Spring Lessons
The Chicken and the Egg
SPRING LESSON 1

Opportunities for Learning: Children will learn eggs come from chickens and will make an egg salad sandwich.

Things To Do Before The Lesson

✓ Hard-cook one egg for every four children.

Egg Talk
Things You'll Do

✓ Read a story about a farm that explains how chickens lay eggs.
✓ Talk about eggs. Crack an egg. Tell children that the hard shell protects the egg when the chicken lays it in the nest. The white part of the egg protects the yolk.

Make Egg Salad Sandwiches

Things You'll Need

✓ bowl for each child
✓ fork
✓ spoon
✓ plastic serrated knife
✓ measuring spoons
INGREDIENTS
1/4 Hard-cooked egg
1 tsp Mayonnaise
1 Slice of whole wheat bread, cut into halves

Things You'll Do
✓ Peel eggs.
✓ Give each child 1/4 of an egg.
✓ Mash or chop egg in the bowl.
✓ Add mayonnaise.
✓ Mix ingredients.
✓ Spread one bread half with egg mixture.
✓ Cover with other half of bread.
✓ Serve sandwich with milk as part of a snack or lunch.

While eating the sandwich, talk with children about the sources of the ingredients for their lunch.
   • Eggs from the chicken
   • Bread from wheat
   • Milk from the cow
✓ Discuss differences between a hard-cooked egg and a raw egg. How is the egg cooked?

Books to Read
Green Eggs and Ham
by Dr. Seuss

Songs to Sing
Humpty Dumpty

Safety Reminder...
Raw eggs may carry salmonella bacteria that can cause foodborne illness. Be careful to wash and sanitize all surfaces that come in contact with raw eggs. Wash hands that have touched raw eggs. Children should also thoroughly wash their hands before and after the activities described in The Chicken and the Egg lesson.
Food Forms
SPRING LESSON 2

Opportunities for Learning: Children will explore different forms of foods.

Explore Different Forms of Food

Things You’ll Need
✔ potatoes—raw, mashed, flakes, dried, hash brown, french fries
✔ corn—raw on the cob, canned, frozen, popped, cornmeal, creamed corn
✔ peas—fresh, canned, frozen, dried, creamed peas for babies

Things You’ll Do
✔ Let children examine different forms of foods.
✔ Explain that fresh potatoes, corn, peas, and tomatoes are the sources of all these canned, frozen, and packaged foods.

Make Vegetable Soup

Things You’ll Need
✔ tray
✔ cutting board
✔ paring knife (for teacher’s use)
✔ measuring cup
✔ large pot
✔ cups
✔ spoons
✔ large spoon
INGREDIENTS
1 lb Canned diced tomatoes
2 Fresh tomatoes, chopped
4 oz Tomato paste
2 Raw potatoes, diced
2 cups Raw carrots, diced
1 cup Celery, sliced
5 cups Vegetable, beef, or chicken stock
10 oz Frozen peas

Things You’ll Do
✓ After preparing fresh vegetables, combine tomatoes, tomato paste, potatoes, carrots, celery, and broth in a large pot.
✓ Simmer for 35 minutes.
✓ Add frozen peas and cook 5 more minutes.
✓ Serve vegetable soup with a cheese or meat sandwich and milk as part of a nutritious lunch. Soup also makes a good snack. Serve with whole-grain crackers and milk.

Books to Read
Stone Soup
by Ann McGovern

Songs to Sing
Peas Porridge Hot

Try New Foods…

Take a trip to the grocery store and discover the new foods that are available. Select new foods and food forms to introduce to the children. Look for dried cherries, fresh herbs, exotic grains, and other interesting foods. Make a list of new foods to introduce to the children.

●
●
●
●
●
●
Splendid Sandwiches
SPRING LESSON 3

Opportunities for Learning: Children will learn that sandwiches can come in many shapes and will make their own special sandwich.

