



A garden for apprentice cooks

Here is an activity to be done during **Week 2** of the 2018 Défi Santé (Health Challenge), whose theme is Gourmet Explorer. This activity involves starting inside seedlings of vegetables or fruits that grow easily and quickly. If space permits, they may subsequently be transplanted outdoors when the risk of freezing will be eliminated.



Expertise

Pedagogical skills for the student:

- Develop knowledge
- Develop healthy lifestyle habits

Professional expertise put forward by this activity:

- Planning and organizing activities
- Planning activities related to meals

Educational Intentions (Suggestions):

At the end of the activity, students will have developed his knowledge and healthy habits

Age Group:

Multiage

Required Materials:

- Plastic plant pots (one for each student) and clear plastics to cover the seedlings to keep moisture. (One can also use plastic bottles that will be cut in two parts: one part used as pot and the other as a dome instead of plastic.)
- Labels to stick on pots or crayons to write on pots
- Sowing potting soil
- Seeds of different varieties
- Some sprays

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Instructions

1. Get ready

You must first decide what you will plant. For students to see the fruits of their work quickly, choose varieties that grow easily and quickly, such as:

- lettuce and spinach
- beans
- carrots
- strawberries
- radishes
- cherry tomatoes
- peas

Arouse their curiosity with strange or giant varieties, such as:

- blue carrots
- rainbow chards
- climbing beans

Herbs are easy to grow too, including:

- mint (students will love chocolate mint!)
- chives
- basilic
- oregano
- thyme

2. Start the seedlings

Each student chooses his seeds among the varieties offered.

Each marks his pot by writing his name and the chosen seedling (with a felt pen or by sticking a label)

Each fills his container with three quarters of the soil, sowing seeds, sprinkling with a spray and covering the whole with a plastic to form a "greenhouse"

4. Send pictures of your activity!

Take a photo of the activity and send it to info@defisante.ca!



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