## EON EDIBLE GARDENS KEY MESSAGE 3 LESSON PLANS



EON HEALTY EATING

EON EDIBLE GARDENS

This PDF contains lesson plans for the EON Edible Gardens key message: "Look after country & country will look after you".		
esson Plans:	<ul><li>Hand Weeding</li><li>Recognise a variety of plants</li></ul>	





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## LESSON GUIDE Hand Weeding EON Edible Gardens



Key Message:	Look after country & country will look after you.
BACKGROUND:	Weeding is removing an unwanted plant in an unwanted place.
LESSON FOCUS:	Identifying weeds, how to remove them and why you should keep them under control.
Resources/Equipment:	<i>This activity will require some preparation.</i> Gloves, buckets, hand forks, hats, sunscreen, mulch
OUTLINE:	<ol> <li>Select an area of the garden that needs to be weeded.</li> <li>Identify the weeds you are seeking to get out.</li> <li>Explain the importance of wearing gloves when weeding as soil borne germs can enter cuts and sores.</li> <li>Demonstrate how to loosen the soil around the plant before pulling the weed to ensure all roots are pulled.</li> <li>Demonstrate how to grab weeds near the bottom of the stems, close to the dirt where the roots are.</li> <li>Demonstrate how to shake off excess soil and dispose of the weeds properly.</li> <li>Demonstrate how to apply mulch to inhibit further weed growth.</li> </ol>
REFLECTION ACTIVITY:	Is there an area in the community that needs weeding? Do you have weeds in your yard at home?
Clean up:	Allocate students to various jobs Clean equipment as required. Discuss putting things away safely. (Correct storage) Wash hands thoroughly with nailbrush.
APPROPRIATENESS:	☑ KK-Year 2 ☑ Years 3-6 ☑ Year 7 plus
EXTENSION IDEAS:	Science activities – identifying weeds from plants. What other ways are there to get rid of weeds?



## LESSON GUIDE Recognise a Variety of Plants



EON EDIBLE GARDENS

Key Message:	Look after country & country will look after you.
BACKGROUND:	Different plants for different seasons and uses. Plants to eat, give shade, stop the wind.
Lesson Focus:	Recognise what plants can be eaten, learning their names.
Resources/Equipment:	This activity will require some preparation.
	Flashcards of different plants. At least 8 with picture of plant and name of plant.
OUTLINE:	<ol> <li>Ask students how many plants they know the names of.</li> <li>List plants on a board, have them write them on a piece of paper to take into the garden.</li> <li>Display the flashcards, have them repeat several times.</li> <li>Scavenger hunt for plants listed out in the garden.</li> <li>Students tick off when they have found the plants.</li> </ol>
REFLECTION ACTIVITY:	How many of the plants have they eaten? What is their favourite recipe using the plants?
CLEAN UP:	Allocate students to various jobs Clean equipment as required. Discuss putting things away safely. (Correct storage) Wash hands thoroughly with nailbrush.
APPROPRIATENESS:	☑ KK-Year 2 ☑ Years 3-6 ☑ Year 7 plus
EXTENSION IDEAS:	Describe plant parts. Fruits, flowers, leaves, stems. What parts are edible?

