



Grade Level: pre-K, K-3

Indiana Academic Standards:

Examples of select academic standards possibly met during this activity. Additional academic standards may be achieved with added enrichment activities.

Life Science: K.3.1; K.3.3; 3.3.1;

Time: 45 minutes, plus set-up.

Materials:

A variety of locally grown and/or in-season vegetables

Large crackers or cocktail bread

Spread for crackers (ex. hummus, cream cheese and/or goat cheese)

Plastic knives

Knife (adult use only)

Cutting board

Dessert-size plates

Small bowls for ingredients

Spoons or small tongs

Recommended Reading:

Tops and Bottoms by Janet Stevens

First Peas to the Table by Susan Grigsby

Bear and Bunny Grow Tomatoes by Bruce Koscielniak

Garden Plot Crackers

Description: Students will create a miniature garden plot using edible ingredients.

Purpose: Children learn how to make their own snack through a hands-on cooking experience; encouragement and opportunity to try new, local vegetables; become comfortable with tasting new foods in a supportive, positive environment with peers; learn about kitchen safety and utensils.

Objectives: List and describe locally grown vegetables.

Background:

For helpful background information about vegetables, see:

http://www.agclassroom.org/teacher/matrix/lessonplan_print.cfm?lpid=78

Plant part worksheets (scroll down to Plant Parts We Eat):

<http://www.clover.okstate.edu/fourh/aitc/lessons/extras/commod.html#garden>

Preparation:

Wash and cut all vegetables into small pieces. It is highly recommended that you set this activity up in stations and allow students to travel from one ingredient to the next, to distribute one ingredient at a time, or for students to work in small groups at tables. Place ingredients in small bowls that are easy for students to handle.

Label each with the name of the vegetable so students can see the written word.

Activity Directions:

1. All students and adult helpers should wash hands thoroughly with warm, soapy water. Prepare workstations by cleaning work surface and/or covering with butcher paper or plastic table covering.
2. Show and name the ingredients that will be used. Explain how the plant grows and what part of the plant is edible. If the vegetable was purchased from a local farmers market or grown in the school garden explain the care it took the farmer to grow it.
3. Give each child a plate, 1-2 crackers or cocktail bread. Place a container of hummus, cream cheese and/or goat cheese and a plastic knife at every table or in reach of each group of children.
4. Demonstrate how to assemble the garden plot crackers.
5. Spread hummus/cream cheese/goat cheese onto cracker using plastic knife. Have student place at least 1 piece of each vegetable on their cracker to represent where it would be planted in their garden.
6. When all the children have finished assembling their garden plots,



prompt them to try them. When they have finished, have them help clean up.

Take it further:

- Explain what each plant needs in order to grow (ex. water, sunlight)
- Identify the common structures of plants including its roots, stems, leaves, flowers, fruits and seeds. Describe their functions.
- Have students identify what wildlife might like their vegetables too.
- Ask students to write about their favorite vegetable.
- Have students draw pictures of a garden they might plant with their favorite vegetables (or vegetables used to make some of their favorite foods such as tomatoes for ketchup)
- Ask students to describe the texture, taste, shape, etc. of the plants and vegetables.
- Research when the best time to plant a garden is in your area.
- Plant a container garden in the classroom or at school with vegetables like spinach, lettuce and green onion that grow quickly.