Garden Discovery

Objective: Students will investigate seasonal plant growth through hands-on garden exploration, harvest and measure potatoes, and develop an understanding of how locally grown produce contributes to school meals. Through sensory taste testing, students will strengthen their awareness of fresh vegetables and explore healthy food choices.

Materials: scale, basket for potatoes

1. Guide students through the school gardens to explore the fruits and vegetables that grew over the summer. Encourage students to observe changes in plant growth and identify different crops.
2. Have students work together to carefully harvest potatoes, exploring how this vegetable grows underground.
3. Collect the harvested potatoes and weigh them. Discuss the total weight and introduce the importance of measurement when tracking garden produce.
4. Have students help clean the potatoes and discuss why fresh produce must be washed before preparation and consumption.
5. Deliver the harvested potatoes to the school cafeteria. Explain how the school garden contributes fresh produce to school meals.
6. Provide students with samples of different fruits/vegetables harvested from the garden, such as tomatoes and cantaloupe. Encourage them to explore the colors, textures, smells, and flavors.
7. Discuss which vegetables students enjoyed, what surprised them about the garden, and how their efforts helped contribute to the school community.

Mindfulness Activity- Mindful Garden Walk

Length- 2 minutes

Materials: none

Guide students through the garden at a slow, quiet pace. Encourage them to notice the different colors, shapes, and textures of the plants that grew over the summer.

Virginia Standards of Learning (SOL)

SOL Strands: Scientific and Engineering Practices; Living Systems and Processes; Measurement and Geometry (Mathematics); Health Promotion
Primary Science SOL Alignment: K.1, K.7, 1.1, 1.4, 2.1, 2.4, 3.1

Month: August