

Grow

Basic Information

Everyday you make millions of decisions! You decide what to wear, eat, drink, draw, say, color, and so on. You have the choice to make positive impacts within yourself, your community, and the world. What do you think it means to "make a positive impact"?

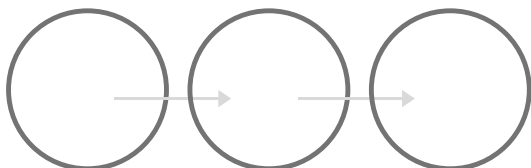
Plant!

What tools do you need to plant a seed?

What tools do you need to plant an idea?

How might you make a difference to a seed?

- Plants are made up of cells - Just like us! It only takes one cell to divide over and over again to make up all of the different parts (structures) of the plant. It's cool to think that one small thing makes such a huge difference. Ideas can be like this too. One small idea or act can impact someone else's life and make all the difference to them! We also rely on each other. You are an important part of a plants life. Whether it's planting a seed or providing necessary ingredients, **YOU MATTER!**



Everything has a beginning.
A foundation.

Whether it's a seed or an idea, it must
be planted before it can grow!

Nutrition

Eating nuts, seeds, and grains can be part of a well balanced diet. They are a great source of fiber and have many of the healthy fats that can help our bodies grow. Sometimes seeds are inside of the fruit or vegetable and sometimes they ARE the fruit or vegetable. For Example: the largest seed in the world is the Lodoicea Maldivica which is the scientific name for a double coconut. The smallest seeds come from tropical orchids and while we don't typically eat orchids, we do eat some of their seeds. A vanilla bean are a seed pod of the vanilla orchid and the "beans" you see in your ice cream is actually a seed! The kernels of corn we eat are actually both the fruit and the seed! Learn more about Kansas corn below.

Visit:

<https://kscorn.com/wp-content/uploads/2019/08/we-grow-corn-book-pdf.pdf>
OR

Scan the QR code for more information!

