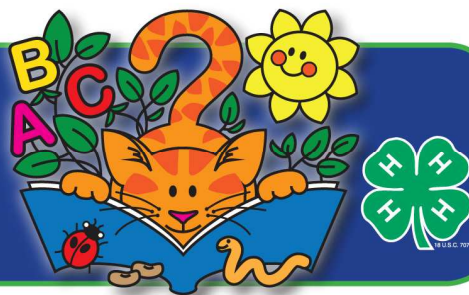


SEEDS, WEEDS & GARDEN READS

Michigan 4-H Gardening & Nutrition Activities for 5- TO 8-Year-Olds

Introduction to Activity Guides



Seeds, Weeds & Garden Reads

The stories and activities in Seeds, Weeds & Garden Reads encourages children to develop a love of reading, learn about plants and how they grow, where our food comes from and recipes for health snacks.

These guides include many suggested activities relating to plant science, a fun craft, and an easy, healthy snack recipe to try. These guides are a starting point for parents, teachers, and 4-H club leaders; as well as child development professionals.

Keep in mind each program is designed to utilize unique facilities; for example, they may cater to indoor or outdoor growing spaces, and may or may not require access to a kitchen. You can use the activity guides as written or you can select the parts that apply to your needs and facilities.

Additionally each activity guide suggests a snack using fruits and/or vegetables that correlate with the story. Included in each guide is a matching recipe handout for parents/caregivers. This handout includes a synopsis of the story with suggested questions that the parent/caregiver may ask the child about his or her experience and understanding of the story.

Please feel free to substitute snacks, or prepare the snack in advance to meet the requirements of your program. When preparing and serving the snacks, please use state or local guidelines regarding food preparation, serving food and sanitation issues. It is important to be aware of any food allergies that the children may have.

To help to teach children about being environmentally responsible, the use of reusable plates, silverware, and cooking utensils is recommended. However, each program will have specific local and institutional guidelines to follow.

Also included in each activity guide is the Michigan Grade Level Content Expectations, Science Standards and Benchmarks met through Seeds, Weeds & Garden Reads. Linked to each guide is a correlation guide for National Common Core standards for ELA (English and languish arts) and Math.

Additional Resources

MSU Extension's EZ Gardening Tip Sheets
http://migarden.msu.edu/tip_sheets/

Michigan 4-H
<http://4h.msue.msu.edu/>

Fruits and Veggies more matters
<http://www.fruitsandveggiesmorematters.org/>

Kiddie Gardens
http://www.kiddiegardens.com/learning_activities.html

Seeds Catalogs

Seed packets

Nutrition Labels

Curiosity Cat says, "I love to read about growing things"



MICHIGAN STATE UNIVERSITY | Extension

Stories included in Seeds, Weeds & Garden Reads

Clara the Caterpillar is a story about a Caterpillar named Clara and her caterpillar friends. All the caterpillars enjoy eating the leaves of vegetables. Clara is a plain little cabbage caterpillar. When Clara becomes a butterfly she finds out that colorless and clever is better than flashy and frivolous. The text is a lesson in alliteration ("Catisha is conceited, ' comforted Cornelius").

Count on Pablo is a story about a boy named Pablo who goes to the market with his abuela (Spanish for grandmother). But before they can go to the market he has to pick and count the vegetables. The focus is on counting by ones, twos, fives, and tens. Pablo and his grandmother were not selling any vegetables so they needed to come up with another idea to get customers to purchase their vegetables.

Muncha! Muncha! Muncha! This story is about Mr. McGreely who plants a garden. He tries to keep the bunnies out of his garden because they keep eating all his vegetables. He builds fences and even a room around his garden and the bunnies still get in, and Munch! Muncha! Muncha! In the end Mr. McGreely decides to share his harvest.

The Runaway Pumpkin is story about Buck and Billy Baxter and their little sister Lil. They climb a hill on Halloween when they happen upon an enormous pumpkin. They cut the pumpkin from its vine and down the hill it tumbles, crashing through the family farm. This makes for an exciting adventure for Buck, Billy, Lil and the pumpkin on Halloween day.

The Giant Cabbage is about a moose who grows a giant cabbage in his vegetable garden in Alaska. Moose is so proud of his giant cabbage that he decides to enter it in the Giant Cabbage Contest at the fair. But he has a few problems to solve before he can do that. Moose and his friends work together to solve these problems.