

# In the Garden

## Activities + Lessons for Pre K / Kindergarten

### Essential Goal

Getting familiar with fruits and vegetables!

### Introduction

There are many different fruits and vegetables we can eat in order to be healthy. Let's learn about gardens and how these fruits and vegetables grow.

### Objectives

- Students will learn about different fruits and vegetables and where they come from
- Students will be able to identify different fruits and vegetables
- Students will taste, touch, and smell three different vegetables grown in the garden

### Pre-Trip Activities

- Naming vegetables song and animation: <https://www.youtube.com/watch?v=RE5tvaveVak>
- Fruit and Vegetable Coloring Pages
- Mystery Bag Activity
- Plants Feed Me, by Lizzy Rockwell. Interactive story time: <https://www.youtube.com/watch?v=zbwf0zegsnA>

### Echoing Hope Ranch Activities

- Identifying and Sampling Items from the Garden
- Planting a Seed to Take Home

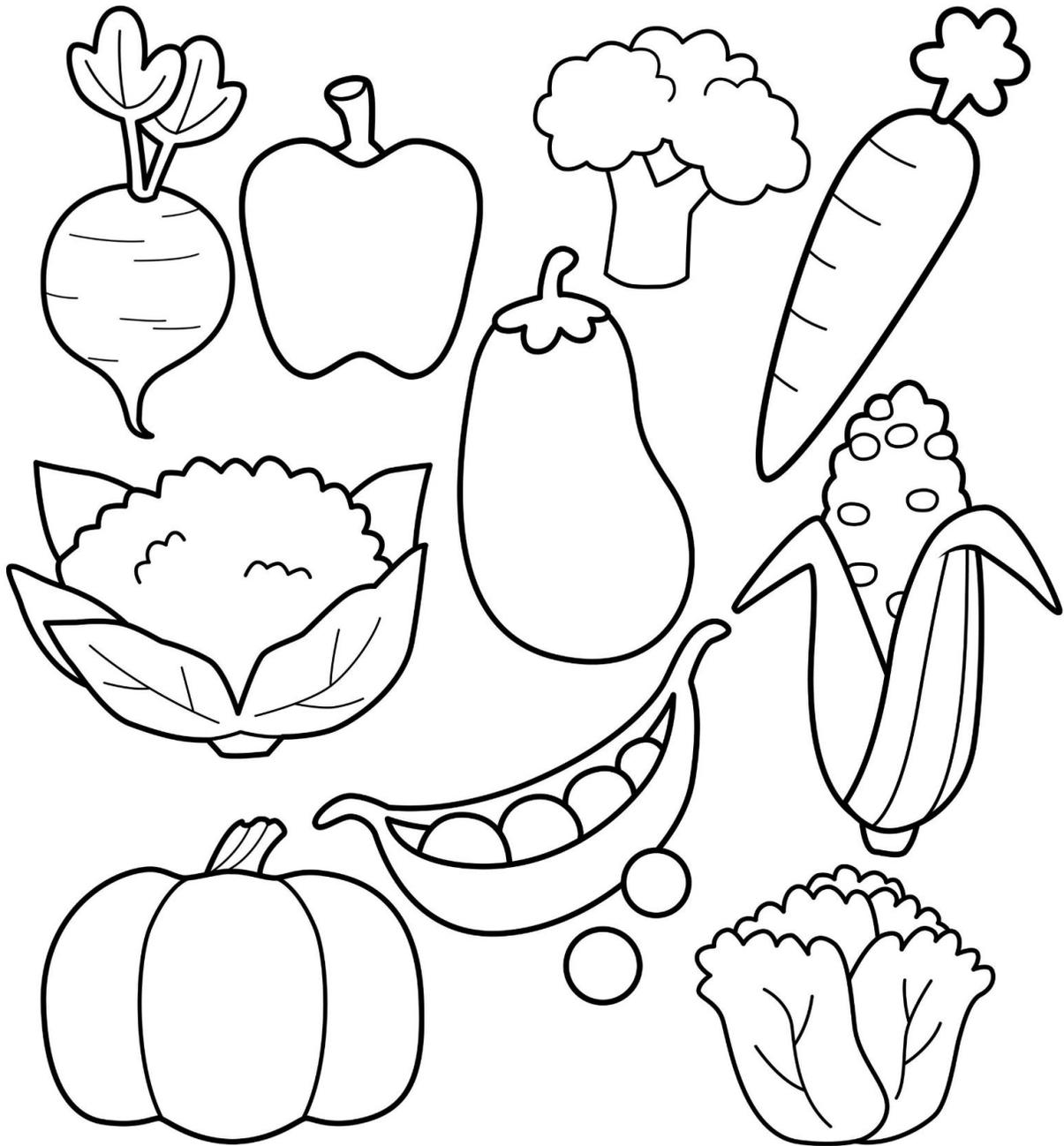
### Post-Trip Activities

- Grow a Seedling in a Bag Activity
- Potato Stamped Wrapping Paper Activity
- Fruit and Veggie Art Activity