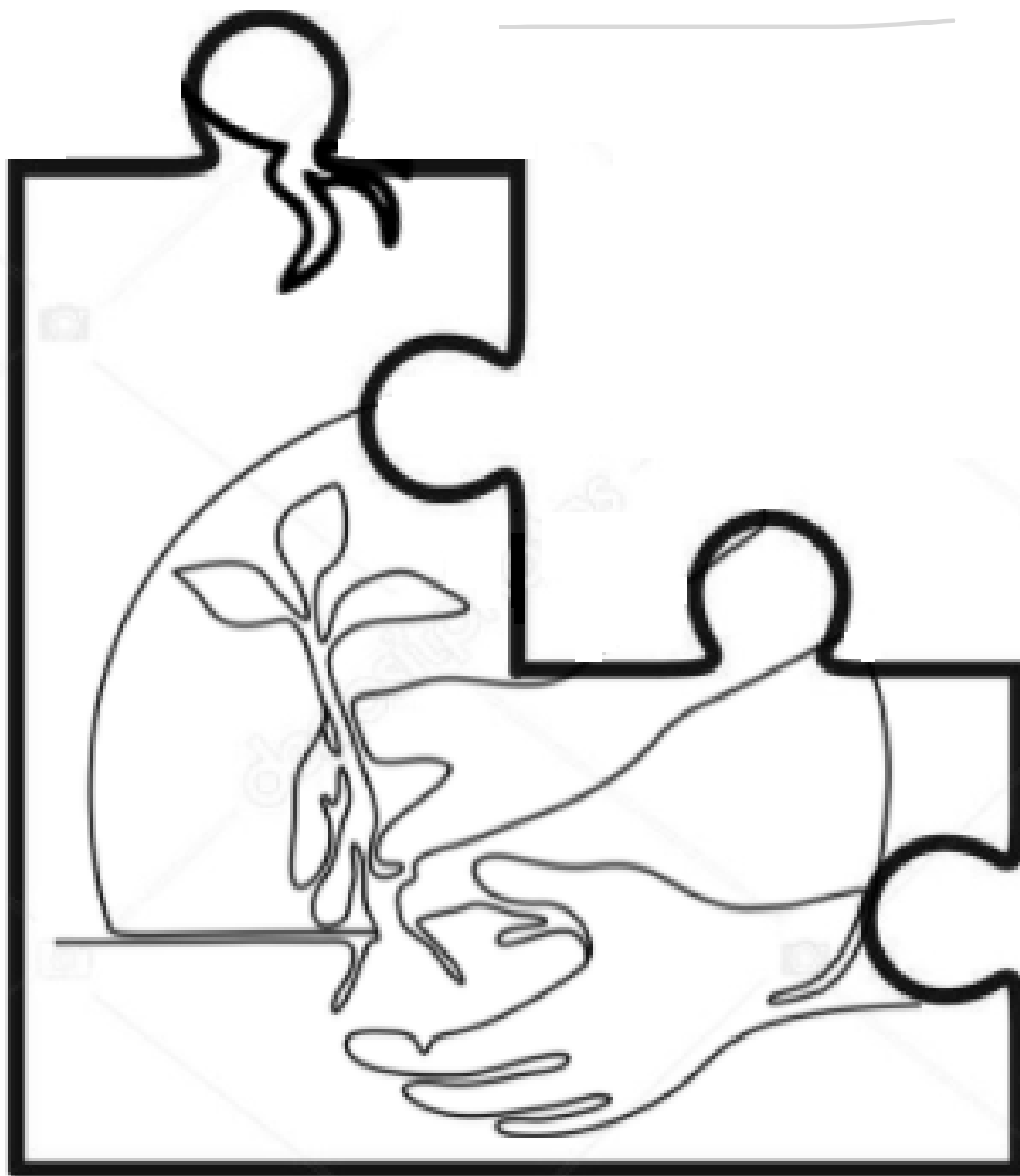


Action

Summer is great time to take action! Take a moment to get out and move! Also think about what you could do to plant a positive movement in your community. Use the diagram on the left and label the circles to show the steps of your plan!

Grow

Decorate the puzzle piece below and cut it out to see the role that we play in the growth of a plant and how what we eat fits into the puzzle of a well balanced meal and life!



Seeds

Basic Information

Seeds come in many different shapes and sizes but all are the starting point for the life cycle of a plant.

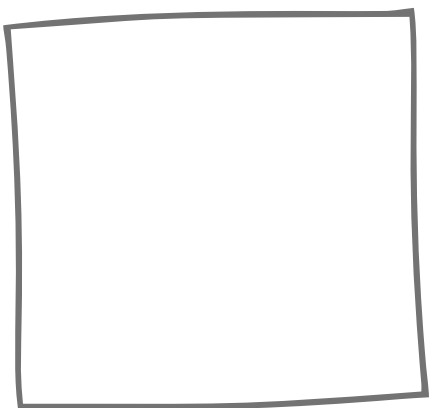
Grow!

What does a seed need in order to grow?

What do you need to grow?

- All organisms (living things) need a source of food, also known as energy, and most of them require water. Take a seed for example. For a seed to grow, it needs water, carbon dioxide, and a source of light. When a plant takes in these three things it's like the ingredients of a recipe it uses to make food for itself. This process is called photosynthesis.

How do you think a plant takes in water, carbon dioxide, and light? Draw a model of this process below!



Have you ever looked closely at a seed? A seed is a living thing- but just like all living things, it takes other factors to survive and turn that seed into something we can eat!

Nutrition

Just as the plant requires components to make food for itself, you need food as well! Nutrition is the process of giving or receiving an adequate amount of food for good health. Humans require a well-balanced diet, meaning eating the right amount of a variety of foods, to be healthy.

Visit:

<https://mediastream.ksde.org/Media/CSAS/KansasVegetables.mp4>

OR

Scan the QR code for more information!

