



Learning Outcomes

- **PDe-6** Explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity
- **PDe-7** Identifies actions that promote health, safety, wellbeing and physically active spaces
- **STe-3LW-ST** Explores the characteristics, needs and uses of living things
- **VAES1.1** Makes simple pictures and other kinds of artworks about things and experiences



Resources and Preparation

Resources

Video (V)

- Video 1 – [Why local food matters](#) (5:52)
- Video 2 (optional) – [Grow your own plants part 1](#) (5:30)
- Video 3 (optional) – [Grow your own plants part 2](#) (3:54)

Worksheets (WS) and Information sheets (IS)

- Worksheet 1 – My fruit or vegetable that I'll be growing
- Worksheet 20 – Planting seeds
- Information sheet 1 – Fruit & Vegetable Information

Materials

- Paper/cardboard
- Ice block sticks
- Coloured pencils
- Paper cups/pots
- Tray under cups for drainage
- Potting mix
- A mix of easy to plant vegetable or fruit seeds such as: radish, lettuce, kale, spinach, strawberry and carrot

Preparation

1 week prior to lesson:

- Gather resources

Prior to lesson:

- Print out WS 1 – 1 per 6 students
- Print out WS 20.2 & 20.3 – 1 per 2 students
- Print out IS 1 – as needed

GROWING FRUIT AND VEG

Students look at where their food comes from with a focus on local and home-grown food. As an activity, students plant seeds that can grow in the classroom and then draw the fruit or vegetable that they planted.

Introduction (5 mins)

Discuss with the students where they get their food from. Query the students and expand on where some of the fruit and vegetables they buy in the supermarket originally come from. Do they ever see any fruit or vegetables growing around them? Does anyone they know grow their own food? Record all discussed on a sheet or Word document.

Activity (45 mins)

1. Introduce students to Fruit & Veg Month by showing the video 'Why local food matters' (V1). Instruct students to keep an ear open for anything familiar or new in the video. Discuss afterwards.
2. Discuss as a class or in pairs/small groups if the students have ever grown their own food and why they think it is important. They then discuss what a plant needs to grow. (Optional: watch V2 and V3 about growing plants).
3. Give each pair some vegetable/fruit seeds.
4. Students create an identifier by writing the name of the plant and drawing a picture of their fruit or vegetable on a square in WS 1.
5. Students glue the cards to ice block sticks.
6. Teachers punch a hole into the base of paper cups.
7. Show WS 20 on the board and walk through the steps together with the students.
8. Students fill the paper cups with soil and plant the seed and top up with the soil.
9. Students place the identifier in the cup and place in a sunny safe area.

Conclusion (15 mins)

Students present to the class what their plant is and how they intend to look after it (what does it need to grow?). Students water the plant every few days and check in on their plant each week and note changes in the growth on WS 20.3.

Assessment

- For:** Student identifies fruit and vegetables, why they are good to eat, where they come from and how you grow food yourself.
- As:** Student identifies fruit and vegetables, why they are good to eat, where they come from and how you grow food yourself.
- Of:** Student contribution to class discussion in fruit and vegetable exploration. Student presentation of plant to class.

Differentiation

- Extend:** Students can write a procedure for how to grow seedlings and record the growth of the plants (see WS 20 and WS 20.1).
- Simplify:** Complete experiment as a class or in larger groups.

School/Home Link

- Students can take their plant home at the end of the experiment.
- Share growth journal with family.
- Include information about the lesson in communications home e.g. newsletter.

Duration | 65 minutes

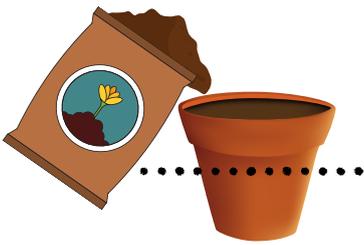
Worksheet 1 | My fruit or vegetable that I'll be growing

My fruit or vegetable is called:

.....

How to plant seeds

1. Fill the pot halfway with soil.



2. Sprinkle seeds on top of the soil



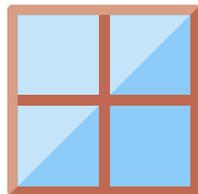
3. Cover the seeds with more soil



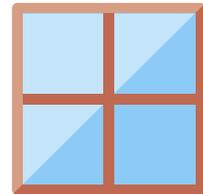
4. Water the soil to dampen it.



5. Place pot in an area with sunlight e.g. near a window



6. The plant will soon grow. Remember to water regularly.



My Plant Diary

My plant: _____

Week: _____

Observations:

Draw your plant here

My plant: _____

Week: _____

Observations:

Draw your plant here

Worksheet 20.3 | Planting seeds

Measuring plant growth

Carefully measure the height of your plant and record your results in the table below.

Week	Height of plant

Week	Height of plant