

## **Grow Healthy Optional Lessons: Preschool Curriculum**

**Objective:** *To engage preschool children in health and wellness activities and service-learning programming by creating a produce garden as an outdoor classroom.*

### **Lesson Plan 1: Growing Seasons**

**Objective:** The preschool students will learn about the four seasons and what effect each season has on growing plants, focusing on the fact that plants grow successfully at different times.

**Prepare:** Paper plates, coloring supplies (crayons, markers, or paints and brushes)

**Directions:**

1. Take paper plate and separate into four sections
2. Label each section after a different season
3. Draw what a tomato plant looks like in each season – i.e. nothing in the winter, a seed in the spring, a seedling in the summer, a plant in the fall

This lesson plan would be implemented before the garden is planted.

### **Lesson Plan 2: Parts of the Plant**

**Objective:** The preschool students will learn about the four main parts of a plant, and what each plant part does.

**Prepare:** Plant diagram worksheet (see page 5), drawn plant diagram on whiteboard or chalk board

**Directions:**

1. Hold up plant diagram
2. Go over diagram – point out plant parts
3. Pass out worksheet and have preschoolers label it

This lesson plan would be implemented before the garden is planted, and can be done in conjunction with Lesson 3.

### **Lesson Plan 3: What Helps Plants Grow?**

**Objective:** The preschool students will learn about how a plant grows, and what the lifecycle of a plant is.

**Prepare:** Print every student out the “What Helps Plants Grow?” worksheet (see page 6)

**Directions:**

1. Have every student circle on the page what they think helps plants grow
2. Then ask for one thing that five-ten students think helps plants grow
3. Review what actually helps plants grow: soil, sun, water, and air/wind
4. Briefly discuss how what we breathe out, plants use to grow, and what they breathe out, we breathe in
5. Optional: have children play quick computer game

[http://www.bbc.co.uk/schools/scienceclips/ages/5\\_6/growing\\_plants.shtml](http://www.bbc.co.uk/schools/scienceclips/ages/5_6/growing_plants.shtml)

This lesson plan would be implemented before the garden is planted, and can be done in conjunction with Lesson 2.

### **Lesson Plan 4: The Water Cycle**

**Objective:** The preschool students will learn about the parts of the water cycle and how it effects plants.

**Prepare:** Water Cycle song (see page 7)

**Directions:**

1. Explain Water Cycle briefly
  - a. Evaporation: The sun makes water in rivers, lakes, and the ocean hot. The water turns into steam and rises into the sky.
  - b. Condensation: The steam, called water vapor, gets cold and turns into liquid again, making clouds.
  - c. Precipitation: The clouds get heavy and can't stay in the sky anymore, so the water falls back to the ground as rain or snow.
  - d. Collection: The water fell back to earth, and then it runs into lakes, rivers, the ocean, or the ground and waits for the cycle to restart
2. Sing the song

This lesson plan would be implemented before the garden is planted.

**Lesson Plan 5: Labeling the Garden**

**Objective:** The preschool students will learn about what each plant looks like through pictures and painting.

**Prepare:** Activity Part 1 - vegetable pictures (see pages 8-13), popsicle sticks, hot glue  
Activity Part 2 – rocks, acrylic pants, sharpies, optional waterproof sealant spray (video link here: <http://thewhoot.com.au/whoot-news/crafty-corner/painted-stone-garden-markers>)

**Directions:**

1. Take popsicle stick with pre-attached picture of vegetable and name and stick it in the ground by the matching seedling
2. Discuss what each plant looks like, i.e. that tomatoes are red and round and carrots are thin and orange
3. Hand out rocks, acrylic pants, and brushes
4. Have children pick their favorite vegetable and paint the rock like that vegetable
5. Leave rock to dry for an hour or two
6. Optional: paint second coat and dry further
7. Label with sharpie – have teachers help
8. Optional: spray with waterproof sealant
9. Place rocks by the matching popsicle stick

This lesson plan would be implemented immediately after Sophie's Curriculum Lesson Plan 2.

**Lesson Plan 6: Pollination**

**Objective:** The preschool students will learn about how bees and butterflies pollinate flowers and plants to help them grow.

