



# A garden for apprentice cooks

Here is an activity to be done during **Week 2** of the 2020 *Health Challenge (Défi Santé)*, whose theme is **Gourmet explorers**. This activity involves starting 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.



**Age group:**  
Multiage

**Required material:**

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

## Skills

**Aspect of the overall skills developed by the student:**

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

**Educational purpose:**

Students will develop knowledge and healthy lifestyle habits.

**Professional expertise put forward by this activity:**

- Planning activities related to the development of healthy lifestyle habits.

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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 and peas.

Arouse their curiosity with strange or giant varieties, such as: blue carrots, rainbow chards and climbing beans.

Herbs are easy to grow too, including: mint (students will love chocolate mint!), chives, basil, oregano and 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 three quarters full of the soil, then sows the seeds, waters with a spray bottle and covers the whole with plastic to form a “greenhouse”.

### 3. Care for the seedlings

Place the seedlings in a sunny spot (or under florescent or neon lights). If needed, students can spray their seedling every day so that the soil is always humid (but not too wet). The dome will help keep the moisture in.

Plants can be transplanted outside at the beginning of May when the risk of ground frost is past.

If the school daycare doesn't have a sunny spot (or florescent or neon lights) where the pots can be kept, you can ask students to take care of their seedlings at home.



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