

**Project FOCUS  
Best Lessons  
KINDERGARTEN**

**Title of Lesson:** Eat like a Plant

**Theme:** Life Science

**Unit Number:** 6      **Unit Title:** Plants and Animals

**Performance Standard(s) Covered (enter codes):**

SKL2

SKCS4

**Enduring Standards (objectives of activity):**

**Habits of Mind**

- Asks questions
- Uses numbers to quantify
- Works in a group
- Uses tools to measure and view
- Looks at how parts of things are needed
- Describes and compares using physical attributes
- Observes using senses
- Draws and describes observations

**Content (key terms and topics covered):**

Plant growth, plant needs, seeds

**Learning Activity (Description in Steps)**

**Abstract (limit 100 characters):** The purpose of this experiment was to demonstrate plant nutrition.

**Details:** I introduced the topic to the students by correlating human growth to plant growth and survival.

I took apart one lima bean and showed the students the actual tiny seed and explained that it fed off of the bean, the nutrient source.

I had the students verbally repeat the essential elements for plant growth and survival many times. I introduced the scientific method and the idea of a hypothesis. I drew a chart on the board and had the student guess what would happen if certain elements were removed. We also recorded our hypotheses on a worksheet that I made.

We placed a handful of wet beans on a wet paper towel and hung them in the window inside of a ziploc bag. Beside that we hung a bag with only dry lima beans in it. We then filled another bag with wet beans and a wet paper towel and hung them under the sink in a cabinet. Another bag was filled with dry beans and hung in the dark as well.

I then split the students into groups of five and had them come into the hallway one group at a time. In the hallway I had the students decide which way they wanted to hang their beans so that they would grow. Most of the students put the wet paper towels in the bags with the wet beans.

I hung each of their bags, labeled with Sharpie with the student's name on it, in the window.

I then encouraged the kids to talk about what plants needed to grow. I explained that soil was important because it provides plants with water and nutrients. I correlated the paper towel to soil because it is able to store water.

Next, I scooped all the pudding into the cups and passed them out to the children. I had the children top the pudding with oreos and gummy-worms.

One week later I had the children complete the hypothesis/conclusion worksheet after looking at the plants we had subjected to different conditions. I finished up with another explanation of the scientific method.

**Materials Needed (Type and Quantity):**

Dry large lima beans

Lima beans soaked in water

Plastic bowls with lids

Plastic sandwich bags

Paper towels

Black Sharpie

Plastic cups

Plastic spoons

Chocolate pudding

Milk

Cool whip

Oreo cookies

Gummy worms

**Notes and Tips (suggested changes, alternative methods, cautions):**

Some of the children tried to eat the beans and drink the water they were stored in.

**Sources/References:**

- 1)
- 2)
- 3)