcase, or a box with a hole in the lid for student to reach into)
- paper towels

Activity Leaf Texture Card

- a variety of edible and not edible leaves (collect leaves of different shapes, sizes, and colors)
- thick crayons (with the paper peeled off)
- white copy paper
- a flat surface or table
- glue
- masking or painters tape

DAY five

LESSON Leaf Shine

- Sipping Stem bottles and straws from the lesson on Day Two

EAT Activity Garden Kitchen

- Supplies vary based on recipe selected.