

EON EDIBLE GARDENS KEY LEARNING AREA

LESSON PLANS

EON EDIBLE GARDENS



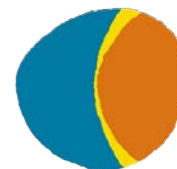
EON KEY LEARNING AREA:	Planting seeds and seedlings
This PDF contains lesson plans for the EON Edible Gardens key learning area: "Planting seeds and seedlings".	
LESSON PLANS:	<ul style="list-style-type: none">• Mr and Mrs Cress Head• Planting Seedlings



LESSON GUIDE

Mr and Mrs Cresshead

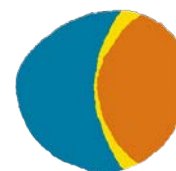
EON EDIBLE GARDENS



EON Foundation

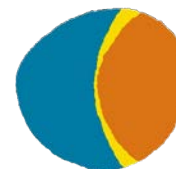
BACKGROUND:	Growing healthy food can be quick, easy and loads of fun!
LESSON FOCUS:	Planting cress seeds and harvesting the sprouts to eat.
RESOURCES/EQUIPMENT:	<i>This activity will require some preparation.</i> Biodegradable cups, cress seeds, compost/potting mix, small watering can, stickers and pens to make faces.
OUTLINE:	<ol style="list-style-type: none">1. Create a face on the cup using stickers and coloured pens.2. Put the compost / potting mix in the cup until it is $\frac{3}{4}$ full.3. Sprinkle the cress seeds on top and lightly cover with more soil.4. Water in the seeds.5. Put the cups on a windowsill in good natural light.6. Check each day if the cress needs watering.7. As the seeds sprout, 'give Mr. and Mrs. Cress a haircut' and use the harvested sprouts in sandwiches or salads.
REFLECTION ACTIVITY:	Discuss what seeds need to grow – soil, water and light.
CLEAN UP:	Clean equipment as required. Discuss putting things away safely. (Correct storage) Wash hands, including cleaning nails using a nail brush.
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 plus
EXTENSION IDEAS:	Create an indoor garden of edible microgreens.

Planting Seedlings



<p>BACKGROUND:</p>	<p>Seedlings are like “babies”, they need to be handled with care, fed and watered. Minimise the disturbance of the root system and retain soil around the roots when planting seedlings.</p>
<p>LESSON FOCUS:</p>	<p>Plant seedlings so they stand upright and strong.</p>
<p>RESOURCES/EQUIPMENT:</p>	<p><i>This activity would require some preparation.</i> Bag of potting mix, seedlings, watering cans, spray bottles, liquid seaweed fertilizer, hand trowels.</p>
<p>OUTLINE:</p>	<ol style="list-style-type: none"> 1. Identify seedlings with the class using pictures of what they will grow into – e.g. flowers, seeds and fruit. 2. Demonstrate measuring the spacing of plants in the garden. 3. Demonstrate mixing the liquid seaweed fertilizer with water so it looks like weak tea. 4. Demonstrate how to invert seedlings from the tray and have them fall carefully into your hand. 5. Measure the planting space in the garden and create small planting holes. Place the seedling into the hole and backfill with potting mix. Firm the soil around the plant so it stands strong and upright. 6. Water in with the diluted liquid seaweed mixture. Younger children can use spray bottles. 7. After watering the soil may subside and the plant may lean over. Apply more potting mix to firm and hold the plant upright.
<p>REFLECTION ACTIVITY:</p>	<p>Are there enough seedlings for students to take home to plant in their own garden? Compare how much the seedlings grow each week. Discuss the time between planting the seedlings and eating the produce.</p>
<p>CLEAN UP:</p>	<p>Allocate students to various jobs. Clean equipment as required. Discuss putting things away safely. (Correct storage) Wash hands, including cleaning nails using a nail brush.</p>

Planting Seedlings



<p>APPROPRIATENESS:</p>	<p><input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 plus</p>
<p>EXTENSION IDEAS:</p>	<p>Continual harvesting of crops by planting at intervals.:</p> <ul style="list-style-type: none"> • Lettuce, peas, beans, kohlrabi, sweet corn can be planted each 7 days for continual cropping. • Carrots, beets, turnips can be planted each 14 days for continual cropping. • Squash and chard can be planted each month for continual cropping. <p>Math activities – measuring, counting, prediction. Students can take their own growth measurements and make a chart.</p>