Things To Do Before The Lesson
✓ Discuss “What is a Sandwich?” Sandwiches are eaten around the world and can look very different. Sandwiches are always made from a bread and a filling, although the filling can be inside or on top.

Make Sandwiches

Things You'll Need
✓ bread for sandwiches (purchase at least three different kinds of bread making sure several of the breads are whole grain.)
✓ plastic serrated knives
✓ plates

INGREDIENTS
Three different kinds of bread:
Whole wheat
Pumpernickel
Rye bread

Bagels
Tortillas
Pita bread
Hard rolls

Variety of vegetables and fruits:
Grated carrot
Lettuce
Mandarin oranges
Mushroom slices
Bananas slices
Cucumber slices
Mild onion slices
Spinach
Tomato

Other:
Turkey slices
Mozzarella cheese slices
Mayonnaise
Hummus
Mustard
Things You'll Do
✓ Show each child how different breads can be used to make a sandwich. Tortillas can be rolled up, pita can be partially split and filled, and hard rolls can be cut in half.
✓ Allow the children to “build” their own sandwich. An open-face sandwich can be made into a fun design or a face with fruits and vegetables.
✓ Encourage children to pick several different vegetables to go into their sandwich.
✓ Discuss that lettuce, tomatoes, other vegetables, and fruits can make a sandwich nice and thick, crunchy, and flavorful.
✓ Place sandwiches on plates, set the table, and enjoy a simple meal together.

Plant Potatoes

Things You'll Need
✓ potting soil
✓ saucers
✓ vases
✓ potatoes with sprouts
✓ plastic knife
✓ water

Things You'll Do
✓ Show children how potatoes grow.
✓ Slice a new sprout off the side of a potato.
✓ Plant the sprout in potting soil.
✓ Keep well watered.
✓ Transplant potato plants to the garden in May.

Books to Read
It’s A Sandwich by Roberta L. Duyff and Patricia C. McKissack

Note: Serve baked potatoes with the main meal. Potatoes are a good source of vitamin C.
Special Spring Salads
SPRING LESSON 4

Opportunities for Learning: Children will make individual salads and discuss how salads fit into our meals.

Make Individual Salad Baggies

Things You’ll Need

- one resealable plastic bag for each child
- tongs or spoons for handling salad ingredients
- lowfat salad dressing or lemon juice
- plates (optional)

INGREDIENTS
(choose 3 or more)
- Lettuce
- Spinach
- Sliced red cabbage
- Grated carrots
- Chopped beets
- Sliced cucumber, zucchini, and/or yellow squash
- Canned corn (drained)
- Raw or cooked green beans
- Sliced tomato

Garbanzo beans (Chickpeas)
Sliced chicken
Grated cheese
Chopped eggs

Things You’ll Do

✓ Have children wash their hands.
✓ Show children how to put salad in an individual resealable bag.
✓ Explain that they can make their own salads today.
✓ Encourage children to choose a variety of foods for their salads, but leave the child in control.
✓ Prepare your own salad.
✓ Add salad dressing or lemon juice to the baggies, zip close, and mix.
✓ Sit at the table, open resealable bag, and show the children how to eat salad out of their baggie.
✓ Ask the children if they have ever had salad before, when they have had it, and what it was served with.
✓ Tell children that salad can be served in many ways. Sometimes the salad is the main dish at the meal, and sometimes salad is a side dish and doesn’t even have lettuce in it! Ask if anyone can describe a salad that has no lettuce? An example might be three bean salad, fruit salad, or Waldorf salad with apples and nuts.

**Salad Collage**

**Things You’ll Need**
✓ food pictures from grocery flyers or magazines or from the back of this book.
✓ double sided tape
✓ construction paper

**Things You’ll Do**
✓ Ask children to select pictures of foods that could be part of a salad.
✓ Remind children that salads can be a side dish or a main dish for a meal. Salads can also be mostly fruits, vegetables, or beans and do not have to be made from lettuce. Have children arrange pictures on construction paper.
✓ Tell children to tape the pictures of their salad in place.

