

Planting a Healthy Garden

Lesson five: Where do garden seeds come from?

“Banking on Seeds” from FOOD, LAND & PEOPLE: RESOURCES FOR LEARNING, Food, Land & People

You’ll need seeds for your new garden; but, where do you get them and how did they get them? What is a seed bank and why are seed banks important? Start a seed bank while you start your new gardens.

Content objectives: Give examples and compare the use of seeds by people in the past, today, and in the future; gather, store and plant seeds;
Create a seed bank and explain its importance;
Label the basic parts of a seed

Life skill objectives: Learning to learn, Critical thinking, Problem solving, Decision making, Citizenship, Communication, Healthy living

Core and STEM concepts and skills:

Science Life science, Earth and space, Science as inquiry

Math Operations and algebraic thinking

Language Arts Reading for informational text, Writing, Speaking, Listening, Viewing

Healthy snack: Seed Medley: sunflower, pumpkin or other squash, dried corn kernels, dried peas (wasabi peas add zip), soy nuts

Additional and supporting resources:



LESSON PLANS FOR 2011-12 SCHOOL YEAR, GRADE 4

Lesson 5: Banking on Seeds

Banking on Seeds is a lesson developed by Project Food, Land and People. This lesson, appropriate for Grade Level 3-7, explores the critical role that seeds play in the world.

Lesson objectives include:

- Compare the use of seeds by people in the past, today and in the future;
- Gather, store and plant seeds;
- Create a seed bank and explain its importance;
- Label the basic parts of a seed.

Although *Healthy Gardens, Healthy Youth* received permission to use the lesson during the research study, we do not have permission to post the lesson at this time. To purchase this lesson, go to <http://www.foodlandpeople.org/ordering/gardenwise/> Look for *Banking on Seeds*. You can purchase this single lesson as a digital download.

The recommended tasting for this lesson is a seed medley: sunflower, pumpkin or other squash, dried corn kernels, dried peas (wasabi peas add zip), soy nuts.

After the Lesson

Have the students label the basic parts of seeds in the journal. Part of the lesson involves planting squash seeds. Have students monitor seed growth and record the outcomes in the journal.

