

LESSON PLAN

Growing food

Subject: Environment

Level: Foundation phase (Reception Class)

Developed by: Neyland Community Primary School

OVERVIEW: Growing food indoors to eat.

The school is linked with primary school in Zanzibar and the lesson
Links to:
Framework for Children's learning for 3 to 7 year olds in Wales



Lesson 1: – Growing food indoors to eat-overview

Global issues and outlook

- Food Sovereignty
- Commitment to Sustainable Development
- Healthy Eating
- The Natural Environment
- Choices and Decisions

Key question:

- What do tomato plants need to grow?

Skills:

- Communicating
- Thinking
- Working with others

Resources:

- Book – ‘Grow Organic Eat Organic’ by Lone Morton, Illustrated by Martin Ursell (ISBN 978-1-874735-91-5)
- Peat-free potting compost, plant pots, bamboo canes, tomato plants and watering cans.

Learning objectives:

- To develop an understanding of the conditions necessary for plants to growth.

Learning outcomes:

- Knowledge and Understanding of the World
- They can make some choices about materials / equipment to complete a given task

Lesson 1: Growing food indoors to eat – plan

Introduction:

(Big Group):

Book: 'Grow Organic Eat Organic' – shared reading, encourage the children to look at the pictures on page 12.

Discussion about how to plant and care for tomato plants indoors

Activities

(Small Groups):

Encourage children to follow the instructions on page 12 in the book 'Grow Organic Eat Organic'

- Fill a container with peat-free compost and good soil
Push a bamboo cane in firmly and then plant the tomato plant next to it
Place the pots in a warm sunny position inside the classroom
- Tomato plants need regular watering and feeding
As the tomato plant grows it will need to be tied to the bamboo cane
Remove shoots that grow between the main stem and branches
Pick the tomatoes when they have turned bright red
- Eat the food you've grown - see pages 20 – 21 for good tomato recipes

Plenary

Ask questions to reinforce children's understanding of the conditions needed for plants to grow

Evaluation:

How well the children can answer the questions

Lesson 2: Growing food outdoors to eat.– overview

Global issues and outlook

- Food Sovereignty
- Commitment to Sustainable Development
- Healthy Eating
- The Natural Environment
- Choices and Decisions

Key question:

- What do potatoes need to grow?

Skills:

- Communicating
- Working with others
- Numeracy

Resources:

- Book – ‘Grow Organic Eat Organic’ by Lone Morton, Illustrated by Martin Ursell (ISBN 978-1-874735-91-5)
- Good rich organic compost, potatoes that have sprouted, large pots or containers, watering can

Learning objectives:

- To reinforce pupils’ understanding of the conditions needed by plants for growth

Learning outcomes:

- Knowledge and Understanding of the World 3.3 They participate in the planning of future activities and make predictions by reflecting on previous experiences

Lesson 2: – plan

Introduction:

(Big Group):

Book: 'Grow Organic Eat Organic' - Shared Reading, encourage the children to look at the illustrations on page 13

Discussion about how to plant and care for potatoes outdoors

Activities

Encourage children to follow the instructions on page 13 in the book 'Grow Organic Eat Organic'

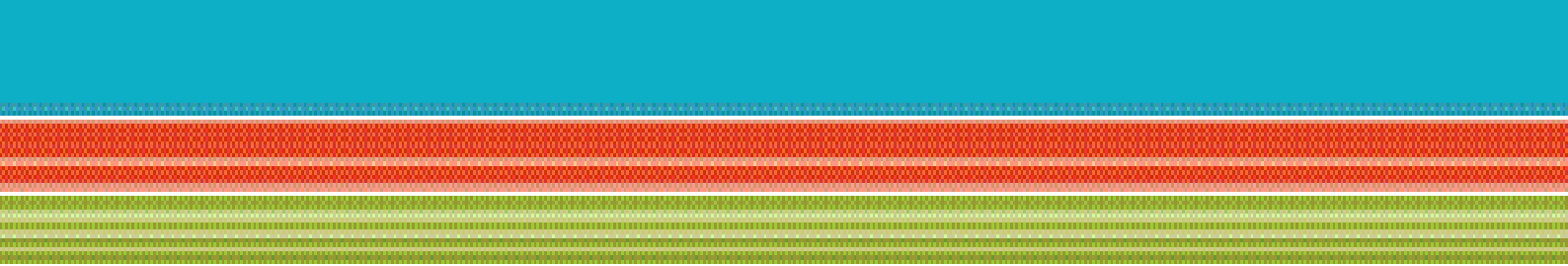
- Sprout potatoes by putting them in a light, warm place like a windowsill.
When the sprouts are about 2-3cm long they are ready to place in the compost (only keep two sprouts on each potato)
The potatoes should be ready to eat in about 10 –12 weeks
- In spring fill a large pot one third full of compost from your compost bin
Put in the sprouting potatoes and cover with more compost to cover the potatoes
Water regularly and as they grow add more and more compost
When the pot is full leave the potatoes to flower
When the leaves die your potatoes are ready
Tip the potatoes out and see how many you have grown!
- Eat the food you've grown - see page 22 for recipes

Plenary:

Ask questions to help children remember the main sequence of events when planting potatoes

Evaluation:

Answers to questions.



Sazani Associates: Supporting sustainable rural livelihoods around the world through participatory research and the development of innovative approaches to global learning. For more information please visit our website www.sazaniassociates.org.uk
