



GUIDE

TEACHERS/PARENTS

READY, SET, GROW!



JOSEPH P CORY
FOUNDATION
Anchored in Love.

Parents, Guardians, Educators - Our Students Need Your Help!

- 1 in 5 school-aged children is obese
- Obesity results in diseases that were once considered adult-limited

School (as well as home) gardens represent a unique opportunity to influence childhood health outcomes by providing an empowering setting. Early exposure to fruits, vegetables, herbs, and hands on nutrition education, cultivates an early appreciation for healthy food. Previous studies have suggested that strategies to improve childhood fruit and vegetable consumption include increasing food literacy and the availability/convenience of fruits and vegetables; two aspects in which school gardens are exemplary.

Do you have a school or personal garden on your property?

Would you like to start a garden club in your school, afterschool program, troop, or at home?

Would you like to receive monthly online interactive newsletters with tips on gardening, educational lessons, games and more?

The [Joseph P Cory Foundation](#), a non-profit organization, provides their Gardens of Hope program at no cost, an impactful way to optimize health and wellbeing: Mind-Body-Spirit. Our on-site garden syllabus, which is now also being deployed (due to COVID-19 restrictions) as an online newsletter, is grade appropriate, and has been adopted by teachers and parents in Palm Beach County and beyond. At this time, the program has been designed for younger students, however the materials can be modified to support more mature audiences, skillsets and themes.

We are partners with [The School District of Palm Beach County](#), [Palm Beach County Parks and Recreation](#), and external collaborators for their [Wellness Promotion Task Force](#). [The University of Miami Miller School of Medicine's MD/MPH program](#) is in its second year of alliance with the Joseph P Cory Foundation, to positively substantiate a knowledge, attitude and behavior exchange among students who participate in our program.

We hope you will join us and benefit from our mission: Empowering people and communities to achieve wellness and wellbeing through expertise, education and guidance. In good health!



PALM BEACH COUNTY
Discover the Palm Beaches...
the Best of Everything



Learning Objectives:

This lesson will enhance the mind, body, and soul of students. Following this lesson, students will:

- Mind: Understand the life cycle of plants, and what plants need to grow
- Body: Plant, water, and watch their seeds grow into mature plants
- Soul: Learn to take care of something, and feel responsible for nurturing a living object

Overview:

As part of this lesson, students will learn about the natural life cycle of a plant, and the components plants need to grow and be healthy.

Materials:

- Plant life cycle worksheet
- Seeds
- Soil
- Container for potting (Plastic yogurt container, applesauce container, pudding containers, egg cartons, milk cartons, etc.)
- Plant calendar

Steps:

1. Have students complete the pre-survey. Collect surveys to understand students' baseline knowledge.
2. Complete the Plant Life cycle worksheet, while watching the plant life cycle video.
3. Draw the various components plants need to be healthy.
4. Plant seeds in a container of choice, and water them appropriately
5. Fill out the plant calendar, and predict what their seeds and plants will look like over time.

Warm Up Activity



- Complete the Pre-assessment Survey (link is [here](#))

Please click on the above link.

Note: This pre-assessment survey is not a test, and will not be graded. There are no right or wrong answers. Please complete it as best to your ability.

All answers are confidential, and the information obtained for the Joseph P Cory Foundation are for internal purposes only, so we may better serve our students and the community, through our Gardens of Hope program.

Plant Life Cycle Worksheet

Please watch this [video](#) three times.

Fill in the following blanks after you watch the video.

1. Flowering plants start out as _____.
2. With water, _____, and _____, your plant will start to form.
3. Roots are important because they soak up _____ from the ground.
4. When leaves soak up sunlight and carbon dioxide to make food, it is called _____.
5. _____ is when pollen is moved from the stamen to the stigma to produce seeds.
6. Two ways seeds can spread are _____ and _____.
7. Non-flowering plants do not have seeds. Instead, they have _____.

