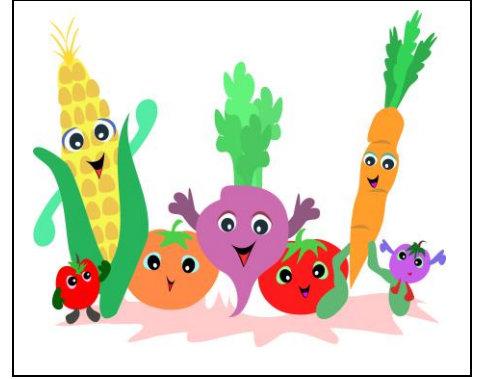


# Creating a Vegetable Garden



## Learning Intentions:

- To learn that vegetables are good for our health
- To learn that we can grow our own vegetables
- To plant a vegetable garden
- To harvest the vegetables and enjoy eating them

## What you will need:

- Basket of fresh vegetables (eg carrots, potatoes, cabbage, cauliflower, broccoli, radishes)
- Photos of vegetables
- Large garden planter
- General purpose potting compost (4 large bags)
- Vegetable plants
- Child friendly gardening tools
- 'Oliver's Vegetables' by Vivian French
- Suggested vegetable plants (or grow from seed)  
*Salad leaves, peas, beans, radishes, carrots*

**Introduction:** Read 'Oliver's Vegetables'. Talk about where vegetables come from (supermarket? garden?). Show children a basket of fresh vegetables. Let them explore them using their senses. Cut up some vegetables and have a tasting session. What do they look like, taste like? Talk about how all vegetables are delicious and good for us and how we need to eat them to grow well and strong (link to story). Look at photos of vegetables and discuss which vegetables to grow in the planter.

**Activity:** Supply trays of young vegetable plants from nursery (along with photos of the vegetables that will be produced). In small groups gather around the planter and have fun planting up the garden! Position plant markers in the compost with pictures of the vegetables.

Over coming weeks observe how the plants grow. Look after the plants, take turns to water etc. Observe how different vegetables produce different leaves and grow at different rates. Talk about what is needed for the plants to grow ie water, sunshine, nutrients from the soil/compost. Harvest the vegetables at the appropriate times. Note which vegetables have grown above the soil and which below. Which parts of the plant do we eat? Count how many of each are harvested.

**Further Activities:** Enjoy eating the vegetables. Discuss different ways of eating them – eg salads, hot dishes etc

## Curriculum Links:

### EYFS (3-5 yrs)

- Communication and language – *Speaking & listening, following directions*
- Physical development – *Handling garden tools and materials*
- Personal, social and emotional development – *Playing cooperatively, taking turns*
- Literacy – *shows interest in illustrations*
- Mathematics – *Counting*
- Understanding the world – *Plant growth, care for living things*

**KS1 Science (5-7 yrs)** Study of plants – teaches scientific methods and skills