**Echoing Hope Ranch**

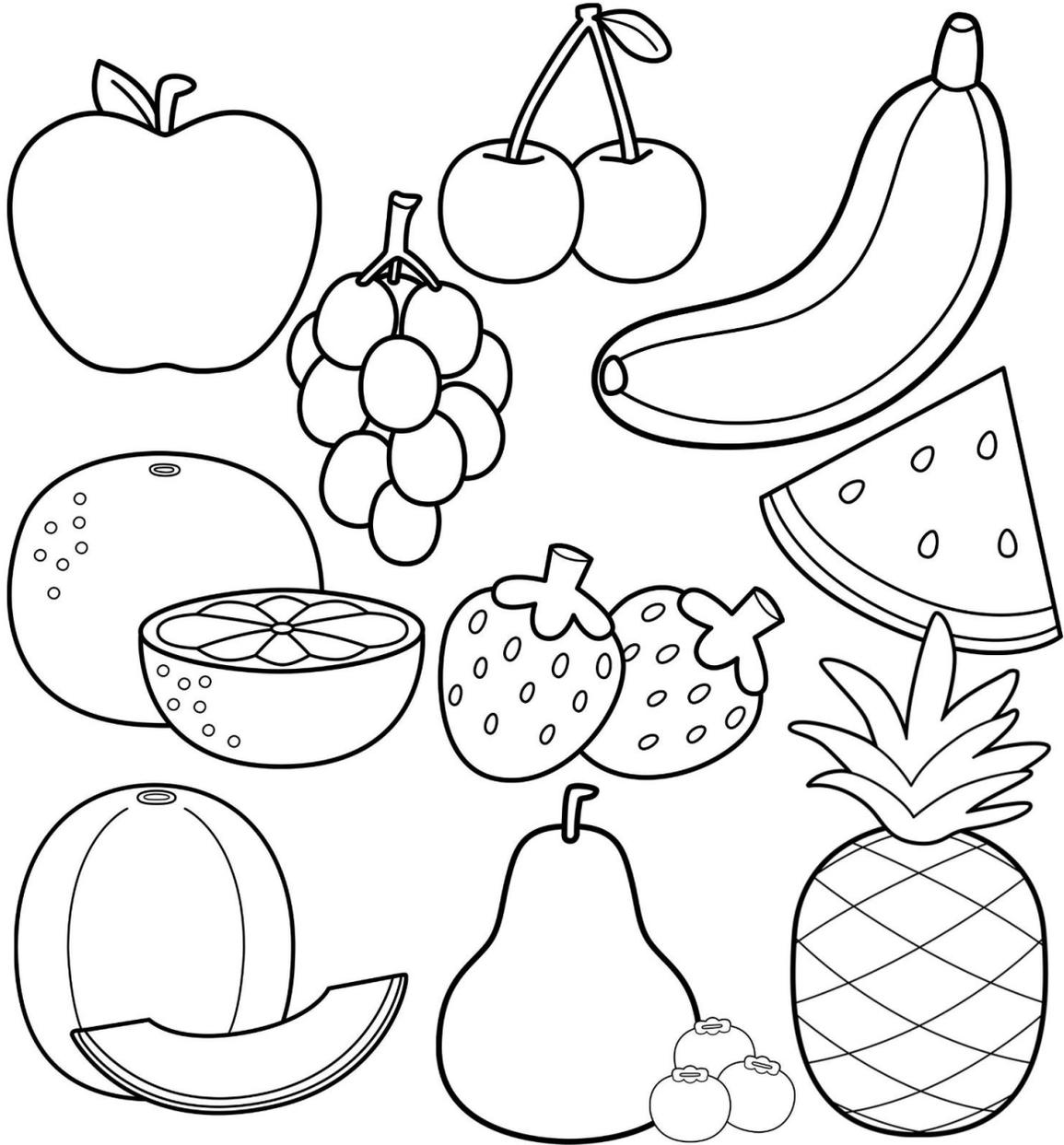
*– supporting those with autism and/or other intellectual and development disabilities*

# VEGETABLES



KEEP YOU HEALTHY!

# WHAT'S YOUR



# FAVORITE FRUIT?

**Activity: Mystery Bag**

Activity Length: 30 minutes to an hour

**Materials / Preparation:**

To make a simple mystery bag, use a large strong paper bag, non-see-through plastic bag, or pillow case. Choose 1 fruit or vegetable, and put it inside the bag.

