



Learning Outcomes

- **ST1-4LW-S** describes observable features of living things and their environments
- **ST1-11LW** describes ways that different places in the environment provide for the needs of living things
- **PD1-6** Understands contextual factors that influence themselves and others' health, safety, wellbeing and participation in physical activity
- **VAS1.1** Makes artworks in a particular way about experiences of real and imaginary things



Resources and Preparation

Resources

Video (V)

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

Worksheets (WS) and Information sheets (IS)

- Worksheet 5 – Where do fruit and vegetables grow?
- Worksheet 20 – Planting seeds
- Information sheet 1 – Fruit & Vegetable Information

Materials

- Easy to grow seeds (e.g. strawberries, radish, lettuce, kale, spinach, carrots, etc)
- Pots/cups
- Ice block sticks
- Tray under cups for drainage
- Potting mix

Preparation

1 week prior to lesson:

- Gather resources

1 day prior to lesson:

- Print out WS 5.1 & 5.2 – 1 per 2 students
- Print out WS 20.2 & 20.3 – 1 per 2 students

GROWING FRUIT AND VEG

Students explore where their food comes from and how fruits and vegetables grow. Students plant their own fruit/vegetable seeds at school and draw the identifier.

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 (25 mins)

1. Introduce students to the concept of eating local food by showing the video 'Why local food matters' (V1).
2. In pairs, students complete WS 5. Afterwards, the teacher may show how the foods grow by looking up pictures online.
3. Show growing plants videos (V2 and V3) and discuss how other common fruit and vegetables are grown and what they need to grow.
4. Students can grow their own fruit or vegetables in class. Show WS 20.1 on the board for reference on how to grow your own plant. Tell students to write the name of the plant on a pot/cup. Students then fill the pots/ cups with soil, plant the seed and top up with the soil. Place in a sunny safe area.
5. Using the graphs and tables in WS 20.2 and 20.3, the pairs of students keep track of their plants over the next weeks.

Conclusion (10 mins)

Students present to the rest of the class how their favourite fruit or vegetable is grown. Students water the plant every few days and check in on their plant each week and note changes in the growth.

Assessment

- For:** Students identified where their food comes from.
As: Students understood why local food matters.
Of: Students successfully prepared their growing plant.

Differentiation

- Extend:** Students design an experiment using WS 15.
Simplify: Plants are prepared as a class or in small groups. Assist students with regular watering and dairy upkeep.

School/Home Link

Share plant progress in newsletter. Students keep a progress journal.

Duration | 45 minutes



Where do these different fruit and vegetables grow?



Apples



Grapes



Oranges



Potatoes



Onions



Pumpkins



Carrots



Raspberries



Trees



Bushes



Vines



Under the ground

Worksheet 5.2 | Where do fruit and vegetables grow?

Add your favourite **fruit** below:

Add your favourite **vegetable** below:

Worksheet 5.3 | Where do fruit and vegetables grow?

Answer key for matching task:

Trees:

Apples, oranges

Bushes:

Raspberries,

Vines:

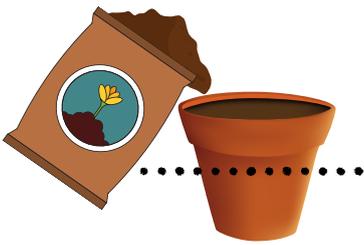
Grapes, pumpkins

Under Ground:

Carrots, onions, potatoes

How to plant seeds

1. Fill the pot halfway with soil.



2. Sprinkle seeds on top of the soil



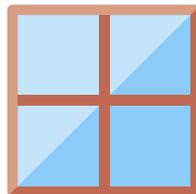
3. Cover the seeds with more soil



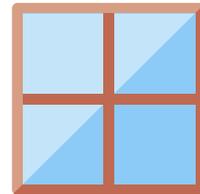
4. Water the soil to dampen it.



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