

Engage

Ask students to think about a fruit or vegetable that they love to eat. Now ask them to think about a fruit or vegetable that they just can't stand to eat. Let's read a story about a little girl named Sylvia.

Read *Sylvia's Spinach*. Identify the characters, setting and major events in the story.

Explore

Sylvia's class had a garden, why don't we plant a garden, too? Let's go out and explore the garden first.

Cut egg crates in half and give each student half of the egg carton (cut so that each half has 2 rows of 3 wells). Give the students 5 minutes to explore the garden collecting living and nonliving objects. They should try to find 3 of each and place them in their egg cartons. Compare the living and nonliving objects. *What are some characteristics of living things? Nonliving things?*

Now it is time to start our seeds. Let's plant some spinach of our own in the garden.

Make square foot seed mats using spinach and radish seeds.* When making the mat, be sure to emphasize counting.

Are seeds living or nonliving? What do you think will happen when we plant them?

Plant the seed mats, water and observe to determine if they are living or nonliving.

At harvest time, create a paper My Plate. *Where does our harvested spinach and radishes fit on MyPlate? Is spinach nutrient dense? What is something that isn't nutrient dense?*

Anchor Text:

Sylvia's Spinach by Katherine Pryor



Read aloud by the author

Primary Standards:

ELA

RL.K.3 With prompting and support, identify characters, settings, and major events in a story.

SL.K.2. Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.

Healthful Living

K.NPA.1.1 Classify foods by groups in MyPlate

Math

NC.K.CC.4 Understand the relationship between numbers and quantities.

- When counting objects, say the number names in the standard order, pairing each object with one and only one number name and each number name with one and only one object (one-to-one correspondence).

Science

K.L.1.2 Compare characteristics of living and nonliving things in terms of their:

- Structure
- Growth
- Changes
- Movement
- Basic needs

Do a tasting of the vegetables harvested, encourage the students to sniff, lick, and taste just like Sylvia did. Tell students that even if they don't like it today, they may like it someday. Remind students that we all have different tastes and some may like it and some may not, but always be polite if you do not like it...Don't Yuck My Yum.

Extension

Plant one of the nonliving objects collected from the garden for comparison. Create a class calendar and count off the number of days it takes until you see your seeds poking through the soil.

Resources

*Seed mats are a great way for small hands to handle tiny seeds and ensure appropriate spacing.



Watch the video "Square Foot Seeds" for a detailed tutorial on how to make a seed mat.