**What Families Can Do**
Children can take their salad collage home. Remind parents that salads are a great way to offer children the five or more servings of fruits and vegetables they need each day.
Eggs-Stravaganzas
SPRING LESSON 5

Opportunities for Learning: Children will make open face egg sandwiches. Children will take part in a science experiment.

Make Open Face Egg Sandwiches

Things You’ll Need
- egg-shaped cutter
- small mixing bowl for each child
- plastic knife and spoon for each child
- plates for each child
- plastic knives for spreading

INGREDIENTS
- Hard-cooked egg
- Mayonnaise
- Pickle relish
- Mustard
- Chopped celery (optional)
- Whole wheat bread

Things You’ll Do
- Cut bread with cutter.
- Show children how to chop up the egg in their bowl.
- Add other ingredients as desired.
- Allow children to mix, taste, and adjust seasoning in their individual mixing bowl.
- Spread bread with egg mixture.
- Serve sandwiches with milk or water for a fun snack.
Egg Science or the Magic of the Floating Egg

Things You'll Need
- 2 glasses of warm water (about 8 oz each)
- 7 Tbsp salt
- one fresh egg

Things You'll Do
- Ask the children if they think an egg will float or sink in a glass of water.
- Have one of the children help you gently place the egg in a glass of water.
- Have the children tell you what happened (the egg will sink to the bottom of the glass).
- Ask the children if they think you can make the egg float.
- Have the children take turns adding the salt to a glass of water and stir until it is dissolved.
- Have the children watch carefully as one of the children gently helps you place the egg in the glass.
- Ask the children what happened.

What is different between the two glasses? (Children may say the salt is helping to hold the egg up.)

The adult explanation is that salt increases the density of the water, making the egg float.
Opportunities for Learning: Children will start an indoor herb garden. Children will smell and taste herbs and spices.

Explore Herbs and Spices

Things You’ll Need
✓ fresh and dried herbs and spices that the children can smell and taste

Things You’ll Do
✓ Tell children that herbs and spices are used to make things smell and taste good. Herbs also help to keep the bugs away from flowers, fruits, and vegetables growing in the garden.
✓ Let children smell and taste different herbs.
✓ Show the fresh and dried forms of different herbs.

Plant an Herb Garden

Things You’ll Need
✓ small empty clay pots
✓ pebbles or gravel
✓ saucer or trays to place under pots
✓ potting soil (1/3 soil, 1/3 sand, 1/3 peat moss)
✓ packages of herb seeds (basil, chives, dill, mint, parsley)
✓ craft sticks
✓ mint seedlings
✓ water
✓ toothpicks

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**Things You’ll Do**

- Put 1/2” of pebbles or gravel in each saucer.
- Fill clay pots with potting soil.
- Plant seeds following package directions.
- Put craft sticks through empty seed packages to identify what is growing in each pot and insert into the soil.
- Water when needed. To test if water is needed, use a toothpick. If soil clings to toothpick, there is enough water. If not, it is too dry.

**How to Save and Use Herbs when They Sprout**

- **Sweet basil** should be cut, dried, and stored in a jar or plastic bag. It is tasty with cheese, eggs, and salad.

- **Chives** will grow all year long. Cut them and use fresh or dry chives. Chives are good with cheese and in salads.

- **Dill** should be cut and stored in a jar or closed plastic bag. Use it in salads or with cucumbers.

**Mint** is a perennial and grows best when started from a seedling. The children will love to chew the washed leaves. The leaves can also be added to lemonade or tea.

**Parsley** is high in vitamin C. Make certain that flower stalks do not form or the parsley will turn tough and bitter. Store clean parsley stems in a glass of water in the refrigerator.

Note: Wash all herbs before tasting, storing, or cooking. Store in the refrigerator. Fresh herbs look great as flower arrangements.

