



Lettuce Exploration

Goals

Guide students in using scientific inquiry to observe and learn about several varieties of lettuce. Create a line plot to record the results of a class tasting and interpret the data collected on the line plot.

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at www.growing-minds.org.

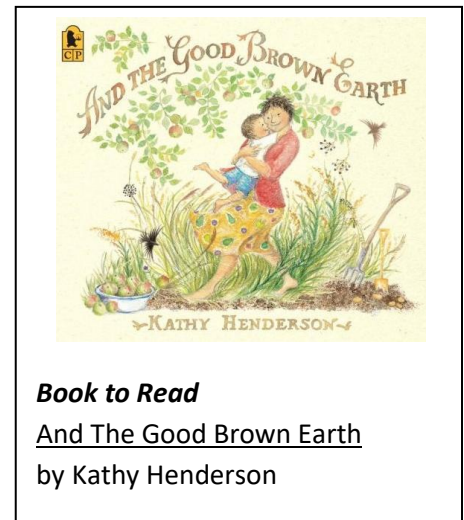
Materials

Exploration

- Lettuce seed packet
- Enlarged seed packet image
- Seed catalogue
- Magnifying glasses
- Rulers
- Three different varieties of greens

Writing and drawing

- White and colored paper
- Pictures of different greens
- Crayons/colored pencils



Book to Read

And The Good Brown Earth
by Kathy Henderson

Activities

Read a Book

Read And The Good Brown Earth by Kathy Henderson. This book gives a good introduction to growing a garden and how the garden changes as time passes. After reading explain how different vegetables grow at different speeds and are ready to harvest at different times of the year.

Greens Exploration

Introduce lettuce by explaining that lettuce is a fast growing vegetable and for this reason is one of farmer's favorite vegetable to grow. Ask students to predict how many days it takes to grow lettuce from seed to plant. Ask them where they would look to find the correct information. Show students a seed catalogue and seed packet. For first and second grades: give lettuce seed packets to several students and ask them to read to find out how many days it takes for the lettuce to grow. For kindergarten, point to the place on the enlarged seed packet where you can find the information. Were the student's predictions correct?



Lettuce Exploration

Look, describe, write, draw

Ask students to wash their hands. Give each student one leaf of each of the three different varieties of lettuce. Ask students to look closely at the three types of lettuce. Give them magnifying glasses to look closely. Ask them to describe how each lettuce leaf looks and feels. Give older students rulers. How long is each lettuce leaf? Record the data on the observation chart with columns for feels, looks, tastes and smells. Can the students write a poem about lettuce using the words in their observation chart? Read them the following poem about cucumbers. Can they substitute information about lettuce to make a new poem? After they write their poem, show them pictures of different types of greens. Have the students draw a lettuce and greens border around their poem.

A poem about cucumbers:

Green cucumbers growing on the vine
Oh so juicy, cool and fresh
We want so much
To chomp and munch
And hear that nice loud crunch!

CARROTS

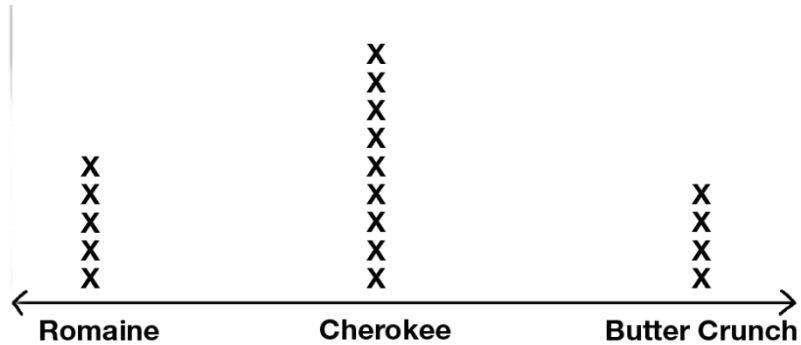
Carrots orange, long and bright
Make my snowman's nose tonight
Carrots shredded thin and fair
Make lovely, layered orange hair
Carrots crunchy, cold and sweet
Make my favorite snack to eat

Taste and Line Plot

Ask students to taste each leaf of lettuce. Ask them to choose which type was their favorite. Record the data in a line plot. Describe what the line plot shows with the students – which type was the most popular? And the least?



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Garden Extension

If you have lettuce growing in your garden bed, take the class out to the garden and tell them you are going to pick a few lettuce leaves to observe. Lettuce is a leaf that we eat. Do the students see other leaves that we can eat? Pick a few other types of edible leaves. Do they see leaves we don't eat? Pick a few inedible leaves. Choose a few edible and inedible leaves. Hold them up side by side and ask the class to compare the leaves. How are they similar? How are they different?