**Unit 2 - Social Justice**

**Lesson 2**

**Grade Level:  Kindergarten**

**Focus:**Healthy food for everyone!

**Time:  20 minutes**

**Prep:** Buy seedlings of kale, tomatoes, cucumbers, squash.  Have garden gloves and trowels ready. Have sticks for signs.

**Warm up:** in classroom with whole class (5 min)

“When you want healthy food where can you find it?”  Give some thinking time then let several students share.  “Sometimes it is really hard to get healthy food.  Some people don’t live near a store.  Some people live in places where it is hard to have a garden.  Today we are going to plant some healthy food in our garden that we can use in our cafeteria so all of us can eat fresh healthy food at school.  We also can learn how to plant healthy food at home in a pot or a little bit of dirt.  We can teach others how to plant, too.”

Take first group out to the garden.

**Lesson:** (15 min)

1. Put on gloves and get a trowel.  Have seedlings placed along the bench.
2. “These are seedlings that I bought at \_\_\_\_\_\_\_.  Someone already planted the seeds to grow them and now they are ready to put into the soil.  Everyone is going to be able to help plant.”
3. Demonstrate how to get a seedling, make a hole, gently pat the soil around it and give it some water.  Let students plant their share of seedlings.
4. While planting talk about how this food will be healthy for people to eat and how they can plant food at their house.
5. Put garden things away for next group.

**Debrief:** while walking back to class

“What are you excited to eat from the plants we just planted?” Have students share.