**Plant Bouquet Flowers**

- **Things You’ll Need**
  - prepared soil
  - flower seeds (asters, larkspur, pansies, cornflowers, daisies, marigolds, bachelor’s buttons, and zinnias)

**Books to Read**

*The Ugly Vegetables* by Grace Lin

**Songs to Sing**

*Paw-Paw Patch*
Opportunities for Learning: Children will taste and describe different foods.

**Taste Foods**

**Things You'll Need**
- plates
- blindfolds
- mystery foods

**MYSTERY FOODS**
- Apple and orange slices
- Grapefruit and lemon slices
- Semi-sweet or bitter chocolate pieces
- Salted popcorn
- Raw potato
- Avocado
- Jicama

**Things You'll Do**
- Have the children taste one of the foods and describe it in their own words. Do not force a child to try a food.
- Introduce the words bitter, salty, sour, and bland, and match them with the foods the children have tasted.
- After all the foods have been tasted, blindfold each child, give each one a different food to taste, and ask the child to describe it.

**Make Stuffed Dried Plums**

**Things You'll Need**
- flavored lowfat cream cheese
- pitted dried plums
- spoons
Things You'll Do
- Fill dried plums with cream cheese.
- Stuff nuts into dried plums and serve as a snack.
- Ask children to describe the taste.
- Tell them dried plums are a good source of iron and fiber.

Note: Nuts are a choking concern and can be omitted for young children.

Peter Rabbit Tasting Party

Things You'll Need
- assortment of raw fresh vegetables and fruits
- large head of cabbage
- dips
- trays
- plastic serrated edge knives
- *The Tale of Peter Rabbit* by Beatrix Potter

Things You'll Do
- Help the children prepare the vegetables and fruits for tasting.
- Cut a flat surface on the bottom of the cabbage and scoop out the inside to create a bowl for the dip (teacher’s task).

✔ Decorate the front of the cabbage to look like a rabbit with small pieces of vegetables or fruits. Be sure to give Peter some whiskers and floppy ears.
✔ Read *The Tale of Peter Rabbit* and talk about the importance of vegetables and fruits. If someone has a rabbit costume, this is a fun way to have Peter tell his own story to the children.

Books to Read
*I Will Never Not Ever Eat a Tomato* by Lauren Child

Songs to Sing
*I'm a Little Teapot*
Opportunities for Learning: Children will learn about outdoor gardening.

**Things To Do Before The Lesson**

- Get garden planning advice from the county extension office or an experienced gardener.
- Review with the children that plants need food like we do. Plants get their food from the soil.

**Planning and Plotting**

Planning and plotting a garden is part dream work and part math! The dream part is imagining what you want to grow. The math part is figuring out how much room you need to make your dream come true. A garden can be whatever you choose, from a strawberry patch to a flowery window box to a miniature farm on your deck.

**Make Compost**

**Things You'll Need**

- Quart of fruit or vegetable scraps chopped finely
- Clear plastic bag
- Couple of handfuls of soil
- Twist tie
- Piece of plain charcoal
**Things You'll Do**

- Put a quart of fruit or vegetable scraps in the clear plastic bag.
- Add a couple of handfuls of soil.
- Toss in a piece of plain charcoal to keep the compost smelling fresh.
- Tie the bag shut with a twist tie.
- Every few days or so, open the bag and stir it around.
- In about 3 weeks, the bag of yucky old garbage will become a bag of sweet-smelling compost.
- Ask the children why we make compost. Discuss that we sprinkle compost around growing plants to give them the food they need to grow well.
- Tell children compost is made naturally by farmers when they plow plants into the ground and in forests when the leaves break down.

**Look At Earthworms**

**Things You'll Need**

- clear plastic or glass jar
- spade
- dark soil
- dark piece of paper
- magnifying glass
- earthworms

**Things You'll Do**

- Have a soil-filled clear plastic or glass jar ready.
- Have the earthworm crawl onto a dark piece of paper.
- Look at the earthworm with a magnifying glass.
- Look for rings, which are the muscles that help the worm plow through soil.
- Look for the “eye” that does the “sensing.”
- Do not keep the earthworm out in the open for more than a minute or two.
- Drop the earthworm in the jar and watch what it does.
- Return the earthworms to the outdoors.