**Prepare:** Printed out and colored bumblebee or butterfly picture (see pages 15-16)

**Directions:**

1. Print out colored bumblebee or butterfly picture
2. Have pollinator "hop" from plant to plant while explaining pollination
  - a. This is Mr. Bee and he likes to smell flowers, fruits, and vegetables
  - b. Mr. Bee starts by flying to the tomatoes
  - c. He then flies to the peppers
  - d. Mr. Bee helps the plants grow when he flies

This lesson plan would be implemented after the garden is planted, a week or two later. Ideally, the plants will have something visible for the bee or butterfly to “land” on.

### **Lesson Plan 7: Food Safety and Food Handling**

**Objective:** The preschool students will learn about safe food handling when cooking and how to avoid foodborne illness.

**Prepare:** Nothing

**Directions:**

1. Discuss the main points of food safety: wash hands before and after cooking, wash produce before eating it, and refrigerate produce and cooked food.

This lesson plan would take place directly before Sophie’s Curriculum Lesson Four, as it involves cooking and children should understand food safety before that.

### **Lesson Plan 8: Making Healthy Choices**

**Objective:** The preschool students will make meals using healthy food options that they have learned about previously.

**Prepare:** Pictures of food either cut out of grocery store ads or pulled off of the internet, paper plates

**Directions:**

1. Take stack of plates and label each one after a different meal (breakfast, lunch, dinner) and one “unhealthy food”
2. Pass them out so each student at a table gets a different meal, and one gets “unhealthy food”
3. At each table place stack of food pictures
4. Have students make healthy meals and sort out the unhealthy foods
5. After 20-30 minutes ask what they chose and discuss what is healthy and not healthy for each meal

This lesson plan would take place sometime after Sophie’s Curriculum Lesson Four, as it tests whether or not the students really understood the main message of that lesson.

### **Lesson Plan 9: Composting for Kids**

**Objective:** The preschool students will learn about how composting helps to grow a healthy garden through visualization and optionally making their own compost bin.

**Prepare:** For One Cup: 3 or 4 chocolate sandwich cookies, ½ c. fruit yogurt or pudding, ½ c. of coconut, green food coloring, 2 or 3 candy worms, small plastic cup, plastic bag (recipe here: [https://www.education.com/activity/article/Bin\\_Worms\\_Dessert/](https://www.education.com/activity/article/Bin_Worms_Dessert/))

Optional: plastic bin that is at least 3x3, drill, dead plant material (leaves, twigs, sticks) from the garden, kitchen scraps (tea bags, shredded newspaper, eggshells, coffee grounds)

**Directions:**

1. Discuss that composting is making plant food from things we use and things from the garden.
2. Optional: Take the plastic bin and drill 20 to 30 holes in the top, bottom, and sides for drainage.
3. Optional: On the bottom, layer dead plant material. Above that, put kitchen scraps. The last layer is soil.

4. Optional: Put composting bin out by garden.
5. Mix the coconut with green food coloring
6. Have children crush up the chocolate sandwich cookies in the plastic bag
7. Separate out a third and put it in the bottom of the plastic cup (the plant material)
8. Put yogurt or pudding on top of the cookies (the kitchen scraps)
9. Put the coconut on top of the yogurt or pudding (the grass/soil)
10. Put a worm on top of that
11. Finish it up with the rest of the cookies and the worms

This lesson plan would take place after the garden has been in place for about two months, so that there is enough dead plant material and enough time for the compost bin to get some use.

### **Lesson Plan 10: Garden Words in Spanish**

**Objective:** The preschool students will learn the names of the vegetables, herbs, and fruits in their garden in Spanish.

