



## After School S.A.F.E. Framework for Lesson Planning

Title: Urban Vegetable Gardening Instructor: Carlos Chavez Date:

Objective: Teach middle school age youth how to grow and maintain their own vegetable garden

Materials: Buckets or Plastic containers (8" deep, 6" wide), Seeds or potted plants, potting soil, water.

Website videos: Example of a garden set up: [https://youtu.be/YDv8TEqO\\_Ac](https://youtu.be/YDv8TEqO_Ac)

Tomatoes plant solution: <https://youtu.be/AKrAefjDIZ8>

How to harvest: <https://youtu.be/8gCt675555o>

<b>Circle Component(s):</b>	Physical Activity – Daily	Nutrition Education – 2x/month	Math and Literacy – 30-40 min. daily
	Arts Education – 1x/week	21 <sup>st</sup> Century Skills and STEM – 2x/week	Global Learning – 1x/week
	Leadership and Character Development – 1x/week	College and Career Readiness – 2x/month	Service Learning – 1 project/quarter

<b><u>Sequenced</u></b>	Explain <b>step-by-step</b> the activity and how it builds on other activities	<p>Step 1: Select a spot around your yard or balcony that gets the most sun light. Sun light is key to growing vegetable with success. There is a smart phone app called suncalc that can help estimate how much time the sun light your plants will get.</p> <p>Step 2: Select vegetables that you like and will eat. This prevents waste, and makes growing your own vegetables worth it.</p> <p>Step 3: follow instructions on the seed packaging or online for potting the plant. Every type of vegetable is different levels of difficulty growing. From Easy, moderate and hard to grow: Leaf types (lettuce, herbs, cabbage), roots (onions, carrots, radishes), fruit (beans, tomatoes, chili). See the Example of a garden set up video..</p> <p>Step 4. Always keep the soil watered at least 4 inches deep into the soil. This will keep the plant alive.</p> <p>Step 5. Harvest vegetables based on what type you are growing. See the How to harvest video.</p>
<b><u>Active</u></b>	Hands on- engagement, <b>demonstrate and practice</b> skills	Using technology to help select the appropriate space to grow vegetables, this helps reinforce math skills when counting hours of sun light. Also, this helps reinforce lessons learned in science or biology. Selecting vegetables to grow also helps identify different species of plant and their reproductive processes. Cognitive skills are also practiced while planting, potting and harvesting the vegetables.
<b><u>Focus</u></b>	Specific <b>time and attention on skill</b> development	<p>Step 1: 10 minutes</p> <p>Step 2 : 10-15 minutes</p> <p>Step 3 : 10-15 minutes</p> <p>Step 4: 5 minutes a day during growth process.</p> <p>Step 5: 10-15 minutes</p>

<b>Explicit</b>	Observation and reflection = <b>validation of skills</b> <b>Review Objective</b>	<p>By selecting the space, the individual is demonstrating that they understand time in hours of sunlight.</p> <p>By selecting the type of vegetable, the individual is demonstrating a level or skill and attention to details.</p> <p>By planting and potting the vegetables, the individual demonstrates cognitive skills.</p> <p>By watering and maintaining the vegetables, the individuals is reviewing the skills demonstrated throughout the lesson.</p> <p>By harvesting the vegetables, the individual experiences success and feels empowered to repeat the process again.</p>
<b>Alignment</b>	Alignment of Common Core State Standards	<p><a href="#">CCSS.ELA-LITERACY.RST.6-8.1</a> , CCSS.ELA-LITERACY.RST.6-8.3, CCSS.ELA-LITERACY.RST.6-8.7</p>
<b>Language Development</b>	List Vocabulary and Sight Words Reviewed	Potting, planting, harvest, soil and success.