



# HARVEST AND EAT the LETTUCE

## Get Ready!

**Place of Learning:**The Classroom or The Garden (depending on where the seeds were planted)

**Grade Level:** K

**Objectives and Standards:**

- For students to review the plant life cycle
- For students to review the needs of a plant
- For students to try a fresh vegetable that they had a hand in growing
- **K-LS1-1** *Observe and communicate that animals (including humans) and plants need food, water and air to survive. Animals get food from plants and other animals. Plants make their own food and need light to love and grow.*
- **K-LS1-2 (MA)** *Recognize that all plants and animals grow and change over time*

**Materials:**

Lettuce plants ready to harvest

Salad Spinner

Paper cups

Salad Dressing

\*Sticker Survey (A poster board with 3 categories: *I like it plain, I liked it with a light dressing, I didn't like it*)

\*Stickers

**Preparation:**

Lessons 1, 2 and 3:

Students understand the needs of a plant

Students have harvested the seeds

Students have planted the seeds



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## Let's Go!

### **Introduction:**

Review the needs of a plant with students in small groups:

*How did we meet the needs of this plant indoors?*

*How did it get its water?*

*How did it get its light?*

*How did we show it love?*

Ask students to reflect on when they harvested the seeds, showing them pictures. Ask what would happen if the plants were allowed to keep growing.

### **Activity:**

Harvest the lettuce and wash it. Ask students why we are washing the lettuce. This is a good time to differentiate between dirt and soil and maybe catch some misconceptions about what “dirty” means. Explain that the lettuce has been growing in the soil so we want to rinse that off. Try avoiding the word “dirty.” Have students try the lettuce plain and with a little bit of dressing. Ask them to rate their experience on the sticker survey or by simply doing a thumb survey (up, down, medium).

### **Wrap Up:**

Have student review:

- 1) The needs of a plant and
- 2) The life cycle of a plant