



# Classroom Sprouting Grade 4 Facilitator Notes

**Objective:** In this workshop, students will gain knowledge and experience in growing their own nutritious food.



**Recipe Category:** Plants & Gardening



**Cooking Time:** 25 mins



**Level of Difficulty:** Grade 4



## Recipe Ingredients:

- Sprouting trays
- Sprouting medium (soil/coconut coir)
- Seeds;
- Water;
- Pre-grown sprouts for sampling;
- Hand-outs;
- Sign-making materials



**EVERGREEN**

*Imagine your city with nature*

Eat-In Ontario, October 8<sup>th</sup> 2010



## Curriculum Links:

Grade	Subject Area	Ontario Curriculum Links
4	Science & Technology	<p><b>Understanding Life Systems</b> Systems and Interactions; Sustainability and Stewardship.</p> <p><b>Students will:</b></p> <ul style="list-style-type: none"> <li>follow established safety procedures for working with soils and natural materials (<i>e.g., wear gloves when handling soils to set up a working terrarium</i>)</li> <li>demonstrate an understanding of food chains as systems in which energy from the sun is transferred to producers (plants) and then to consumers (animals)</li> </ul>
	Health & Physical Education	<p><b>Active Living</b> Active participation</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>actively participate in a wide variety of program activities (<i>e.g., lead-up and small-group games, recreational activities, cooperative games, fitness activities, dance activities</i>), according to their capabilities, while applying behaviours that enhance their readiness and ability to take part.</li> </ul> <p><b>Healthy Eating</b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>identify the key nutrients (<i>e.g., fat, carbohydrates, protein, vitamins, minerals</i>) provided by foods and beverages, and describe their importance for growth, health, learning, and physical performance</li> <li>analyse personal food selections through self-monitoring over time, using the criteria in Canada's Food Guide</li> </ul>



## **Introduction: 5 minutes**

- Introductions (who you are and what you're all about)
  - Evergreen food program encourages increased awareness of sustainable food choices through hands-on education and community building. By learning to grow and prepare food ourselves (in a garden, at home, in a classroom, etc.), we work together to improve our understanding of where food comes from, and how we can learn to make better food choices for our health, and the environment.
- Give a brief outline of the subject matter for this workshop
  - Growing food at home (and in small spaces)!
  - Discussion about sprouts - What are sprouts? How do they grow? Why are they good for us? Why grow them at home / in the classroom?
- Overview of the workshop/ what to expect from the next 20mins
  - Sprouting activity (hands on): go through the steps of planting sprouts at home, or in a classroom.
  - Create signage for different seeds/sprouts
  - Harvest and taste sprouts – talk about the nutritional benefits of sprouts

## **Activity One: 10 minutes**

Students will learn how to grow edible sprouts from start to finish. They will be guided through a series of steps which will allow them to prepare sprout beds that they can take back to their classrooms to observe growth over a series of days, and harvest when ready (2 beds per class). Students/teachers will be provided with instructions for harvesting, and disposing of sprout beds after harvest. The information will be posted on the website and also distributed to teachers interested in doing some workshops with their own class.

## **Activity Two: 10 minutes**

Learn how to harvest sprouts using pre-grown sprouts; taste different varieties of sprouts and outline the health benefits of sprouts.



**EVERGREEN**

*Imagine your city with nature*

Eat-In Ontario, October 8<sup>th</sup> 2010



### **Serving Suggestions:**

Students/Teachers will be provided with handouts that outline instructions for growing sprouts at home (including pictures to illustrate the steps).



**EVERGREEN**

*Imagine your city with nature*

Eat-In Ontario, October 8<sup>th</sup> 2010