

UC Marin Master Gardeners

Dig it, Grow it, Eat it

Station Two: How Plants Grow Program Description

Location: Gazebo Area

This station is very imaginative. The children gather in a circle and the group leader weaves a dream story about waking one morning and going out to work in the garden when a big cloud suddenly bursts and rain showers down on her. Almost as quickly, the cloud moves away and when she looks up she sees a rainbow. She asks the children "What are the colors I saw?" Then, she walks around the circle and grouping five children, asks them to pick a color card (red, dark orange, blue/purple, light orange, green, and brown/white). She then instructs the 6 groups to look around the Gazebo and select a flower petal or leaf that most closely matches the color card they picked. Instruct to stay near Gazebo and come back with their find and sit in a circle again.

Upon their return, she asks for a volunteer from the group. The volunteer will get down on a large sheet of butcher paper and have his/her outline drawn. The outline then gets tacked up on an easel so everyone can see. Then, ask students to brainstorm: *What is nutrition?* Write responses on a board. Then tell how each color of fruits and vegetables helps our bodies. See curriculum -page 6 Life Lab.

Then ask each of the six color groups to brainstorm why it is important to eat a food from that color group. They are to be asked to pick a group rep and have that rep convince them to eat a piece of fruit or veggie from that color group. Have six trays ready to pass around with red apple slices (30), 30 orange segments, 30, purple grapes, 30 yellow peppers, 30 pieces of broccoli, 30 pieces of potato – brown or yellow skinned. But don't pass yet.

Then bring their attention back to the body outlined. Ask them why it is important to eat each color? Hopefully they remember and pass the trays around as you go through the colors reminding them why eating a rainbow is so important. Don't forget to make them want to make their classmate (the one whose outline was up) feel really good after good nutrition