



# Garden Treats

## Introduction

In the book ***Jo MacDonald Had a Garden***, author Mary Quattlebaum introduces children to the plants and creatures in a garden and shows how to create gardens that benefit both people and wildlife. In this activity, children explore garden fruits and vegetables and make and eat a garden treat.

## Materials Needed

- ◆ Radishes, leaf lettuce, summer squash, tomatoes
- ◆ Small paper plates

## Key Concepts

- ◆ Nutrition is essential to health.
- ◆ Some resources are produced (food).
- ◆ Humans depend on environments.

For standards correlation please see our website.

## Procedure

1. Read the book, and point out that Jo MacDonald and Mike grew four things to eat: tomatoes, summer squash, leaf lettuce, and radish.
2. Show children a picture of a plant and point out the leaves, fruit/seeds, and roots. Explain that people eat different parts of certain plants. Jo and Mike ate two fruits (tomato and summer squash), one root (radish), and one leaf (lettuce). Explain that fruits and vegetables are healthy food choices because they contain important vitamins, minerals, and calories.
3. Give each child some radish, lettuce, tomato, and summer squash on a paper plate. Ask them to identify, smell, touch, and taste each one. Which did they like best? Least?
4. If they wish, children can create a salad like Jo MacDonald's by mixing the four things together. Or they can eat each separately.

## Nature Connections

- ◆ Ask children if they have ever eaten sunflower seeds. Point out that Jo MacDonald grew sunflowers and gave seeds to the birds but that sunflower seeds are another garden treat enjoyed by people. Pass out sunflower seeds for children to taste, ensuring in advance that there are no allergies.
- ◆ Have youngsters name other garden plants that are good to eat alone or in salads (carrots, cucumbers, celery, cabbage, green peppers). Bring in the things named and invite children to sample.

## Additional Resources

**A great website to visit and learn more about tasty garden treats:**

### Kids Gardening

<http://www.kidsgardening.org/activity/cooking-classroom>