**Let Earthworms Make Compost**

**Things You'll Need**

- container with a lid or a covered box at least 10” deep
- shredded newspapers
- steady supply of moist kitchen scraps
- soil to start filling the container
- earthworms

**Things You'll Do**

- Put about 3” of shredded newspaper in the bottom of the container.
- Punch holes in the sides and the lid, at least a dozen in each. There must be oxygen flow and drainage.
- Fill the container halfway up with soil, leaving room for air.
- Toss in the earthworms.
- Mix in the fruit and vegetable scraps.
- Every day or so, mix in food scraps.
✓ Cover with more dirt.
✓ Keep a wooden paint stirrer, ruler, or spoon in the container to give the compost a stir every now and then.
✓ Make sure your container does not dry out.
✓ Every few weeks, take out the compost.
✓ Add new materials and return earthworms to make another batch of compost.
✓ Discuss that growing plants need food like we do and they get their food from compost and soil.

**Garden Planning**

**Things You'll Need**
- ✓ picture book of gardening and farming
- ✓ poster paper
- ✓ colored markers

**Things You'll Do**
- ✓ Discuss that spring is the time of the year gardeners and farmers plan for their crops.
- ✓ Ask the children if they know anyone who plants a garden and what they need to do to get the garden started.
- ✓ Discuss that planting a garden takes planning and work. Gardeners plan what they want to plant, prepare the soil by digging and adding compost, and plant rows of seeds and label them.
- ✓ Use the Garden Guide from Spring Lesson 9 to choose the type of garden you and the children want to plant.
- ✓ Let the children draw the garden design on the poster paper.
- ✓ Keep the garden design for use in Spring Lesson 13 Planting a Garden.

**Books to Read**

*All Our Fruits & Vegetables* by Many Hands

**Songs to Sing**

*The Ants Go Marching*

Note: Have children wash their hands after the activities.

**Wash Your Hands!**
Indoor Gardens
SPRING LESSON 9

Opportunities for Learning: Children will plant an indoor garden.

Make Potting Soil

Things You'll Need
✓ soil
✓ compost
✓ vermiculite
✓ large container or bucket

Things You'll Do
✓ Mix one part soil, one part compost, and one part vermiculite in the large container or bucket.

Paint a Clay Pot

Things You'll Need
✓ clay pots
✓ acrylic paints or water colors
✓ brushes

Things You'll Do
✓ Soak the twine in white glue.
✓ Slowly wind twine around a jar or can that has been covered with glue.
✓ Wind from the bottom of the jar or can to the top.
✓ Let dry.

Decorate a Plant Pot

Things You'll Need
✓ white glue
✓ 3-4 yards of twine, yarn, or thin ribbon
✓ jar or can (clean and empty plastic milk jug, food can, coffee can, or peanut butter jar)

Things You'll Do
✓ Soak new clay pots in water for an hour before you paint them.
✓ Paint the pots with acrylic paint or tint them with watercolors.
Make a Plant Pot

Things You’ll Need
✓ containers such as:
  • clean, empty plastic milk jugs
  • clean, empty food cans
  • old roller skates
  • old shoes or sneakers
  • unused piggy bank
  • umbrella stand
  • old jug
  • old teapot
  • old coffee pot
  • old sugar bowl
  • old saucepan
  • dog food dish
  • old cookie jar
  • old vase
  • empty coconut shell
✓ nail
✓ scissors or knife (teacher’s use)
✓ art supplies

Things You’ll Do
✓ Raid the recycling bin to find potential plant homes—let your imagination run wild. Almost any container will work.
✓ Punch a hole for drainage on the bottom of selected containers with the nail (teacher’s task).

