

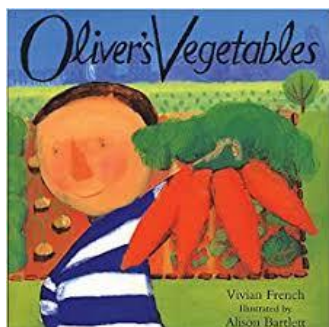
Rainbow Pack - Home Learning



Week 10

Thursday 28th May 2020

Let's Get Growing!



This week our activities are based around the story 'Oliver's Vegetables' by Vivian French & illustrated by Alison Bartlett.

<https://www.youtube.com/watch?v=2yvllKqyVUC>

Grow your own vegetables

Why don't you try and grow your own vegetables? Cut off the top of a carrot and place it in a tray of water on a sunny windowsill.

Once the leaves are sprouting, you can replant it in soil.



Look at all the ideas on the next page for growing mushrooms, garlic, potatoes, onions, carrots, leeks, spring onions, celery and cabbage. The ideas are from 'Learning Through Landscapes.' They have lots of ideas for outdoor activities. <https://www.ltl.org.uk/resources/kitchen-scrap-gardening/>

Make a Pea-shoot Sandwich (grow your own lunch for a picnic!)

You need a pot, some pea or micro-green seeds and some compost (or you could try growing some cress instead,)

Instructions:

1. Put some compost into a container and make sure it's spread evenly.
2. Sow the pea or micro-green seeds very thinly on the compost.
3. Water the seeds and put them on a bright window sill.
4. Keep the compost damp over the next few days. After a few days your seeds will start to sprout.
5. When the shoots are about four centimetres tall, you can cut them for your sandwiches.
6. Once you've cut the shoots, put your container back on the window sill and keep it watered.
7. The shoots will come back three or four times, giving you lots more sandwiches or salads!



<https://www.childrengardeningweek.co.uk/>

St. Helens Virtual School



Kitchen Scraps Gardening

Start your own veggie patch by using your old kitchen scraps

All

Food & Health



Background information:

Many vegetables can be regrown from themselves or scraps that you may otherwise have thrown away. This means you will be saving money on your garden and also will be creating less kitchen waste.

These planting activities are great to look at the different parts of our food and how they grow. These can be started in pots or jars on your window sill and continue to grow in pots or beds outside. You don't need huge amounts of space to see some **scientific results**. If you can design and create a recycled plant pot then even better!

Equipment

- Plant pots/ recycled planters
- Water
- Soil/compost
- Vegetable scraps

Activity

- 1) **Mushroom** - Remove cap and plant the stalk in soil with its top surface exposed. Keep cool and not in direct sunlight.
- 2) **Garlic** - Plant a clove and keep in a sunny window. Keep soil moist - harvest as bottom 1/3 of leaves start to yellow.
- 3) **Potatoes** - Cut into pieces with 1-2 eyes. Dry for a few days. Plant in soil 4 inches deep and at least 12 inches apart.
- 4) **Onions** - Cut off the bottom and let it dry out for a few days. Plant in soil, in sunlight and keep moist.
- 5) **Carrots** - Remove the top to about an inch. Soak it in a tray of water and leave in a sunny window. Once the leaves are sprouting, plant into soil.
- 6) **Ginger** - Soak a chunk in water overnight. Plant in moist soil until shoots appear. Ready to harvest in a year.
- 7) **Leeks/spring onions** - Place root ends (bulbs) in water but not fully submerged. Change water daily and watch regrow.
- 8) **Celery/cabbage** - Submerge roots in a shallow dish. Spray with water and change dish water twice a week. Once leaves sprout, plant the cutting with the leaves above the soil. Harvest-5 months.

Experiment with other vegetables and fruits.
Can you collect any seeds from scraps to grow?



Learning
through
Landscapes

For more resources visit www.ltl.org.uk/free-resources

© This activity sheet was created by Learning through Landscapes
Registered charity no. in England and Wales 803270 and in Scotland SC038890



Rainbow Pack - Home Learning



Sparks and Feathers

Another idea from learning Through Landscapes, is for children to set up their own nature shop
<https://www.ltl.org.uk/resources/sparks-and-feathers/>
Children could collect objects from around the garden or while out on your daily walk, and then sell everything in that well-known store 'Sparks and Feathers.'



Make signs for your shop. You could collect leaves or stones to use instead of money.



Weigh it up

These home-made scales are brilliant for learning about heavy and light. Attach 2 buckets or pots to a coat-hanger. Hang it on a hook. This would be a great addition to an outdoor vegetable shop.

Garden role-play

Children love to dig – and it is good for their physical development too. If you have got a garden, give children their own patch where they can dig without you worrying in case they are digging up your flowers.
You could even bury things for them to find when they dig



Potions and pies

What could you collect to make your own pie or beauty potions to sell in your shop?



Rainbow Pack - Home Learning



Funny faces

To encourage children to eat more vegetables,
Let them help you to cut and prepare the food.
Can you use your vegetables to make a funny face?



Vegetable art

You can use vegetables for printing with – and maybe
a carrot could double up as a paintbrush!

Carrots



Celery

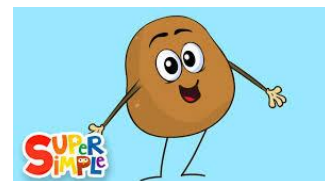


Broccoli



Rhyme of the Week

This week's rhyme is 'One potato, Two potato



- Count the potatoes as you watch this animated version
<https://www.youtube.com/watch?v=efMHLkyb7ho>
- Now see if you can sing it again, copying the actions from the children
in this video <https://www.youtube.com/watch?v=dI3kGu7MrSk>

Have fun playing and learning together!

Chris Dixon
Early Years Advisor
St Helens Virtual School

St. Helens Virtual School