

LESSON 1



Food Comes From Plants

Objective

Children will be able to build their science knowledge as they explore plants and seeds to learn about how food grows. As they observe plants and seeds, children will start to understand that seeds grow into plants, and plants give us the food we eat.

You Will Need

- A bag of dried beans (commonly known type)
- Any type of bean that can be used to sprout
- A plastic jar for sprouting beans [note: beans should be prepared about a week in advance to bring some sprouts to show]
- Small plastic clear jars with a few types of dried beans in each
- The attached images printed out on 8.5 x 11" paper or larger, laminated if possible
- Take-home kits for sprouting beans [sandwich-size baggies, a few dried beans, a paper towel, instructions for sprouting]
- Provided Images



**Food tasting:
Green Beans**

Head Start Learning Standards

Goal P-ATL 8. Child holds information in mind and manipulates it to perform tasks.

Goal P-SE 1. Child engages in and maintains positive relationships and interactions with adults.

Goal P-PMP 3. Child demonstrates increasing control, strength, and coordination of small muscles.

Preparation

1. Have children sit in a circle around a central table or on a rug so they can be near the bag of dry beans.
2. Keep containers with a few types of dried beans for passing and the sprouted beans easy to reach but out of sight to begin.
3. Have the images out of view, but ready to be used when you come to them.

Introduction

Action	What to say
Show bag of beans	Hold up a bag of dried beans. Toss it around in your hands, hold it up, shake the bag a little bit. Ask students, What are these? Are they seeds? Are they food? (<i>acknowledge that they can be both seeds and food</i>).
Show small plastic jars & pass beans around	Show the children the small plastic jars with two types of beans (e.g., black beans and black-eyed peas). Have someone begin passing out one of each bean to the children. Okay, so look closely at your beans. Do you think that they are alive? Are they seeds? Are they food? Continue the conversation and respond with open-ended questions. Example prompts: <ul style="list-style-type: none">• How do you know that it's food (share experiences/stories)?• If I want to eat this as food, what do I have to do?• How do you know it's a seed (share experiences/stories)?• What is a seed?• What would happen if I plant this seed or another seed? How do you know (share experiences/stories)?• If I want to plant this bean, what do I have to do?

Main Activity

Show images from image deck #1	Pull out beans images and go through each one with students. Ask the questions that are on the back of each bean image.
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Main Activity (cont.)

Action

What to say

Pass around jar of sprouted beans

We talked about how beans are plants and I brought one here to show you today. I am going to pass around this jar. I started to soak these beans a few days ago, and the beans changed. Can you take a look and tell me what you see?

TASTING

Share the fresh green beans with children and encourage them to explore and taste.

Conclusion

Summarize what you have discussed

Say something like **So we have talked about how beans are delicious and can be eaten in lots of ways. We also talked about how beans are seeds and that if you plant a seed, it can grow a whole plant.**

Continued interest & song

Share optional at-home assignment: Show children their beans to sprout at home. Ask about these beans throughout the week and sprout some in your classroom window to observe over the next few weeks.

Bean Song & Dance: End with the bean song

Example video to learn movements: <https://www.youtube.com/watch?v=LCKEdDEr82k>

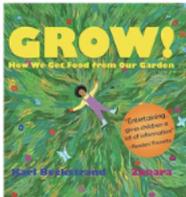
Can you plant a bean, watch it grow up big and green?

Can you water the seed, and pull out the weeds?

Can you shine like the sun and pick pods one-by-one,

Workin' is done, now let's eat that bean.

Recommended Books



Yoga pose of the week

CHILD'S POSE

1. START ON HANDS AND KNEES
2. SIT BACK ONTO HEELS
3. EXTEND ARMS FORWARD



Yoga breath of the week

BALLOON BREATH

1. PLACE HANDS ON BELLY
2. BREATH IN THROUGH NOSE AND FEEL BELLY INFLATE
3. BREATH OUT THROUGH NOSE AND FEEL BELLY DEFLATE



Differentiation

- **MORE SUPPORT:** Give children a side-by-side of a sprouted bean and a dry bean to compare them.
- **MORE CHALLENGE:** Have children give predictions as to how many days they think a bean takes to sprout.

Helpful Vocabulary

Root = Part of the plant that grows underground and takes in nutrients to help the plant grow
Sprout = The beginning growth of a plant after the seed is planted

Take home assignment

- Send home an optional activity for parents to do with their child to learn more about the process of seed growth

Take Home Assignment Grow A Seed