Note: Use clean containers free of sharp edges.

Plant an Indoor Garden

Things You’ll Need
✓ tomato seeds and marigold seeds
✓ spoons
✓ plastic wrap
✓ 1/2 clean egg carton with cover for each child
✓ bucket of potting mix
✓ bucket of dirt
✓ sticks
✓ water

Things You’ll Do
✓ Planting seeds indoors gives them a better start for the weather outside.
Explain to the children that today they will be starting seeds indoors to be planted outdoors in the garden they have prepared or in bushel baskets if the center is unable to have a garden.
✓ Give each child half a clean egg carton.
✓ Mix together the potting mix and dirt.
✓ Fill each egg carton cup with the dirt mixture.
Put 1 Tbsp of water in each cup of dirt.
Poke hole in center of the dirt with stick.
Drop tomato or marigold seeds in the holes.
Push dirt over the holes to cover seeds.
Cover the dirt with plastic wrap.
Close the cover of the egg carton.
Two days later, open the carton. Lift off the plastic wrap and add a little water to each egg carton cup. When the green sprouts appear, throw away the plastic wrap and put the egg cartons where the plants will get sunlight.
Transfer the marigold and tomato plants to the garden, bushel baskets, or plant containers during planting week. If the seedlings get too large before you are able to plant them in the garden, transfer to larger containers. Use a large spoon inserted deep into the soil in the egg carton cup to be sure to move all the roots with the plants. Do not pull on the plant itself.
Water immediately.

Books to Read
Growing Vegetable Soup
by Lois Ehlert

Songs to Sing
Six Little Ducks

Act Out a Poem

LET’S PRETEND TO BE A SEED

Some little seeds have parachutes to carry them around. The wind blows them swish, swish, swish, Then lays them gently on the ground.
You are a flower seed in the warm, dark, wet ground. Slowly you push out of the ground into the bright sunlight.
Slowly your stem reaches up to the sky.
Ever so slowly your leaves open to the warm sun.
Your flower buds grow and one day begin to open.
As they unfold, you become a beautiful flower of red, orange, and gold.

From Colorado Gold by CAEYC.
Garden Guide
for Spring Lesson 9

Fruit Orchard

What You Need:
✓ seeds (apple, grapefruit, orange)
✓ box
✓ soil

What You Do:
1. Put soil in box.
2. Add seeds in a row.
3. Cover with 1/4” soil.
5. Place near window.

Muffin Pan Herb Garden

What You Need:
✓ herb seeds (sage, thyme, basil, rosemary, chives)
✓ muffin pan
✓ soil

What You Do:
1. Put soil in sections of muffin tin.
2. Add seeds.
3. Cover lightly with soil.
5. Place near window.

Cut leaves with scissors, wash, and add to salads, soups, and sandwiches.
Lentil Garden

What You Need:
✓ lentil seeds
✓ soup bowl
✓ water

What You Do:
1. Put water in bowl.
2. Put lentil seeds in water.
3. Set in warm dark place.
4. When lentils start to sprout, place the bowl in a window.

Garlic Plant

What You Need:
✓ bulb of garlic
✓ can
✓ soil

What You Do:
1. Remove two or three cloves from the bulb of garlic (do not take peel off garlic).
2. Put soil in can.
3. Add garlic cloves.

Snip off bits of plant as needed for flavoring soups or salads.
**Popcorn Garden**

**What You Need:**
- popcorn kernels
- glass
- soil

**What You Do:**
1. Put soil in glass.
2. Push seeds down alongside of glass so they will show as they sprout.

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**Potato Plant**

**What You Need:**
- potato
- cup
- soil

**What You Do:**
1. Keep potato in a dark, warm place until an eye has sprouted a couple of inches.
2. Cut out the piece of potato with the sprouted eye.
3. Put soil in cup (about 2 inches) and plant the sprout.
4. Keep soil damp.
A Place for Gardening Notes…
Totally Tortilla
SPRING LESSON 10

Opportunities for Learning: Children will make tortillas and refried beans.

