

COLLARD SEEDS

Grades 3-5 • 30 minutes



COLLARD GREENS

OBJECTIVES

Students will learn about the plant life cycle. They will recognize that plants grow from seeds, and that in order to grow, seeds have specific needs (soil, sunlight, water).

ESSENTIAL QUESTIONS

- How do plants grow and change?
- What do plants need in order to grow and thrive?

MATERIALS NEEDED

- From Seed to Plant by Gail Gibbons
- Video: youtu.be/Rb7n_B8kzNY
- collard seeds
- small cups or growing tray
- water
- potting soil
- journal (paper or digital version)

PROCEDURE

Explain what a seed is. Pass around seeds for children to examine.

Ask students:

- Brainstorm everything you know about seeds.
- What do you notice about the seeds?
- When have you seen seeds before?

Collect their ideas as they share. Encourage conversation.

Create a KWLM chart (What I know, What I Want to Know, What I Learned, Where I was Mistaken).

What I know

What do we already know about how plants grow?
Have you grown a plant or seen a plant growing?

What I Want to Know

What would you like to know about plants?

Read (or watch the read aloud video) From Seed to Plant by Gail Gibbons.

Finish filling out the KWLM chart.

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PROCEDURE, cont.

Activity

Give each student the supplies they need to plant a collard seed either in cups or growing trays. Once the students have set up their trays and placed them in a spot around the classroom, have them fill out their journal for the day.

Wrap Up

Roughly every other day, have students sketch and write their observations in their plant journals and chart the growth of their collard seeds to see how the plant has changed.

EXTENSIONS & VARIATIONS

1. Have students explore more about growing plants by finding books about plants and gardening in the library. They can watch a video such as, "Grow Your Own Plants," <https://youtu.be/Lly75dEbXE8>.
2. Cook collard greens and have a taste test. Compare the collard greens to other types of brassicas such as cabbage, kale, brussel sprouts. What do they have in common? How are they different?