



TasteWiseKids

at Home

Activity: How does Food grow?

Today's activities are focused on learning about how plants grow. We are sharing two variations of an activity – feel free to use whatever video works best for your kids regardless of our recommendations. Or try both!

Activity 1: For younger kids (up to about 3rd grade)

Instructions

**if you can't listen/watch the book, that's ok. Feel free to skip right down to #3 and get creative!*

1. **Watch and listen to Up, Down, and Around by Katherine Ayres read to us by Razan Sahuri, a Nutrition Educator with Howard County's University of Maryland's Extension program** (*feel free to read the book/watch the video one more time so kids can chime in and help with the ways plants grow – repetition helps kids remember things*).
2. **After you watch the video, use a few of these questions to spark a conversation with your kid.**
 1. *What flowers or vegetables do you know that grow up? What plants grow down? What plants grow around?*
 2. *What would you grow if you had your very own garden?*
 3. *What would you eat from the picnic on the last page?*
 4. *What dishes would you cook with these vegetables?*
 5. *What is your favorite vegetable/fruit?*
3. **Pick one (or more) of the following activities (some of these ideas come from the book's page on the PBS website – check out the page for even more options) :**
 1. Draw a fantasy plant made from three different plants that grow in different directions
 2. Create a dance that includes movements of “up”, “down”, and “around”
 3. Go outside and measure a couple of plants (or weeds) growing in your yard or on your street. Bring paper and pencil and record your measurements (only go outside if safe to do)
 4. Learn a song about what plants need to grow and thrive ([The Needs of a Plant](#))

Debrief/Key Points from activity:

- Plants can grow in many ways – i.e. they all don't grow straight up!
- We can't always see every part of the plant – if it's growing underground, we can't see that part; if it grows on a vine it can curl in on itself and may seem smaller.
- Plants need 5 basic things to grow – soil, space, air, water, sun/light.

Activity 2: For older kids (grades 3 and up)

Instructions

**if you can't watch the video, that's ok – use your most important tool, your brain and brainstorm what helps a plant grow. Then skip to #3 and get creative!*

1. **Watch the Video How does a seed turn into a plant? by SciShowKids.**
2. **After watching the video, try to answer a few of the following questions (feel free to watch the video more than once):**
 1. *What are the 3 parts of the seed?*
 2. *What does dormant mean? What is an example of a seed being dormant?*
 3. *What does a seed need to start to grow into a plant?*
 4. *What direction do the roots grow?*
 5. *What does "sprouted" mean? Why is this important?*
 6. *What are 3 types of foods that we eat that are actually the seed of the plant? (example – corn)*
 7. *What is something you could cook using some kind of edible seeds?*
 8. *What is your favorite seed?*
3. **Pick one (or more) of the following activities:**
 1. Draw a fantasy plant made from three different plants that grow in different directions and then create a character for this plant (what is it's name, where does it live, how old is it, etc.). Feel free to keep going and write a whole story, cartoon, or rap about your new character.
 2. Create a dance that is based on how a plant grows – get creative and try to create a costume (we would love to see a video of your final version).
 3. Go outside and take pictures of different stages of a plants growing (only go outside if safe to do so).

Debrief/Key Points from activity:

- Seeds need at least 3 things to grow – soil, enough light, and the right temperature.
- We can't always see every part of the plant – in fact, a lot of the initial work of a seed growing into a plant happens underground – starting with the roots.
- Seeds can either stay as seeds or grow into plants; either way, they can be edible.