Things To Do Before The Lesson

✔ Wash dry beans thoroughly.
✔ Cover 2 cups of dry pinto beans with water and soak overnight.
✔ Drain beans in strainer.
✔ Put beans in the pot.
✔ Cover with fresh water.
✔ Simmer until tender, 2-3 hours.

Make Refried Beans

Things You'll Need
✔ large pot
✔ masher
✔ garlic press
✔ long-handled wooden spoon
✔ strainer
✔ measuring spoons

Things You'll Do
✔ Drain beans.
✔ Mash beans.
✔ Add vegetable oil.
✔ Squeeze peeled garlic into beans using garlic press.
✔ Add cumin.
✔ Stir with long-handled wooden spoon.
✔ Heat for 10 minutes in pot.
✔ Put 1 Tbsp refried bean mixture in center of each flour tortilla.
✔ Fold tortillas to make a sandwich. (Purchased whole wheat tortillas can be used.)

INGREDIENTS
1 Tbsp Vegetable oil (optional)
1 Clove garlic, peeled
1 tsp Cumin
Pinto beans, canned or cooked
Whole wheat tortillas

Make Flour Tortillas

Things You'll Need
✔ mixing bowl
✔ dry measuring cups
✔ liquid measuring cups
✔ measuring spoons
✔ mixing spoon
✔ rolling pin
✔ breadboard
✔ griddle
✔ forks
**INGREDIENTS**
- 4 cups Whole wheat flour
- 1 tsp Salt
- 1/3 cup Vegetable oil
- 1 cup Warm water (approximately)
- Vegetable cooking spray to coat hot griddle

**Things You’ll Do**
✓ Mix flour and salt.
✓ Add vegetable oil to flour and salt and mix with fork.
✓ Stir in enough warm water to make a firm ball of dough.
✓ Knead until dough is smooth.
✓ Let dough rest 20 minutes.
✓ Pinch off pieces of dough the size of a golf ball.
✓ Roll out on floured board to about 4” diameter.
✓ Cook on hot griddle 2 minutes each side (teacher’s task).
✓ Spoon 1 Tbsp refried beans in center of flour tortillas. Fold tortillas to make a sandwich for lunch or a snack.

**Books to Read**
*Carlos and the Squash Plant* by Jan Romero Stevens

**Songs to Sing**
*Oats, Peas, Beans*

**What Families Can Do**
Review with families that the children made refried beans and/or whole wheat tortillas.

Encourage families to use tortillas or other flat breads at home. Whole wheat tortillas and flat breads, like pita bread, can be used in a variety of ways including:

✓ Individual pizzas
✓ Wrapped or folded sandwiches
✓ Grilled sandwiches
✓ Bake chips
  - Cut into smaller pieces
  - Brush or spray with oil
  - Add light sprinkle of cheese, cinnamon, or other spices or herbs (optional)
  - Bake for 15 minutes at 350 °F
  - Serve with hummus or salsa
Celebrating Family Day
SPRING LESSON 11

Opportunities for Learning: Children will bake banana bread.

Bake Banana Bread

Things You'll Need
✓ spoon for stirring
✓ measuring spoons
✓ small mixing bowls
✓ dry measuring cup
✓ paper plates
✓ muffin pan
✓ cupcake liners
✓ foil wrap
✓ ribbon

INGREDIENTS
(for each child)
1 Tbsp Eggs (beaten in a bowl)
1 Tbsp Vegetable oil
2 Tbsp Sugar
1/4 Small ripe banana
1/4 tsp Baking powder
1/4 cup Enriched all-purpose flour

Things You'll Do
✓ Measure beaten egg into bowl.
✓ Add oil.
✓ Mash ripe banana into bowl with egg and oil.
✓ Stir mixture.
✓ Measure enriched all-purpose flour and pour onto paper plate.
Add baking powder and sugar to enriched all-purpose flour.
Mix dry ingredients on plate.
Add dry ingredients to the egg and banana mixture.
Stir dry and liquid ingredients together.
Pour into lined muffin pan.
Bake in 350 °F oven for 25-30 minutes or until bread tests done.
When the bread is cooked and cooled, wrap with foil and tie a ribbon around it for a gift for their family or special friend.

