

EDUCATOR NOTES:

Sow a seed, grow a feed

Learning and Engagement Approach

This activity is designed to engage young learners aged from 0 – 7 years.

The activity is intended to:

- show children that plants are grown for food
- encourage children to take an interest in plants
- monitor changes to the plants as they grow
- use the plant that the children grow in a snack.

Safety Considerations

- Check the weather before conducting any outdoors activity. If there is going to be extreme temperatures, storms or high wind, postpone the activity.
- Ensure that everyone is wearing closed shoes, hats, and sunscreen and has a water bottle handy.
- Keep any allergy (particularly seed allergies) plan information at hand and any associated allergy medication.
- Wet-down soil and potting mix prior to this activity, to reduce the presence of airborne microorganisms
- Use manual-handling procedures for heavy and awkward materials, such as the potting mix
- Children are to wash hands after this activity.

Materials and References

Your local garden centre or nursery will be able to provide all of the materials required for this exercise. Remember that different plants grow at different times of year, so please check with your garden centre about what is best to plant at the time you are going to conduct your activity.

Site Suggestions

Vegetables grow well in sunny, sheltered positions. Ensure that your site has easy access to water and is not going to be impacted by foot traffic, play, ball games, etc.

Educator Tips

It can be difficult for young children to handle and plant seeds. We suggest using larger, more robust seeds, such as peas and beans.

Note the information on the seed packet before you begin planting, it will guide you seed requirements. Use labels to recording the details of what is planted, child's name and date will help manage and monitor seedling growth. Labels can be made from paddle sticks, recycled card, leaves or by writing on the pot.

Making a newspaper pot is a great way to incorporate upcycling materials into this learning activity. For more information, watch: [Making newspaper pots](#) – from Gardening Australia

Aligning this Activity

- [Getting the buzz on bees and other beneficial insects](#)

Extension Activities

Extension 1

Write or draw a checklist with the children to use to make sure they care for their seedling.

Extension 2

The seedling activity provides an opportunity to chat with the children about concepts such as recycling, healthy soils, pesticides and water conservation.

Community Engagement

Use [The National Landcare Directory](#) to find a community environmental 'care' group near you.

Look to the [Junior Landcare Community Page](#) for organisations to contact to help support your plant growing activities.

Use this [Australian City Farms and Community Gardens Network map](#) to find a City Farm or Community Garden near you to get some ideas for your seed raising project.

Curriculum and Framework Links

SCIENCE

Foundation: [ACSSU002](#), [ACSSU004](#), [ACSIS011](#)

Year 1: [ACSHE022](#)

Year 2: [ACSSU030](#), [ACSIS042](#), [ACSHE035](#)

CROSS CURRICULUM PRIORITY

[Sustainability](#)

THE EARLY LEARNING YEARS FRAMEWORK

[Outcome 2](#)

MY TIME OUR PLACE: FRAMEWORK FOR SCHOOL AGE CARE

[Outcome 2](#)