**Prepare:** Print out English to Spanish food matching game (see pages 17-18)

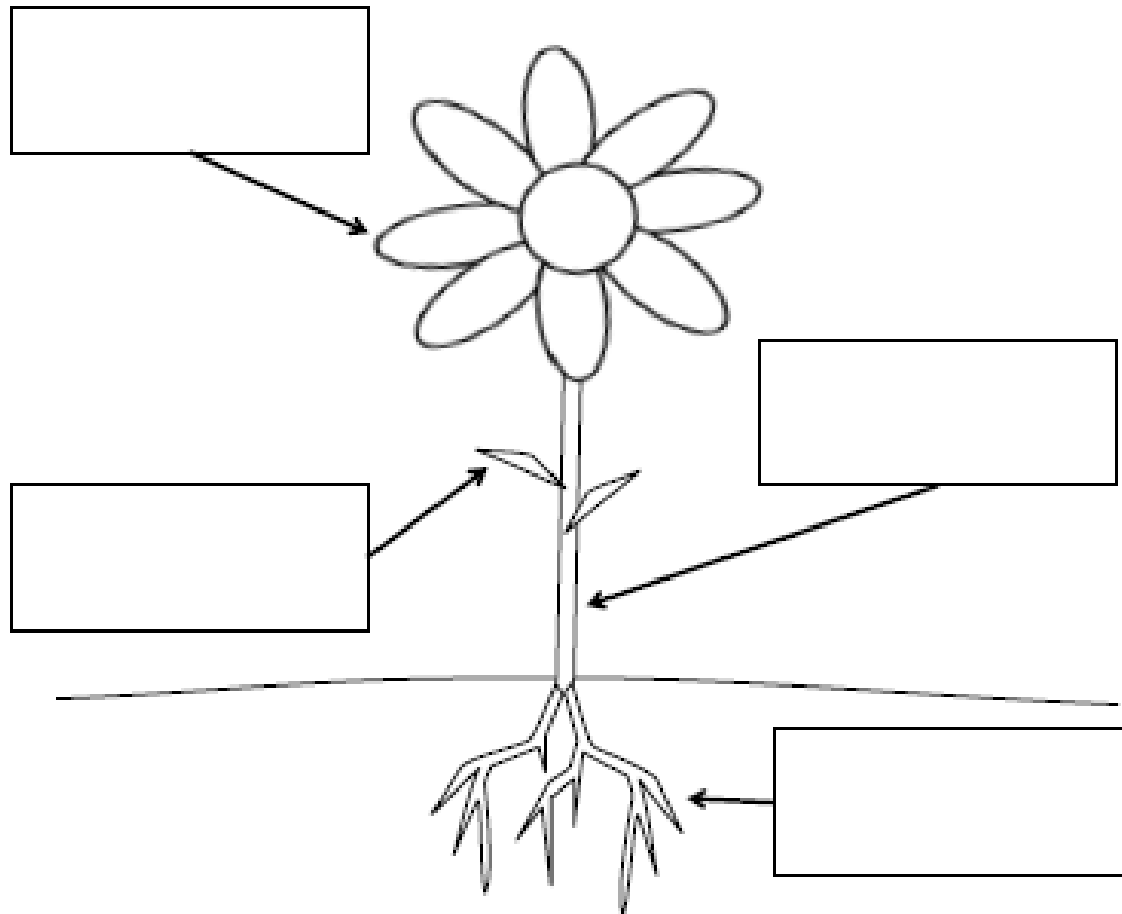
**Directions:**

1. Have pre-printed and cut out matching game, that get separated into bags
2. Write out the English words on the board
3. Write the Spanish word next to the English word
  - a. Tomato/Tomate
  - b. Ment/Menta
  - c. Basil/Albahaca
  - d. Cilantro/Cilantro
  - e. Watermelon/Sandia
  - f. Carrot/Zanahoria
  - g. Pepper/Pimiento
  - h. Cucumber/Pepino
  - i. Potato/Patata
  - j. Bean/Judias
  - k. Pumpkin/Calabaza
  - l. Garden/Jardin
  - m. Water/Agua
  - n. Sun/Sol
  - o. Soil/Tierra
  - p. Wind/Viento
4. Have the students repeat the Spanish word after the teacher says it
5. Say the English word and have them say the Spanish word
6. Erase the board
7. Pass out the matching game

This lesson plan would take place a month after the garden has been planted, but can also take place during the winter.

Name \_\_\_\_\_

## Parts of a Flower



stem

leaf

petals

roots

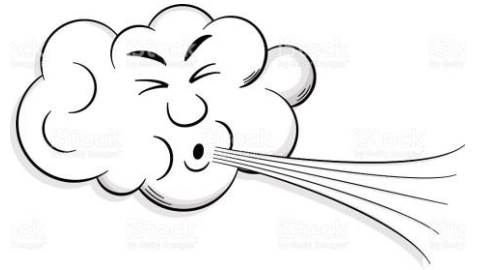
# What Helps Plants Grow?



