

# Growing Kale 4-5 year olds



Created by: Julia Watkins, Drew Charter School Pre-K Teacher

Overview: The class will plant kale seeds. Students will observe the plants grow and record their observations. Students will determine what the kale needs to grow.

Georgia Early Learning and Development Standards:

- CD-SC3.4a Observes, explores and describes a variety of animals and plants. Describes their basic needs and life cycles.
- CD-SC1.4a Uses senses to observe, classify and learn about objects and environment.
- CD-SC1.4c Records observations through dictating to an adult and drawing pictures or using other forms of writing.

Objectives:

- Students will plant seeds.
- Students will determine what a kale seed needs to grow.
- Students will observe the kale seed growing.
- Students will record observations in a journal.

Materials:

- Kale seeds
- Soil
- Observation journals
- Garden bed or vessels for the seed to grow in.
- Water
- Anchor chart for plant needs (optional)
- Children's book *From Seed to Plant* by Gail Gibbons or similar book on how plants grow

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## Lesson Plan

Engage (whole group): 15 minutes

- Ask the students “What do you know about growing plants and vegetables?” and “Do you know what a seed needs to grow?”
- Tell the students that we are going to read a story about seeds growing into plants.
- Read the informational text, *From Seed to Plant*, by Gail Gibbons or similar selection. (Feel free to skim text or to just highlight seed life cycle).
- After the story, have students discuss what the seed needed and what we would need to grow seeds at school.
- Tell the students that they are going to plant kale seeds!
- Encourage the students to think about where the best location would be at school (inside or outside? In the sun or in the shade?) and ask how the seed will get water (rain, watering can, hose). Ask the students to think about the soil as well (Would sand be a good option? Clay? Or soil with nutrients?)
- Optional: Transition Song:

The Kale Grows Song

(Sung to the tune of Farmer in the Dell)

The farmer plants the seeds,

The farmer plants the seeds

Hi ho cherry-o

The farmer plants the seeds!

(Use the following Verses)

The sun begins to shine

The rain begins to fall

The kale begins to grow

The kale is delicious

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Explore (small groups and at table): 10-15 minutes

- Show the students the kale seeds.
- Have the students draw the kale seeds in their kale observation journal.
- Ask the students what we need to plant the seeds.
- Model reading the package of the kale seeds that give instructions or requirements for the kale.
- Have each child plant the seed in some soil in a cup/vessel/garden bed. (For more information on growing kale review this [How to Plant, Grow and Harvest Kale factsheet](#) and check out [these tips for gardening with young children](#)).
- Have the students water the seeds.
- Have students draw the initial planting of the seeds in their journal (make sure to date it).
- Optional: Sing The Kale Grows Song (above) as a transition

Explain (whole group): 10 minutes (daily, every other day, or weekly)

- Have students check on seeds daily, every other day, or weekly.
- Have the students draw in their observation journal weekly as the seed grows.
- Have the students share what they have noticed about their seed and how the plants are growing.
- Make sure to ask questions, such as “What do you see growing?”, “Do you think your seed is receiving everything it needs to grow? Why?”, “How long do you think it will take to grow?”, and “When do you think we will be able to harvest and eat the kale?”

Extend (whole group): 15 minutes

- As the plants grow larger, they can be transplanted and taken home, or you can watch the whole life cycle and eventually harvest some kale for the kids to try! Consider allowing some kale plants to flower so the kids can see the entire lifespan.