**Directions:**

Seat the students in a semicircle on the floor and ask them to remain seated. Take the Mystery Bag to a place in the room where the students can see it and you, but where they won't be able to hear you if you're speaking softly. Tell the students that each one of them will have a chance to describe to you what they feel in the Mystery Bag. Write examples of description words such as sharp, soft, bumpy, heavy, light, etc., on a whiteboard, to help them understand the kind of observations they can share with you.

One at a time, ask each student to come to the Mystery Bag. Have each child feel inside the bag without looking inside it. While at the Mystery Bag, ask each student to describe quietly what he/she feels. Encourage words similar to the description words on the white board if the student has a hard time giving a description on his or her own. Have each student guess what is inside and whisper his/her guess to you. Write their answers on a piece of paper if you wish. After everyone takes a turn, take the Mystery Bag to the center of the semicircle of children. Remove the fruit or vegetable. Show it to the children. Talk about this fruit or vegetable with the students.

**Tips:**

1. Offer to feel inside the Mystery Bag with children who are hesitant and want your assistance.
2. Remind students to keep their ideas and guesses secret until everyone has had a turn to feel the mystery items

**Activity Questions:**

1. Have you eaten this fruit / vegetable before?
2. Do you like this fruit / vegetable? Why / why not?
3. Where have you seen this fruit / vegetable before?
4. Where does this fruit / vegetable come from?

**Activity: Grow a Seedling in a Bag**

Activity Length: 30 minutes to an hour to create, 2-3 days to observation

A seedling is a very young plant that is grown from a seed. Watching it grow inside of a plastic bag is a great way to see what happens to a planted seed, without the process being hidden by dirt. Here, we're using dry lima beans, because they sprout fast and give quick results. Spinach, squash, and cantaloupe seeds will also produce seedlings, but may take longer. Your students can try this activity with more than one kind of seed, which would allow for them to compare how different seeds germinate.

**Materials:**

- Plastic bag with a zipper-style closure
- Absorbent paper towel, 1 sheet per student
- Dry lima bean seeds, soaked in water overnight\* (about 4 or 5 beans per student) \*Soaking the lima beans overnight in water helps hydrate the beans and speeds the sprouting process.
- Masking or strapping tape
- Sunny southern or western exposure window

**Directions:**

1. Dampen the paper towel and place it flat inside the plastic bag
2. Put the soaked beans in the bag, and press them up against the wet paper towel
3. Seal the bag
4. Tape the bag to a sunny southern or western exposure window, with the beans facing the classroom so that your students can watch the progress

**Questions:**

1. What are the differences between the plants you saw at Echoing Hope Ranch and the seeds we grew?
2. After sprouting, what do our seeds need to keep growing?

**Activity: Potato Stamped Wrapping Paper**

\*Potatoes, apples, carrots, or vegetables with leaves work best for this activity

Activity Length: 30 minutes

**Materials:**

- Potatoes (or other fruits and vegetables), cut crosswise into halves or thirds (not the long way) with smooth flat surfaces
- Acrylic craft paint in various colors
- Paper plates for paints
- Large sheets of light colored paper, at least one per student
- Smocks, aprons, and table coverings, if desired

**Directions:**

1. Before the activity, organize materials and slice potatoes
2. Have each student seated at the table(s) with supplies
3. Give each student a piece of paper
4. Show them how to dip a piece of the potato in the paint
5. Stamp the painted portion of the potato onto the paper. Repeat until desired pattern is created.
6. Repeat stamping with different colors and shapes if desired
7. Set the papers on a flat surface to dry

**Activity Extension:**

After the craft activity, have the students wash their hands for snack or mealtime. To connect snacktime to the activity, serve the vegetable you were stamping, and talk about how this vegetable grows, or other ways you can eat it. (For example, potatoes can be mashed, baked, made it into french fries and potato chips)

**Activity: Fruit and Veggie Art**

Activity Length: 30 minutes to an hour

Fruits and vegetables come in a wide variety of colors, shapes, and textures..perfect for making a masterpiece! Allow students to use their imaginations to create shapes and scapes before digging in during snack time.

**Materials:**

- A variety of fruits, vegetables, nuts, crackers, etc, cut into various size pieces
- 1 paper plate per student
- Toothpicks (optional if building 3D artwork off the plate)
- Dips or sauces, such as yogurt, salsa, ranch

**Directions:**

1. Wash and dry your produce, and then cut into bit-sized pieces. Use small cookie cutters in the shapes of circles, stars, etc. or a melon baller for additional options
2. Give each student a bowl with their cut up fruits and vegetables, and a plate to serve as their workspace
3. Have students create a picture or mini sculpture using the fruits and vegetables provided
4. Snap a photo of each creation to document your students' art
5. Dig in!

**Activity Extension:**

Ask students if they remember seeing any of their fruits or vegetables during their field trip at Echoing Hope Ranch. If so, where and how did they grow?