Soil



Fire



Wind



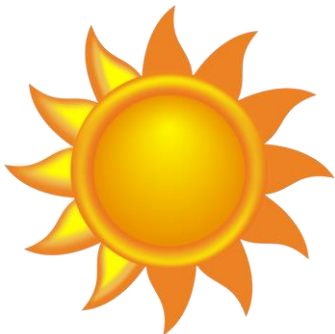
Bread



Water



Cat



Sun



Cupcake



Umbrella

# Water Cycle Song

Evaporation

Condensation

Precipitation

Collection

On my mind

They're all part of the water  
cycle and it happens all the time



Tomato



Mint

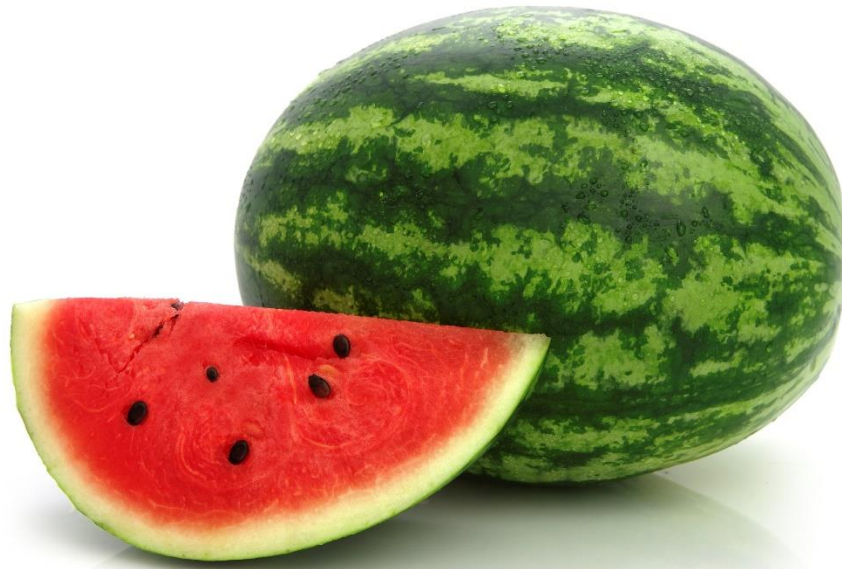




Basil



Cilantro



Watermelon



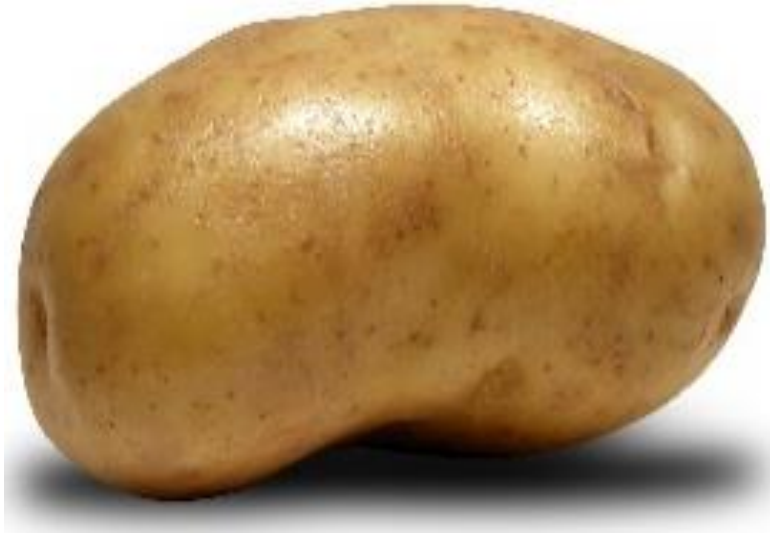
Carrot



Pepper



Cucumber



