

Do Me a Flavor:  
Growing Fresh Organic Herbs  
(Lesson 1: Intro/Planting)  
By Megan Lukehart

Subject: Science/Health

Grade: 2nd

Duration: 60 minutes

Materials: From Seed to Plant by Gail Gibbons book, chart paper, markers, seeds, soil, Earthbox starter kits, paper, pencils

Objectives:

Students will know the difference between organic and non-organic plants.

Students will work together to plant herb seeds.

Students will participate in group discussions.

Students will write about what they know about plants and include pictures and diagrams in their writing.

CA Standards:

**Next Generation Science Standards:**

2-LS2-1. Plan and conduct an investigation to determine if plants need sunlight and water to grow.

**CCSS ELA**

(Writing) Research to Build and Present Knowledge:7. Participate in shared research and writing projects.

**Physical and Health Education**

1.4.N List the benefits of healthy eating

Anticipatory Set:

Read From Seed to Plant by Gail Gibbons. Talk about plants as a group and draw a shared labeled diagram of plant structure and discuss what plants need to live. Introduce vocabulary (seed, root, stem, flower, seedling, organic, soil, herbs)

Teacher/Student Activities:

During this lesson, students will listen to the story, participate in a group discussion and contribute to the list/diagram on the chart paper. They will turn and talk

to their partners when prompted by the teacher. The teacher will prepare the boxes for planting prior to the lesson. The teacher will talk about how to plant the seeds and supervise as students plant the seeds. The process will be repeated until all seeds are planted. There will be approximately 6 students per planter box, and each student will plant 2 types of seeds. Students will then wash their hands and write about their experiences independently. Students will include what they learned and include pictures to help explain their thinking and knowledge.

Evaluation: Students will be evaluated through participation in group discussion, teacher observation, and writing to check for understanding.

Extension/Future Lessons: In subsequent lessons, students will care for seedlings, participate in discussions about health/food/herbs, read about healthy foods, write/draw about plants/herbs through observation and experience with herbs, harvest herbs and taste a variety of food made with our fresh herbs. Students will create art projects about plants.

Budget:

Item	Price	Quantity	Total Price
Organic Seed Packets: 12 Pack	\$13.99	4	\$55.96
Earthbox Organic Growing Starter Box	\$58.36	4	\$233.84
Black Gold Organic Potting Soil, 16 Qt	\$13.99	8	\$111.92
Glass Watering Globes, 4 Pack	\$39.99	1	\$39.99
Decorative Garden Items	\$20.00	varies	\$20.00
Subtotal			\$461.71
CA Sales Tax			\$36.94
Grand Total			\$498.65

Synopsis (of Unit): Our class will plant, grow, harvest, and taste a variety of fresh organic herbs. We will discuss the benefits of growing our own food, organics, and fresh herbs for flavor. We will have group discussions, writing activities, art activities, and reading activities with collaboration among students.

Sustainability/Energy Connection: Students will learn about growing their own food, the benefits of organic, the benefits of flavor that fresh herbs provide, learn how herbs combine with foods that they enjoy, how growing instead of buying impacts the environment, and how plants can be grown from year to year.