Sprouts: Growing Healthy Kids in the Garden

The Carrot Seed

Overview  Students read the book, The Carrot Seed and plant their own carrot seeds in biodegradable cups.

Objective  To demonstrate knowledge of how to plant a seed. To know that plants need four things to grow: water, soil, sun, and air.

Activity: 60 Minutes

1. Review with students what they learned about seeds the week before when they made their seed forest. Ask them: What is a seed? What does it do for the tiny plant inside?

2. Take a look at any changes to those seeds on the windowsill - has anything sprouted, cracked, or changed in any other way?

3. Introduce the story you are about to read, about a boy who plants a tiny seed of his own.

4. Read the book, The Carrot Seed to the students.

5. Discuss.

6. Tell the students that now they are going to plant carrot seeds of their own for the spring garden.

Materials

To Purchase:
- The book, The Carrot Seed. $15

In Stock:
- Packet of organic carrot seeds - you may decide to experiment with colored or heirloom varieties. Carrots come in many sizes, shapes, and colors such as orange, yellow, red, and purple.
- Biodegradable planting cups
- Potting soil
- Two or three spoons
- Watering can with water
7. Tell students that plants need four main things to grow, and today you are going to give them all of those three things as you plant your seeds.


9. Tell students that one thing the seed needs to grow is soil. Instruct students to come up to the bag of potting soil as you call them in groups of two or three.

10. Have them use the spoons to fill the pots almost to the top with soil.

11. As they return with their filled pots, give each student a seed or two to sprinkle on top.

12. Before students put the last bit of soil on their seed, have them answer the question: *What is one of the three things plants need to grow that we just put over the seed?* As they answer, have students scoop one or two more spoonfuls of soil over the seed.

13. Tell students that the second thing plants need in order to grow is water. Water pots with watering can. After pouring water over each pot, ask each student what the second thing is that plants need in order to grow.

14. Have students place their cups in a sunny windowsill, and tell them that now the seed will have a chance to use the other two things a plant needs to grow: air and sunshine!

15. Ask students: *"What are the four things seeds need to grow into a plant?"* Have students answer altogether: *Soil, Water, Air, and Sun!*
Resources


Evaluation

Have teacher fill out evaluation form. Have students draw or write in their garden journals.