

## **Supplemental Activity: Growing Lettuce and Cilantro**

### **Supplies Needed:**

- 2 Small peat planting cups for each student
- Soil Pellets that expand when water is added or potting soil
- Sharpies
- Watering can for prep room
- Seeds – three each of lettuce and cilantro per child
- Baggies big enough to hold 2 planting cups – one per child (so they can bring plants home)
- 1.7\_SH\_Transplant-and-Plant-Care-handout

### **Preparation of the Planting Containers – Do this prior to teaching the lesson**

1. Label each cup with the name of the veggie that will be planted in it.
2. Put one pellet in each cup or fill cups loosely with potting soil, tapping down lightly to remove large air pockets.
3. Water the pellets so they expand or water potting soil until it is as damp as a kitchen sponge.

### **Length of Time to Complete:**

- 15-20 minutes total for in class activity

### **Audience (Grades): 1st**

### **Common Core Standards Taught:**

- English Language Arts: Speaking and Listening
  - 1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.
- English Language Arts: Speaking and Listening
  - 1.4 Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.

### **Lesson:**

Why are fruits and vegetables so good for us?

*(They have important vitamins, minerals and fiber which keep us healthy and help us feel good.)*

Has anyone ever eaten an apple right after you picked it, or eaten a green bean right from the garden? It is a real treat to eat fresh fruit and vegetables. Fruits and vegetables are healthiest for you and have the best taste and nutrients right after you pick them.

Where do these fruits and vegetables come from?

*(Plants and trees grown on farms)*

Today we're going to be farmers! We will plant some lettuce and cilantro seeds so you can experience growing, picking, and eating your very own vegetables!

Cilantro is an herb that you can add to salads, salsa and other foods.

Who knows one way we can eat lettuce? *(Salads, sandwiches)*. Did you know lettuce can even be used instead of bread or a tortilla? Try taking a big lettuce leaf, put turkey and cheese on it and roll up like a burrito.

Do you know how lettuce and cilantro helps our bodies? They both have Vitamin K, which helps our bodies stop bleeding if we get cut. They both have lots of water, which helps keep us hydrated.

Ok, let's start planting! **(Pass out prepared planting cups, seeds, baggies.)**

First we are going to plant the lettuce. Everyone find the planting cup that is labeled "lettuce". Now take your lettuce seeds and place them on top of the soil in the lettuce cup. **(Help students place 3 lettuce seeds in the correct cup.)**

Now, we have to be very gentle with our seeds. So, carefully, we are going to pat down the soil until are seeds are just barely underneath the soil. **(Help the students gently pat down soil s that the seeds are no deeper than the width of the seeds, about 1/16<sup>th</sup> of an inch.)**

Great! Now our seeds are ready to start growing into lettuce!

Let's do the same thing with our cilantro. Everyone find your planting cup labeled "cilantro". **(Repeat same planting process with cilantro seeds.)**

Okay, now that we have our seeds planted, let's get them ready to take home. Very carefully, take your cups and place them in your baggie. **(Help students place cups in baggie.)**

Now you will have to be really good farmers at home so your seeds can go into strong lettuce and cilantro plants! Who knows what your seeds will need to grow? *(Water, sunshine, nutrition/soil)*

Remember, just like you need to drink water every day, your plants will need to be watered a little bit each day too! Try watering your plants at the same time everyday so you don't forget! Plants also need lots of sunshine to grow so make sure they are near a sunny window or outside if it is warm enough.

**(Give students the "How to Transplant and Care for your Plants at Home" handout.)** Today you will take your plants home. Be sure to show your parents your new plants so they can help you find a good spot for them! As the plant grows you will have to put it in a bigger container, or in the ground to give the roots room to spread out. Don't forget to water them a little every day, just enough to keep the soil damp. You may be able to eat your lettuce and cilantro in eight to ten weeks. Remember to take care of them every day so they can grow up healthy and strong, just like you!