

Topic 6: Little Farmer (Part 2)

Specific Instructional Objectives for Environmental Education and Outdoor Education:

At the end of the lesson, students should be able to:

- Practice good personal hygiene
- Be aware of suitable types of food to bring on an excursion, and how to pack them
- Know how to grow food from seeds

Objectives for Social-Emotional Learning:

- *Self Awareness:* Identifying and recognising emotions and needs, self efficacy
- *Self Management:* Self motivation and discipline
- *Social awareness:* Perspective taking, respect for others
- *Relationship Management:* Working cooperatively, communication, social engagement and relationship building
- *Responsible Decision-Making:* Personal responsibility

Activity	Time (mins)	Materials / Resources	Remarks
<p><i>Preparation:</i></p> <ul style="list-style-type: none"> • Soak the peas in water for about eight hours. Change the water every two – three hours, to prevent the peas from spoiling. • Arrange the materials on a table at the back of the classroom. 		<ul style="list-style-type: none"> • Potting mix • Small garden spade (One for each group) • Organic garden peas (10 for each student) • Spray bottle (One for each group) • A suitable planting tray, such as an egg tray (One for each student) • Annex 5 - Little Farmer Checklist 	
<ul style="list-style-type: none"> • Get the students to gather at the back of the classroom. • Divide the class into groups of five. • Explain the use of each item to the students: <ul style="list-style-type: none"> - Potting mix (Seeds need nutrients just like us. The potting mix provides the seeds with the required nutrients) - Small garden spade (To transfer the potting mix) - Organic garden peas (Seeds for growing) - Spray bottle (To water the plant) - A suitable planting tray (To hold the plant and potting mix) • Tell students that there is one thing that they will need to do, and ask them what it is. Hint that their hands will be dirty after touching the potting mix. • Remind students that they should always wash their hands after doing any form of gardening. 	20 mins		
<ul style="list-style-type: none"> • Spread a layer of potting mix (3 cm deep) at the base of the planting tray, and spread the soaked garden peas evenly on the soil surface. • Cover the peas with a thin layer of potting mix (1 cm deep). Place the planting tray in the shade until shoots appear in about three days. 	20 mins	<ul style="list-style-type: none"> • Potting mix • Small garden spade (One for each group) • Organic garden peas (10 for each student) • Spray bottle (One for each group) • A suitable planting tray, such as an egg tray (One for each student) 	