Sylvia's Spinach

RIF EXTENSION ACTIVITIES FOR EDUCATORS

STEAM-THEMED: SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

SCIENCE, MATH
GROWING GARDEN GRAPH

Materials: vegetable seeds, disposable cups, soil

Provide different types of quickly growing vegetable seeds like lima beans, pumpkins, or peppers. Let each student choose a seed to plant in a cup of soil. Have students chart the growth of their plants over the course of two or three weeks. Compile the results into a class graph. For older students, find the mean, median, and mode for the class as a whole for each type of plant.

SCIENCE, ART, MATH
THESE COLORS RUN

Materials: large leaf cabbage, celery, four clear jars, water, food coloring

Have students fill each jar with water. Add a different color of food coloring to each jar. In two jars, place a full cabbage leaf with the leafy tip facing up. In two jars, place a piece of celery with the leafy tips facing up. Ask students to predict what might happen to the cabbage and celery leaves. Observe over time; record your observations and sketch what you see. Which vegetable absorbed the colored water the quickest? Why?

ENGINEERING, TECHNOLOGY, ART
HARE REMOVAL

Materials: paper plates, markers, paper, popsicle sticks, pipe cleaners, paper towel tubes, tape, glue, play dough, plastic spoon, mini marshmallows, flashlight

Have small groups create a paper plate garden. Give each group the task of protecting its garden from rabbits that eat the plants. The design should keep rabbits out but allow for sunlight, water, and the gardener to get in. After brainstorming a design, groups should use provided materials to construct their design. To test the design, place a mini marshmallow on a plastic spoon outside the perimeter of the design and flip it back slightly to make the "rabbit" hop. Run several trials. Does the design keep out rabbits? Shine the flashlight over the garden. Does it allow sunlight in so plants will grow?

ART, TECHNOLOGY
THE NAME GAME

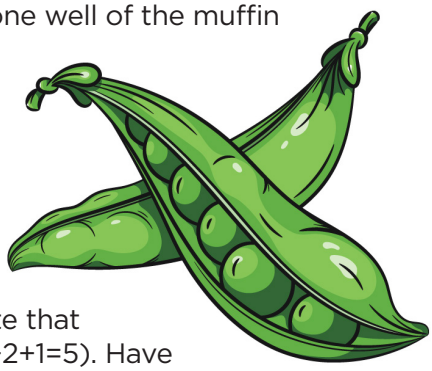
Materials: markers, crayons, paper

Have children think of fruits or veggies that could represent the letters in their names. Look at this alphabetic list: **www.isbe.net/nutrition/pdf/ffv_a_to_z.pdf.** Encourage students to research the items unfamiliar to them. Students should write their names in fruits and veggies and then draw a picture to go with each letter. *Example: Saba – **S**pinach, **A**pricot, **B**ok choy, **A**vocado*

MATH, SCIENCE
SUGAR PEA SUMS

Materials: sugar snap peas, muffin tin, recording sheet

Show students how to peel and separate peas from a pod. Count the individual peas as you place them in one well of the muffin tin. Model for students how to divide the peas between two wells and create an equation (for ex: 2+3=5). Then, divide peas into three wells and write that equation (for ex: 2+2+1=5). Have students work in small groups to shell peas and create sugar pea sums of their own.



Reading Is Fundamental