

Growing a Healthy Meal

You can plant your own garden in pots of soil or in the ground with parent help. Vegetables and flowers are some things you could add to your garden. Use your garden to create so many exciting things!



SPROUTING SALAD

With the vegetables you grow in your garden, you can make a salad for your family and friends!

What you need:

vegetables, bowl, water, knife, fork, dressing

WHAT TO DO:

1. Pick the vegetables from your garden.
2. Wash and cut the vegetables with parent help.
3. Mix the vegetables in a bowl.
4. Add dressing if you would like and enjoy!

FANCY FLOWER VASE

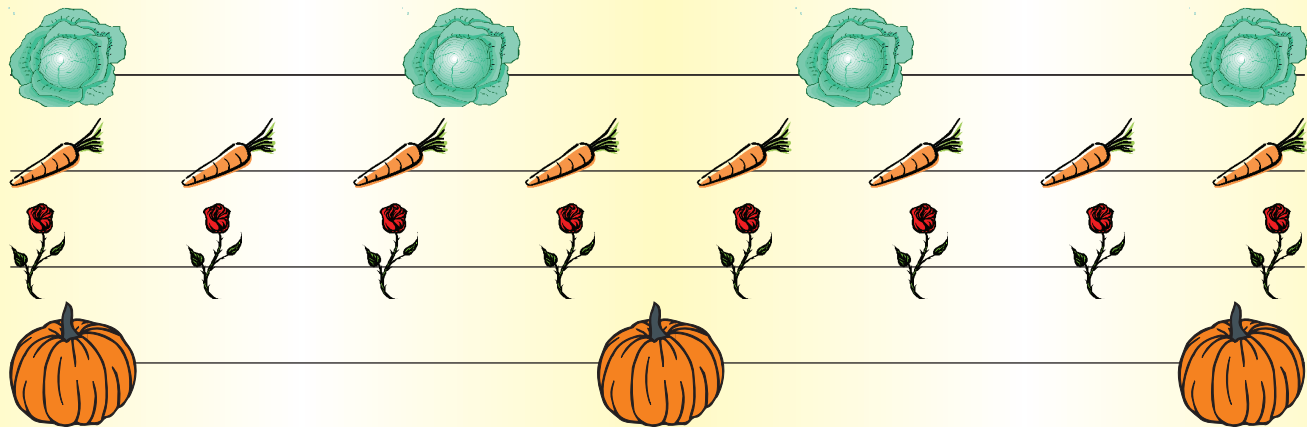
With the flowers you grow in your garden, you can make a vase to sit on the dinner table!

What you need:

glass or plastic bottle, paint, water, glue, tissue paper, scissors

WHAT TO DO:

1. Take the glass bottle and wash it.
2. Decorate the bottle with paint and let it dry.
3. Cut and glue on paper for more decoration.
4. Pick flowers from the garden.
5. Add water and flowers to the vase.



It's time to plant your garden! There has to be space between each of your vegetables and flowers.

On each line, use a ruler to measure how many inches are between each planted vegetable or flower. Round to the nearest inch. Fill in the blanks below with the correct inches between each.

Lettuce _____ Carrot _____ Rose _____ Pumpkin _____

Information in Jr. Sprout can be linked to the following Virginia Standard's of Learning:

Science: K.1, K.7, K.9, 1.1, 1.4, 2.1, 2.4

Math: K.1, K.2, K.6, K.8, K.10, 1.2, 1.5, 1.9, 2.4, 2.5, 2.11

English: K.8, K.12, 1.8, 1.13, 2.7, 2.12

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Jr. SPROUT

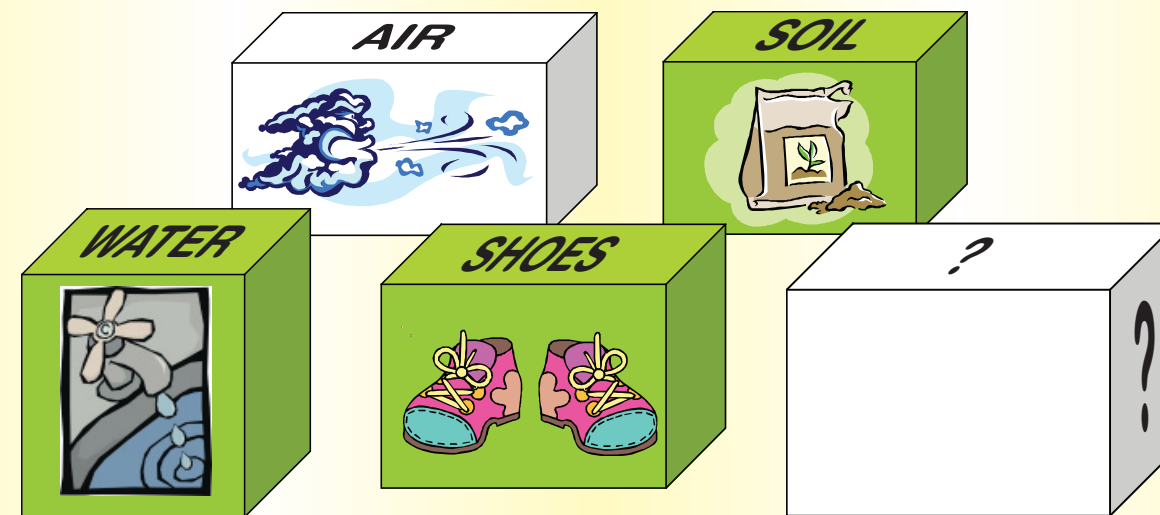
Dig into Gardening!

There are some things you need to grow, just like there are some things plants need. Can you think of some things both you and plants need to grow big and strong? Remember, a need is something you must have. Water and air are two things you and plants need, but soil and sunlight are important for plants to grow too.

Word Bank

soil
water
sunlight
air

Create a picture of your favorite plant with all of its needs. Label the needs using the word bank.



These boxes hold the things that plants need, but there is one that does not belong. Cross out the picture that does not belong. Draw and write the need that belongs in the mystery box.

Let's Talk Life Cycles!

Like people and animals, plants change as they grow. These changes are called a life cycle.

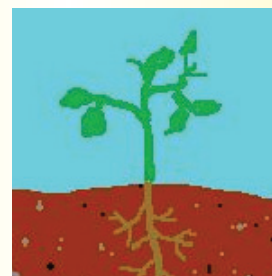
NAME 4 THINGS A SEED NEEDS FOR GERMINATION.

1. _____
2. _____
3. _____
4. _____



What is germination?

Germination is the process where seeds begin to sprout or grow.



Is this plant in the right order?

Write the numbers 1-5 in the boxes to put the plant life cycle in order.

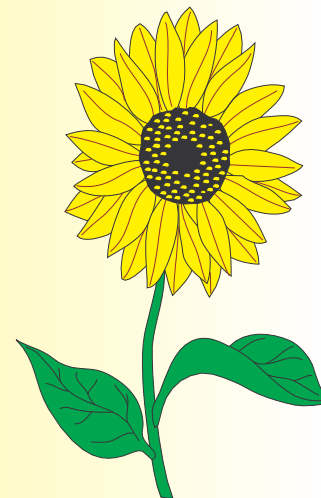


There are all different kinds of plants! Can you tell the difference between these? Circle the plants that we eat.



Growing Plant Parts

When plants grow, they have a lot of parts. Each part has an important job. On the bottom of a plant are the roots. In the middle of a plant are the stem and leaves. On the top of a plant are flowers and fruits. Each part has a job to do!



Word Bank

leaf
stem
flower
root
seed

Label the parts of the plant. Some parts are missing! Draw and write the parts of the plant that are missing too.



Jobs of a Plant Part

- ▶ Flowers help make seeds so more plants can grow.
- ▶ Fruits carry and protect seeds after the flower dies.
- ▶ Leaves help make food for the plant.
- ▶ Stems carry water and food up through the plant.
- ▶ Seeds allow more plants to grow if they are planted.
- ▶ Roots send up water and food from the soil.



Count how many carrots and berries Farmer Jack has in his garden.

Carrots _____ Berries _____

Which has more? _____



Farmer Jack wants to plant 10 flowers in his garden. Count by twos to find out how many flowers he has. _____ Does he have too many or does he need more? If he has too many, how many does he need to get rid of? _____