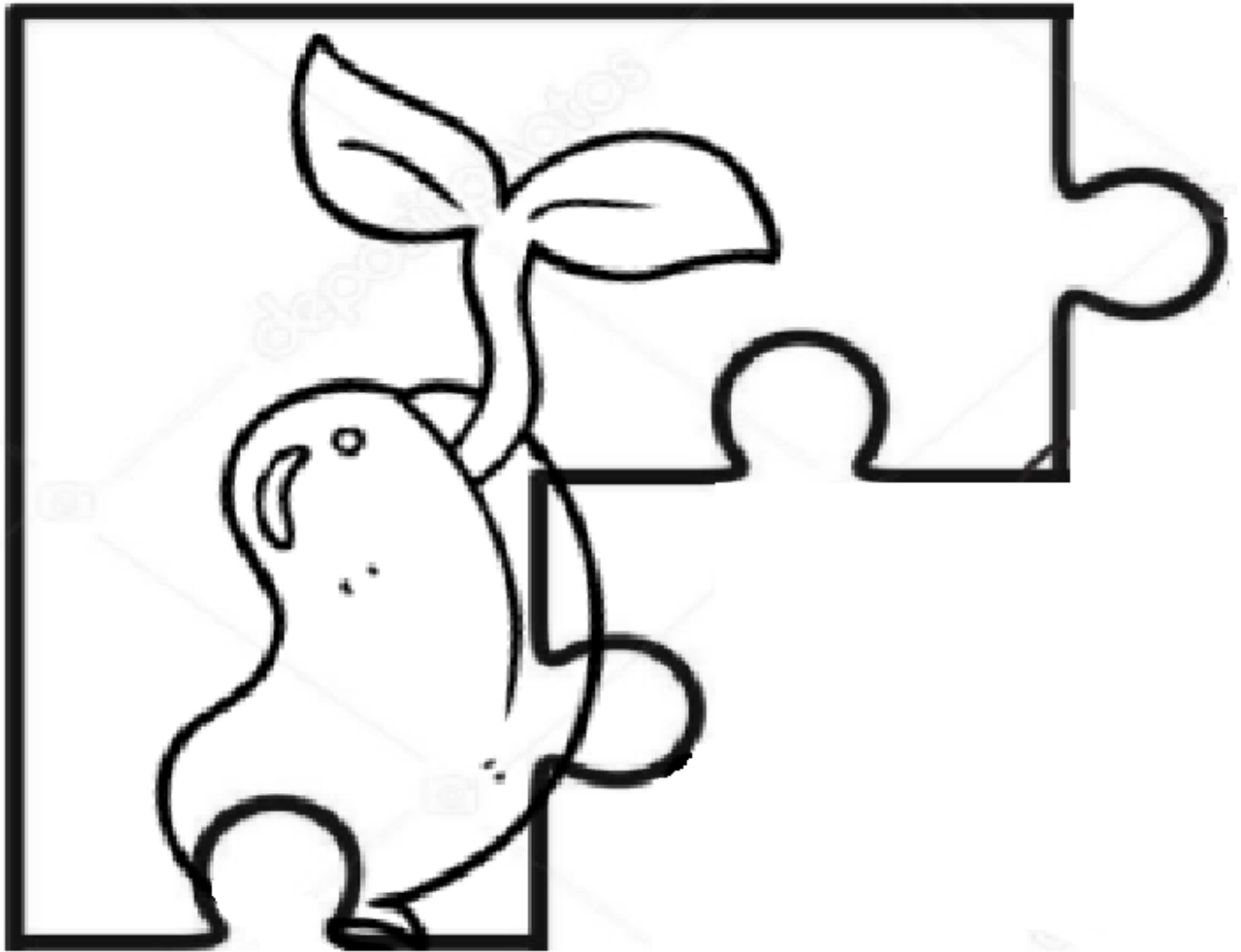


Seed Scavenger Hunt!

Knowing that ALL plants come from seeds and have similar needs let's look for some seeds in our spaces. Spend the day paying close attention to the foods you eat that started as a seed. What do you notice about their shapes? What do you wonder about their structures? Extra: did you eat any seeds today?

Seeds

Decorate the puzzle piece below and cut it out to see how seeds fit into the puzzle of a well balanced meal and life!



Water

Basic Information

Water can exist as a liquid, solid, or gas. Water expands when it freezes to create a solid, what we call ice.

Evaporation is when a liquid becomes a gas, we see this happen when water is heated. An example of this is when you boil water while cooking. Once water reaches a boiling temperature (212 °F), you will see steam rising from the pot. That steam is water!

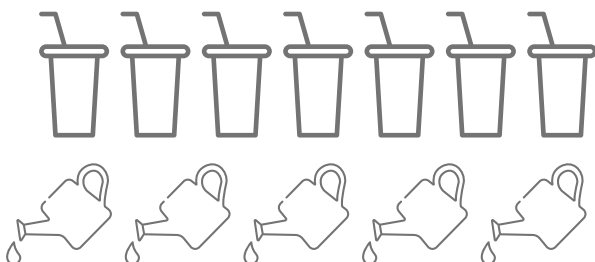
Gulp!

How do you think plants use water?

What do you think the plants use water for?

- Plants are able to “drink” water through a special structure - their roots! Water travels from the roots, through the plant in tube like structures called xylem which act like the veins in our bodies. Our bodies (a plant move water around constantly so our bodies can function. What other structures do you think we share with plants?

How much water do you think plants need a day and why? Fill the watering cans you think a plant needs then fill the cups you think YOU need!



Rain, streams, oceans - Water covers nearly 71% of the Earth and makes up 60% of our bodies!

Think about all the ways you interact with water in a single day!

Nutrition

The human body is made up of, roughly, 60% water. We require water for our bodies to function properly. This includes our digestive system that completes four processes: ingestion, digestion, absorption, and elimination. All four processes require water!

Fun fact: The large intestine is responsible for reabsorbing water during the digestive process. Did you know your body can get water from the food you eat? Vegetables provide the most amount of water. Some examples of vegetables with high water content are lettuce, cucumber, tomatoes, asparagus, and zucchini.

Visit:

<https://kansarunsonwater.org/education/kids/>

OR

Scan the QR code for more information!



Action

We know that water is an important factor in helping our bodies grow and move! Let's get moving by acting out the different forms of water. How can you move like flowing water? How might that water form an ice cube? What about steam. Dance it out with a friend and share with your family!

Water

Decorate the puzzle piece below and cut it out to see how water fit into the puzzle of a well balanced meal and life!

