

Emily Miller

Grade Level: Kindergarten

Subject Focus: Science

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Georgia Standard of Excellence (GSE)

Initially, I chose to focus on the kindergarten level, and the standard that aligns with the project “Eat Your Veggies” is ESS3.A Natural Resources. According to Kindergarten Pacing Guide Earth Materials, it states, “living things need water, air, and resources from the land, and they try to live in places that have the things they need. Humans use natural resources for everything they do.” Since the GSE standards for science are driven by hands-on experiences, I developed an activity that can amplify the child’s knowledge. To challenge the child to think and investigate in the home, this activity can assess further knowledge of plants.

During this time of staying home and focusing on health, educating young minds is more important than ever before. Keeping young minds active at home during self-isolation is essential, not only for the time being but for the long run ensuring they do not go through retention. With collaboration of teachers, family, friends, and other helpful individuals that have the ability to impact a child’s learning, lessons can be reinforced in the home.

Learning targets

- I can correctly classify fruits and vegetables according to their characteristics.
- I can differentiate between fruits and vegetables with stems.
- I can identify the similarities and differences between a fruit and a vegetable.
- I can understand the importance of eating fruits and vegetables.

Materials

- 10 bags or baskets
- 10 fruits and vegetables of your choosing
 - <https://www.justcolor.net/kids/educational-coloring-pages/fruits-and-vegetables/>
- Paper (10 labels for the bags)
- Colored pencils or markers

Items not required but can be used:

- A cash register or a calculator
- A scale

Procedure

For this activity, print out and color the fruits and vegetables of your choice. Next, place your bags or baskets on a table or counter. These bags or baskets will help your child group the plants into categories according to their features such as, color, toughness, size, shape, seeds and stems, roots, and texture. It can be helpful to use real fruits and vegetables as props but is not required for this activity. Additionally, you and your child can brainstorm even more features and characteristics that are applicable to fruits and vegetables. Next, your child will need colored pencils or markers to label the bags or baskets accordingly, and prices if applicable (brainstorm!). Now that you have everything you need situated, have your child make a list of all the fruits and vegetables in your home. After your child is done, they should place the fruits and vegetables into the correct bag or basket according to characteristics and features. As your child is grouping the fruits and vegetables, talk about how each plant grows. For instance, does it grow in the ground, or on a tree? If you and your child plan to incorporate mathematics into this activity, you can use a cash register or a calculator. Other helpful items that can be used for further learning, but is not required, would include a scale that can be used to help familiarize your child with numbers. Now, calculate the prices that you helped your child came up with. To close this activity, help your child understand why it is important to color their plate every day!

Steps and Directions

1. Label all the bags and baskets according to the fruit and vegetables in your home – make it fun, creative, and colorful!
2. If you are making prices with your child, help them come up with easy prices
3. Put the bags or baskets in a row
4. Make a list of all the fruit and vegetables your child will be buying
5. After your child is done with the list, group the plants into color, toughness, seeds and stems, roots, size, shape, texture, etcetera. You and your child can also brainstorm and create custom groups!
6. As your child is placing the correct fruit and vegetables in the labeled bag or basket, talk about how the fruit or vegetable grows and where it grows (use the Oxbow Meadows “Eat Your Veggies” article)
7. If you are using a scale, help your child calculate the price of fruits and vegetables per pound
8. Let your child add up the total price of everything
9. End this activity by assessing your child’s knowledge and talk about how important it is to eat fruit and vegetables with your child!