Books to Read
All Our Fruits and Vegetables by Many Hands Media

What Families Can Do
The children will give the banana bread as a gift to their family or special friend.

Note: Let children bake enough individual breads so they can taste, too. Or have some banana bread ready for snack time.
Weather Watch
SPRING LESSON 12

Opportunities for Learning: Children will track the weather on a calendar.

Things to Do Before the Lesson
✓ Prepare blank calendars for the current month for each child to take home. Fill in the numbers and days of the week.
✓ Prepare a large calendar poster for the classroom.

Chart the Weather

Things You'll Need
✓ paper and crayons or paint for each child’s weather picture
✓ blank calendar for each child to take home
✓ large poster board calendar for classroom

Things You'll Do
✓ Talk to the children about the importance of weather to plants and animals.
✓ Ask them to name all the different kinds of weather they have seen (sunny, rainy, cloudy).
✓ Ask them what their favorite weather is and let them draw a picture of it.
✓ Every morning, beginning with the first of the month, have one of the children draw a picture for that day on the classroom weather calendar showing the weather for the day.
✓ At the end of the month, count all the different kinds of weather recorded and ask children whether there were more rainy or sunny days.
✓ If possible, continue the monthly weather watch throughout the year or at least throughout the planting and growing season. A felt calendar with removable numbers attached with a dot of Velcro® on the back will make the calendar more permanent.
Books to Read

*What Makes The Weather*
by Janet Palazzo

Songs to Sing

*Rain, Rain Go Away*

What Families Can Do

Children will take their calendars home so that families can help them keep track of the weather for the month. Children can draw weather pictures on the calendars to illustrate the weather.
Planting the Garden  
SPRING LESSON 13

Opportunities for Learning: Children will plant an outdoor garden.

Plant Garden

Things You’ll Need

✓ rake
✓ string
✓ sticks
✓ seeds (beets, bush beans, cucumbers, lettuce, zucchini, carrots, radishes)

Things You’ll Do

✓ Rake the selected garden spot smooth.

✓ Mark each row before planting by stretching a string between two sticks and putting a picture of vegetables to be planted next to each row. Follow the plan developed in Spring Lesson 8.

✓ Leave wide path between rows so that the children will be able to plant and work without stepping on the seeds.

✓ Plant seeds following the directions on the seed packet.

✓ Spoon tomato and marigold plants out of egg carton cups and put in the garden.

✓ Ask children how long they think it will be before they begin eating the vegetables from their garden. This gives them an idea of how long it takes the plants to grow.

✓ plants started indoors in Spring Lesson 9 (tomatoes and marigolds) or purchased seedlings
✓ garden design from Spring Lesson 8 and Garden Guide from Spring Lesson 9
✓ seed packet pictures
✓ spoon
Beets-8 weeks
Lettuce-5 weeks
Bush beans-11 weeks
Radishes-3 1/2 weeks
Carrots-10 weeks
Zucchini-8 to 9 weeks
Cucumbers-11 weeks

✓ Talk with children about the care the garden will need every day.
  • Weeding—Keep string up so they will know where seeds are planted
  • Watering
  • Spacing and thinning of seedlings

Make Stick Garden Markers

Things You’ll Need
✓ paint stirrers or craft sticks
✓ waterproof markers

Things You’ll Do
✓ Have children draw a picture or write with waterproof markers the name of what they have planted on a paint stirrer.
✓ Use the markers in the garden.

Books to Read
Jody’s Beans by Malachy Doyle

Songs to Sing
Mistress Mary, Quite Contrary