

LESSON OUTLINE





GARDEN TO TABLE: HOME GROWN



VOCABULARY

Fertilize
Edibles
Petal
Pollen
Leaves
Landscape
Compost
Garden Soil
Transplant
Organic
Root
Stem

ESSENTIAL SKILLS LEARNED

-  Students will understand the process it takes to keep a plant healthy.
-  Students will develop an understanding of how plants get the materials they need for growth from air, sun, and water.
-  Students will learn about the food that they intake and the nutrients that food provides
-  Students will be able to recognize the parts of a plant from roots, to stem, to a full-grown plant

ESSENTIAL STAR QUESTIONS

1. What steps do you need to take to grow your own food?
2. Why is what our bodies intake important for a healthy life?
3. What do you like to eat?
4. How is it created?



Essential Materials Needed:

Vocabulary cards, Plant diagram, Recipes, T-chart - STOP & JOT,
Garden to Table: Home Grown Delivery Video

PROCEDURES

Start:(From Garden to Tabletop Video) Before the video, explain to the children that the vegetables and fruit they eat every day comes from the ground. Families are nourished from buying and growing “home” grown food. Inform the children that gardens do not have to be on a farm. Gardens can be found in the city and in rural areas. **During the video**, use the t-chart to do a STOP and JOT on the facts and fascinating information they are receiving in the video. **After the video**, discuss how they can implement some of the ideas shared. Ask the students to give their opinion about their favorite fruit or vegetable. Write down beside their answer, how the item grows. **Next:** Look at the plant diagram and discuss observations the students have about it. Complete the fruit bearing and flower bearing plant columns. Wrap up by asking the students to consider trying a new vegetable that they normally would not eat. **Lastly**, consider trying an extension activity: Recipes for juicing and don't forget the FUN Facts!

WRAP-UP

-  What type of plants did you learn about from the video?
-  How will you change your eating preferences after hearing and learning about how nutritious plants and vegetable are?

ASSESSMENT

- Skills based data collection
- Work Sample
- Rubric
- Task Analysis
- Oral Response



FUN FACTS

- 1** Most vegetables are important sources of potassium, vitamin A, and vitamin C. They are also low in fat and calories.
- 2** The world's most hated vegetable is the Brussel Sprout, but it is also the healthiest for you.
- 3** The bananas we eat today were cloned from a single banana plant in Southeast Asia which means that every banana is the same. Also, bananas are technically herbs!!
- 4** Did you know that broccoli contains more protein than a steak?

EXTENSION

Try It! – Have you ever gone to a smoothie store and tried a delicious frozen treat? Or have you ever bought juice and wondered how so much liquid can be squeezed from just fruit? You can create your own. Check out the juice recipes. (Fresh Apple Juice, Strawberry Juice Splash)

RESOURCES

What is juicing video:

<https://www.youtube.com/watch?v=IMqqcrT9m0Y>

The Parts of a Plant: <https://www.youtube.com/watch?v=WVAIHLF9wHk>