

Journey of a Seed

Grade Level: Adaptable for K-4
Total Lesson Time: 30-40 minutes



Lesson Overview

This lesson starts with a review of the six plant parts introduced in Unit One and begins study of the basic resources (sun, soil, water, and air) that plants need to grow and live. In our fall series, students learned how plants provide nutrients to help people grow and stay healthy. This lesson shifts the focus to what plants need to grow and stay healthy.

Objectives

Students will:

1. Know what plants need to live and grow (Science F.4.4)
2. Know basic plant anatomy (Agriscience/Production D.4.1)
3. Understand connections between plants, people, and our natural environment (Ecology/Environment E.4.1; Science F.4.4)

Preparation

1. Collect listed materials.
2. Purchase or prepare snack foods.
3. Students should wash hands before snack time.

Materials

Food

Hummus
Baked pita chips or crackers
Sprouts – radish, sunflower,
etc.

Supplies

Napkins
Plates
Spoon for hummus
6 Plant Parts Diagram
Spray Bottle
Brown Paper Towels

Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:
www.reapfoodgroup.org

UW-Madison Center for Integrated
Agricultural Systems: www.cias.wisc.edu



Procedure

Review

Review Unit One by asking students what they learned or what they remember. Then review, specifically, the 6 plant parts that we eat. Ask student to describe the 6 plant part tortilla wraps that they ate at the end of Unit One.

Sing “Roots, Stems, Leaves” from Banana Slug String Band, available at www.bananaslug-stringband.com.

Look at 6 plant part diagram and ask students to label parts. (Insert Diagram)

Introduction

In order to introduce students to the connection between plants, people, and the environment, briefly discuss how plants help us grow by providing healthy food. Then discuss how people, through farming and gardening, help plants to grow and be healthy.

Role-play

Students become plants in order to learn what it is that plants need to grow and live. We tell students that there are forces of nature that help plants grow and they will discover what those forces are.

Turn off the lights in the classroom. Plants start as seeds, so all students crouch down and become a seed as you bring them everything they need to grow. First, give students a piece of brown paper towel, or other paper to simulate soil. They should hold the paper over their head as they crouch. Next, go around with a spray bottle and give all seeds a light misting of water. After receiving the water students raise a hand in the air to simulate a seed sprouting. Following the water, turn on the lights to simulate sunlight. Students rise a bit to show their growth. Finally, use a small fan (or some other representation of wind) to blow air on students and with this they can stand up to represent a full-grown plant.

Follow-up the role-play by asking students what they needed to grow from seed to a mature plant – Sun, Soil, Water, and Air.

Chant

To reinforce what students learned in the role-play, they chant together, “Sun, Soil, Water, Air. Everything we eat, everything we wear.” Start slow and gradually pick up the tempo. Finish by slowing down and lowering voices to a whisper.

Snack

The snack served with this lesson features seeds - garbanzo beans in hummus, and sprouts. Before serving snack, ask students to brainstorm seeds that we eat and list them on the board. Check with your school nurse or district food policies before serving sprouts in the classroom.

Serve snack, including baked pita chips with the hummus.

Eat and enjoy!

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Not just “yum!” or “yuck!”

Use your five senses and your imagination

tender scented spicy sweet yummy grand delicious tough
oily satisfying fragrant bitter sour hot strong salty rich
saucy sharp healthy ripe short sugary tangy tart creamy
juicy flavorful homey squishy moist thick nice pleasing
interesting aromatic gooey pleasurable rough heavy thin fresh
green complex pillowy wet dry syrupy soft harsh zippy
smooth palatable cold tart delicate dense crusty plump
dull crispy fine stringy flaky chewy beautiful greasy pungent
bumpy liquid wilted fair melting runny clean flavorless round
stout simple spongy tasty slimy coarse uninteresting cool
pale brittle crumbly warm authentic clean perfumed grainy
acidic peppery unripe sticky unsavory silky squashy doughy
luscious watery wrinkly scrumptious succulent delectable earthy
melty fibrous pleasant rare nutritious flavorsome papery bland
zesty savory superior mealy blushed meaty unbelievable nutty
leathery acidic spongy crunchy hearty firm