



Learning Outcomes

- **PD1-6** Understands contextual factors that influence themselves and others' health, safety, wellbeing and participation in physical activity
- **PD1-7** Explores actions that help make home and school healthy, safe and physically active spaces
- **ST1-1WS-S** Observes, questions and collects data to communicate and compare ideas
- **ST1-4LW-S** Describes observable features of living things and their environments
- **EN1-1A** Communicates with a range of people in informal and guided activities demonstrating interaction skills and considers how own communication is adjusted in different situations



Resources and Preparation

Resources

- Worksheet 8 – Growing vegetables
- Seeds for quick growing crops e.g. kale, spinach, rocket, radish, lettuce, Chinese cabbages such as pak choi, tat soi, mizuna
- Clean, recycled, food safe containers such as metal coffee/milk powder tins, styrofoam fruit and vegetable boxes, cafe/restaurant bulk food buckets or milk containers with the top cut off. Ask parents/carers or the school handy person to drill drainage holes
- Good quality Australian standard potting mix
- Watering cans
- Liquid fertiliser: commercial product or use diluted compost, worm or weed tea
- P2 dust masks and gardening gloves if students are handling the potting mix and fertiliser
- Video on seed germination via [healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/](https://www.healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/)

Preparation

1 month prior to lesson:

- request donations of seeds and potting mix from local retailers and/or ask parent body for donations
- request clean, recycled food containers from parents, school staff, school canteen and local food businesses
- drill drainage holes in containers
- undertake WHS risk assessment for use of potting mix and fertilisers according to your school policy

Prior to lesson:

- photocopy WS 8 – 1 per student
- set up planting and growing spaces
- optional - fill containers with potting mix

Keep it local

Help the planet by...growing your own fruit and veg

Please note: this lesson requires some preparation 2-4 weeks beforehand.

Students learn about fruit and vegetables and how to grow their own produce quickly and simply using quick growing crops and recycled containers.

Introduction (5 mins)

Initiate a class discussion on fruit and vegetables and write the answers on the board to help with identification of fruit and vegetables: What fruit and vegetables have you eaten today/are in your lunchbox? Why do we eat fruit and vegetables? Who grows their own fruit and vegetables at home?

Brainstorm ways fruit and vegetables grow. What elements do seeds need to grow?

Activity (30 mins)

1. View the video and using WS 8, discuss what elements seeds need to grow.
2. Students choose a plant to grow and a container to grow it in.
3. Students plant their seeds.
4. Students care for their plants over subsequent weeks and observe their growth using WS 8.

Conclusion

A photo is taken of the class vegetable patch at planting and then just before students take their vegetables home. Photos are displayed in the classroom, around the school or via school digital communications under the heading "We helped the planet by ... growing our own fruit and veg!"

Assessment

- For:** Can students identify a variety of fruits and vegetables? Do students know how to grow these?
- As:** Can students follow procedural instructions?
- Of:** Can students identify changes in their plant?

Differentiation

- Extend:** Students write a procedure on how to plant and care for a seed.
- Simplify:** Students undertake the task in pairs or small groups.

School/Home Link

Students take vegetables home and take photos of their continued growth and their use in family meals or snacks.

Duration | 35 minutes

Additional time required each week for observing changes and caring for plants.



Worksheet 8.1 | Growing vegetables

Student name _____ Vegetable name _____

My vegetable needs...

1. S_n_l_g_t. I will put my pot in a sunny spot. Most vegetables need 6 to 8 hours of sunlight a day.

2. W__r. I won't let the soil dry out. I will water my pot once or twice a week.

3. F__d. I will plant my seed in soil. I will give it food (fertiliser) every two weeks.

I will care for my vegetable each week by giving it...

	Week 1	Week 2	Week 3	Week 4
Water	1. <input type="checkbox"/> 2. <input type="checkbox"/>	1. <input type="checkbox"/> 2. <input type="checkbox"/>	1. <input type="checkbox"/> 2. <input type="checkbox"/>	1. <input type="checkbox"/> 2. <input type="checkbox"/>
Food	1. <input type="checkbox"/>	1. <input type="checkbox"/>	1. <input type="checkbox"/>	1. <input type="checkbox"/>

This is how my vegetable has changed...

Week 1

This week my vegetable has _____

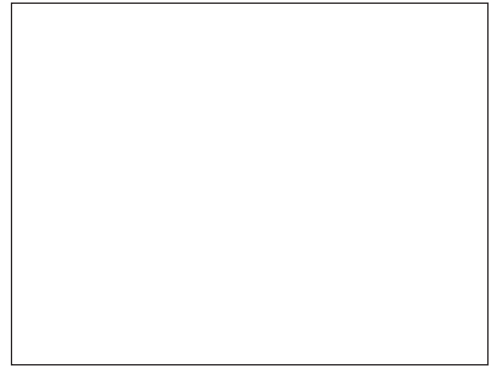


Draw and label your vegetable

Worksheet 8.2 | Growing vegetables

Week 2

This week my vegetable has _____



Draw and label your vegetable

Week 3

This week my vegetable has _____



Draw and label your vegetable

Week 4

This week my vegetable has _____



Draw and label your vegetable