In order for plants to stay healthy, they need five things:

1. **Sunlight**
2. **Water**
3. **Air**
4. **Proper temperature.** Most plants do best when the temperature is between 70 – 80 degrees Fahrenheit (F) during the day, and between 65 – 70 degrees at night.
5. **Nutrients** (found in soil)

Draw a picture focusing on one item below, that plants need in order to grow: *Sunlight, Water, Nutrients, Proper Temperature, Air.*

Contest for our Garden Club Members! Win a \$25 Gift Card!



When you are finished with your awesome drawing, take a picture of it with your smartphone, or scan it and email to:

info@josephpcoryfoundation.org. Our staff will vote on the one that best demonstrates one of the items needed to cultivate a healthy plant. Winner will be notified by email on October 31, 2020. Now that's a good Treat for Halloween! (Don't forget to sign your name)

Planting Your Own Seeds

1. Find a container to plant your seeds in. You can use a flowerpot or something else: Yogurt container, milk carton, egg carton, or a pudding cup!



2. Make 3-5 small holes on the bottom of your container if it does not already have some. This is to allow excess water to drain out.

3. Fill most of your container with soil. Be careful, you don't want to fill it ALL the way up to the top.

4. Dig small holes to put your seeds in! You can use a shovel, a spoon, a pencil or even your fingers (just make sure to wash your hands after.)



5. Read your seed packet, and see how deep you should dig your hole, and how far apart they should be. If it doesn't say, try digging holes $\frac{1}{4}$ inch deep and 1 inch apart from other holes.

6. Put your seeds in the holes, and then cover the holes up with soil.

7. Water your plant, and put the pot in some sunlight.

8. Tend to your plant every day, and make sure it gets enough water and sunlight.



9. Watch your seeds blossom into tall, healthy plants!



Fun Task: Draw a picture of your plant growing in its container. You can use a separate piece of paper.



Seed Predictions!

Sprouting Seeds Daily Growth Chart

Seed Predictions

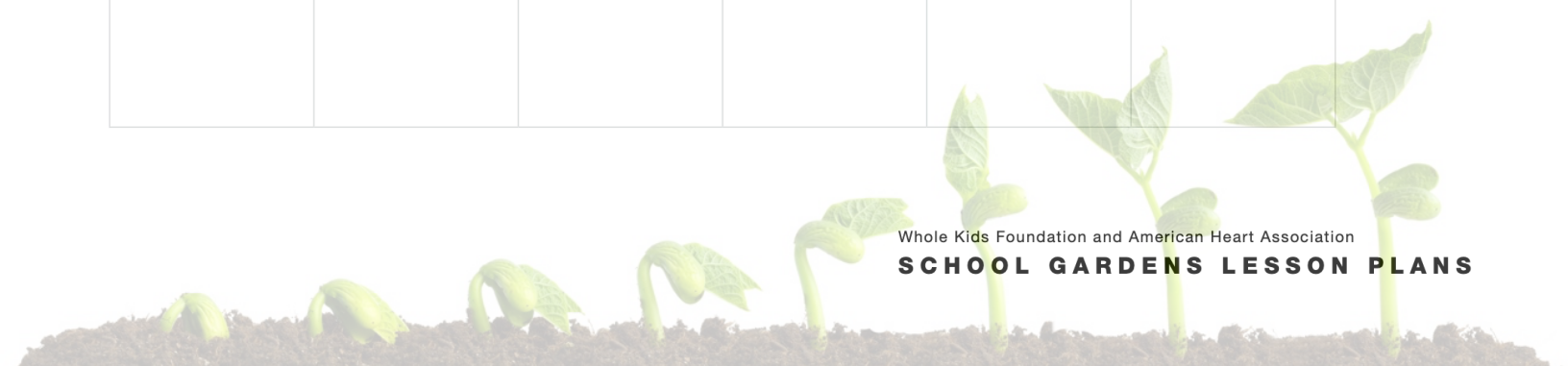
I planted _____ seeds.

I think my seeds will pop out of the soil on Day _____.

My seeds popped out of the soil on Day _____.

On Day 24, my plant will be _____ inches tall.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24



Charting Your Plant's Growth

Graph your plant's height as it grows! Be creative, use lots of colors.



Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14

Days Since Planting Chart



Cut out this ruler and use it to measure your plants as they grow.