Potato

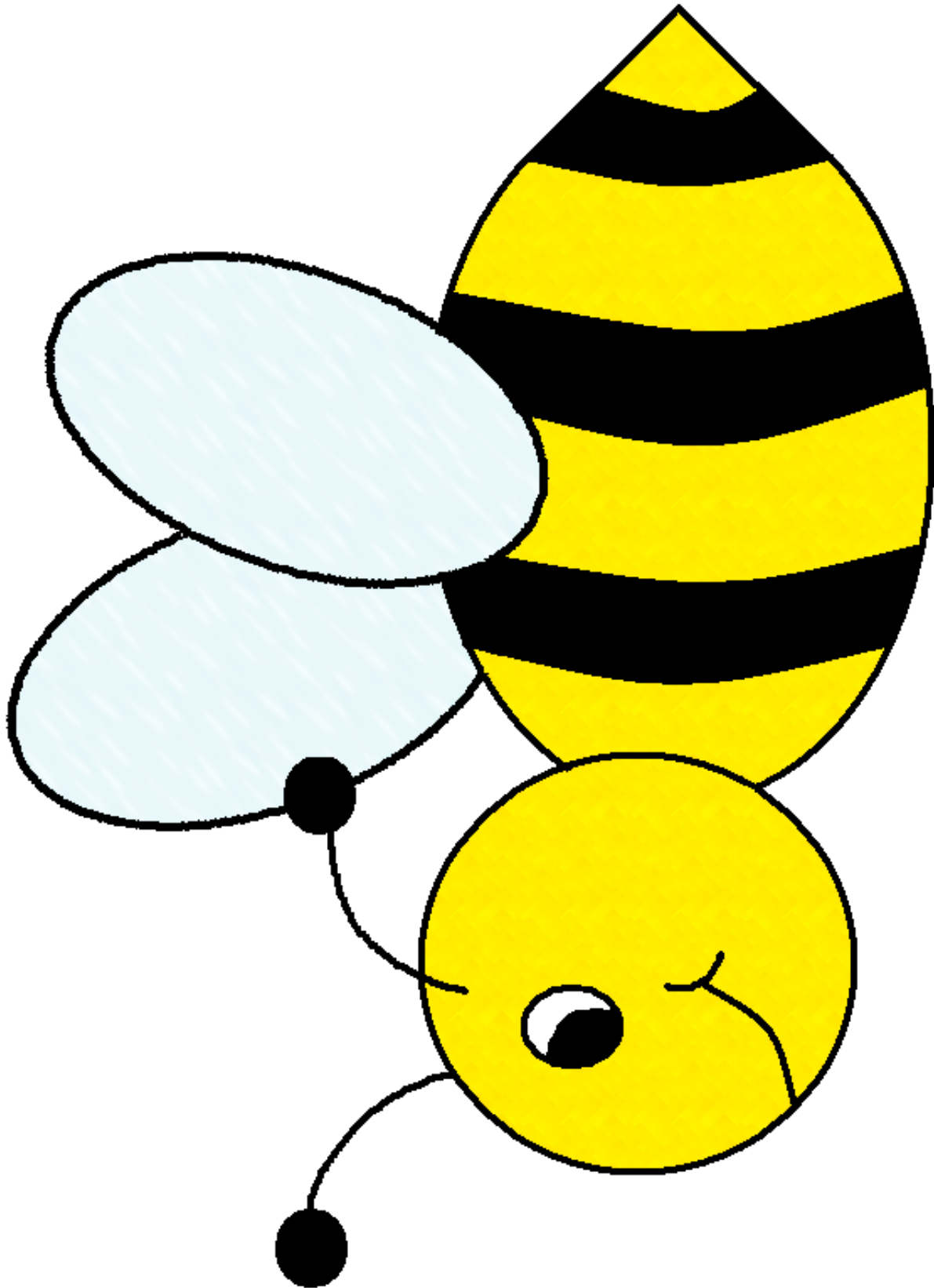


Bean



Pumpkin













Tomato



Tomate



Mint



Menta



Basil



Albahaca



Cilantro



Cilantro



Watermelon



Sandia



Carrot



Zanahoria



Pepper



Pimiento



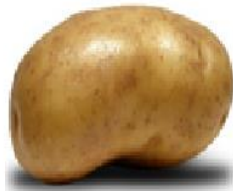
Cucumber



Pepino



Potato



Patata



Bean



Judias



Pumpkin



Pumpkin



Garden



Jardin



Water



Agua



Sun



Sol



Soil



Tierra



Wind



Viento