



Good Health From the Ground Up

LEARNING OBJECTIVES

This lesson will increase children's knowledge of healthy food choices and the benefits of growing your own food for consumption.

INTRODUCTORY ACTIVITIES

Introduction

- Welcome and pass out folders
- Complete forms
- Explain workshop objective

Description of Ready to Learn Service

- There are 148 PBS stations with Ready to Learn services that provide workshops and outreach for parents and caregivers
- The Ready to Learn initiative is funded through the U.S. Dept of Education.
- Describe First Book program.
- Talk about other workshops we offer to parents and teachers.

Icebreaker

- Storyboard "Favorite Things". Use the printed storyboard frames. Ask child to illustrate 5 favorite things to include on each block such as: favorite food, favorite color, favorite animal, favorite movie character, and favorite play activity. When child is finished

illustrating favorites, create a mini book using the following directions:

- cut the template across the page horizontally so that you end up with three strips of two blocks
- fold each strip in half so that one block is on each side
- stack the folded strips on top of one another so that the title block is on front and the open edges are together
- staple together

Station and program information

- Refer to Children's program schedule.
- Programs can be taped for later use and this provides adult with more control over what is to be taught.
- Each program is based on a curriculum and is age appropriate for certain age.
- Guess what age level your groups show is appropriate for?
- Go over children's programming handout.

VIEW

*The Kids and Cancer Prevention vignette
“Good Health From the Ground Up”*

There’s nothing like digging down in the dirt, tending a seedling, and watching a tiny veggie grow to get kids excited about vegetables. Children’s gardens run by schools and Master Gardeners around San Antonio witness this at every harvest. In this segment we’ll see how these “down to earth” projects turned some children into seriously healthy eaters.

READ

Eating the Alphabet by Lois Ehlert

Before Reading the Story: Read the title of the story and discuss the picture on the book cover. What do you see? What do you think this book will be about? Cut open various fruits and vegetables (tomato, cucumber, squash) and extract seeds. Ask students to observe and discuss how the seeds are similar and how they are different. Ask students what would happen if the seeds were planted. Ask students to provide reasons why growing their own plants is good.

Talk to parents about the importance of reading daily to children. It is suggested that parents read to their children for at least 20 minutes a day.

Model to parents how to conduct a book walk by explaining the cover of the book, back of the book, spine, title, author and illustrator.

Introduce story: This is a book illustrating healthy foods. As you go through the book, discuss why some of the foods would be easy to grow and others not as easy. (space allotment, soil conditions, temperature, etc.) Ask, “Which

are plants that you would like to grow at your home?”

*Other Books related to this topic include:
How are you Peeling?/ Vegetal Como Eres? By
Saxton Freyman and Joost Elffers
Carlos and the Cornfield by Jan Romero
Stevens (Bilingual)
The Carrot Seed/La Semilla de Zanahoria by
Ruth Krauss*

VIEW

*Caillou Clip “An Acquired Taste”
Available on RTL Clip Reel*

Before the video: Tell parents that PBS shows are all created with the intent of teaching children something (social skills, literacy, reading, math, problem solving). It is important for them to encourage their children to be active watchers of television, and to be aware of what and how much the child is watching. Limiting television is essential in a child’s life.

Model interactive viewing while watching the short clip. As they watch the video ask them to look for something they can do at home with their child to make learning fun!

DO

A learning activity

Introduce to children and parents an easy activity they can do to watch plants grow from seeds. Plant your own seeds and start growing your own plants to later be transplanted into the ground or in large containers. These will produce edible vegetables!!

MATERIALS

- Styrofoam egg cartons

- Bagged potting soil
- Various packages of vegetable seeds tolerant of transplant (Brussels sprouts, cabbage, cauliflower, celery, eggplant, leeks, onions, parsley, peppers, and tomatoes.)
- Plastic spoons
- Small baggies

per week, or as needed. Transplant the seedlings into the ground when true leaves have developed on your plants. Watch your plants grow!

ACTIVITY

1. Distribute egg carton with 4 sections.
2. Distribute baggie with potting soil.
3. Using plastic spoon, have child fill each section $\frac{3}{4}$ full with potting soil.
4. Place 2-3 seeds in each section of the carton and gently push seeds into the soil so they are covered.
5. Have a parent lightly sprinkle each section with water.
6. Place the carton on a window sill that receives indirect light. Water 2-3 times

MATERIALS LIST FOR BAGS

- *Eating the Alphabet* by Lois Ehlert
- 4 section Styrofoam egg carton
- One small baggie with potting soil (approx. $\frac{1}{2}$ cup)
- One plastic spoon
- One small baggie with 3 each of 4 types of seeds.
- Things to Do at Home
- Printed storyboard (use PowerPoint template and print using Handouts/6 per page)
- Crayons



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My Favorite Things
By:

Things to Do at Home



Use the printed copy of the “ABC’s of Fruits and Vegetables booklet.” For the second block of each row, use the list to write the name of a fruit or vegetable associated with each letter of the alphabet. (For some letters that do not have an example, you may want to write a phrase describing a fruit or vegetable such as “**J**uicy orange” or “**I**ce cold watermelon”. The child may then draw a picture of each example in the last block.

Things to Do at Home (Page 2)

A – apple, apricot, asparagus, avocado, artichoke	B – beet, bell pepper, broccoli, banana, blueberry	C – cabbage, cauliflower, corn, cantaloupe, cherry, cucumber	D	E – eggplant,	F – fig,
G – green beans, grapes	H	I	J	K – kiwi	L – lettuce, lemon
M – mango, mushroom	N	O – onion, olive	P – peas, pear, peppers, pumpkin	Q	R – raspberry
S – spinach, squash, strawberry	T – tomato, turnip	U	V	W – watermelon	X
Y	Z – zucchini				

ABC's of Fruits and Vegetables

A is for...				
B is for...				
C is for...				
D is for...				
E is for...				

F is for... G is for...	H is for...	I is for...

J is for...	K is for...	L is for... M is for...	N is for...

	O is for... P is for...	Q is for...	R is for...

S is for...	T is for...	U is for... V is for...	W is for...

	X is for... Y is for...	Z is for...