



Unit IV: Spring Sprouts

Grade Level: Adaptable for 2-5

Unit Goals

- Students will know what plants need to grow and live.
- Students will observe and understand development of a plant from seed to sprout.
- Students will identify spring fruits and vegetables grown in Wisconsin.
- Students will know how to make healthy food choices.
- Students will gain comfort eating a variety healthy food.

Unit Overview

This unit is comprised of interactive lessons in which students participate in discussion, experimentation, observation, seed and plant identification, song, and healthy food tasting. All lessons are aligned with Wisconsin Model Academic Standards.

Spring in Wisconsin brings the return of the vibrant green landscape and a variety of foods and flavors that we have waited months for. In this unit students connect with the season by growing sprouts and eating seasonal foods. By nurturing a plant from seed students experience and observe the natural process on which we depend for food. The first three lessons focus on seeds and sprouts. The last two lessons celebrate the change of seasons with fresh spring foods.

Lessons Included

1. Spring Sprouts
2. Mystery Seeds
3. Sprout Appreciation
4. Spring Fruits and Vegetables
5. Spring Roll Celebration

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

