



The Garden at the End of Regie's Rainbow

Dear Parents or Caregivers,

Building on the exciting adventures you went on with your child for the last 8 weeks with the Regie's Rainbow Adventure® program, Keep Growing Detroit is partnering with your early care and education center and the National Kidney Foundation of Michigan (NKFM) to bring you an additional week of activities to explore "The Garden at the End of Regie's Rainbow". Through 5 lessons this week, you and your child can learn about where Regie can get all of his favorite fruits and vegetables...in a garden!

We hope these activities will provide tools for you to continue to familiarize your child with fruits and vegetables in a variety of ways, through observation, song, story and taste tests. And if after this week, you are inspired to grow a garden of your own, we will also introduce you to opportunities to start a garden at home through Keep Growing Detroit's Garden Resource Program. Growing a garden with children can be a great way to introduce children to where fruits and vegetables come from. When children have the experience growing their own vegetables, they may be more likely to try them when they are on the dinner table. During these challenging times, getting outdoors can also be a great way for you and your children to get exercise, have direct access to garden fresh vegetables (which are especially flavorful and packed with nutritious vitamins and minerals!) and reduce stress.

If you have any questions or feedback about the activities, please contact Lindsay@keepgrowingdetroit.org.

Click on the activities below to go directly to the lesson for that day (or just keep scrolling down):

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Take a Walk: Exploring Living Things	Story Time: Growing Vegetable Soup	Physical Activity: I'm a Little Seed	Power Stripe: Decorate your headband with Plant Parts!	Family Taste Test: Taste Test Green beans—two ways!



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MONDAY

Activity One: Take a Walk: Exploring Living Things



Adult directions: Use the prompts “Say” and “Ask” to share information and ask questions with your child(ren).

Activity Objective: Getting outside is a great way to introduce your child to the natural world and to help them build their skills of observation and engaging their senses. In this activity, your child will learn the basic concept of a “living thing” by observing what’s in your own backyard or neighborhood. Everything in the world is a living or non-living thing. Living things move, grow, eat/ need nutrients, breathe, reproduce, and interact.

Ask: Where do you think Regie gets all of the vegetables that he loves? Do you know where vegetables come from? Have you ever seen a plant that grows fruits and vegetables?

Say: The fruits and vegetables that we eat come from plants. Plants are living things. The world is made up of all sorts of different living things. Living things are things that are or were once alive. Living things grow, breathe and eat just like us. If you look around you, you can see all sorts of living things like trees, flowers and insects. The plants that grow vegetables are also living things. Plants use air, nutrients, water, and sunlight to grow and produce the vegetables that Regie loves to eat.

Ask: Do you see anything in our backyard or neighborhood that is living?

Activity:

Go for a walk in your neighborhood or simply explore your backyard to see if you can find anything that’s living.

- Adults, let the children point out all the different objects they see (ex. cars, houses, insects, trees, sidewalks) and talk about each one.
- If you are able, find a rock to lift up or dig a small hole in the grass to see if you can find any living things.
- Try to engage the child’s senses, stopping to listen, smell and touch things in nature.



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TUESDAY

Activity Two: Read Growing Vegetable Soup



Adult directions: Use the prompts “Say” and “Ask” to share information and ask questions with your child(ren).

Activity Objective: There are a million books about gardening and vegetables. Find a new one to read every day! Reading books about vegetables and gardens can help children draw connections about where vegetables come from and increase your child’s vocabulary at this important young age.

Ask: Do you think Regie has a garden? What types of vegetables do you think Regie likes to grow? What vegetables would you like to grow in a garden?

Say: Today we are going to read a book about growing vegetables. It is called Growing Vegetable Soup, by Lois Elhert.

After you read the book, here are some discussion questions you can use with your child.

What were some of the tools they used in the book to grow a garden?

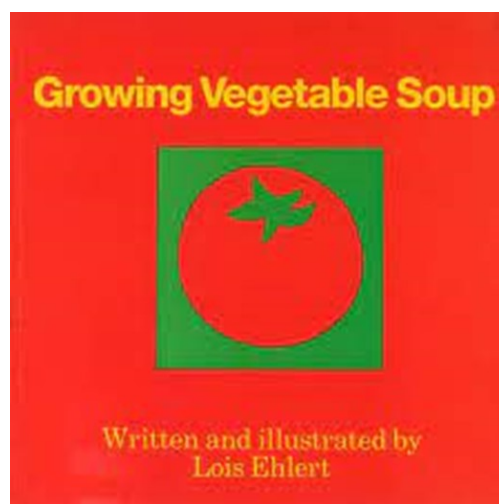
What were some of the things they grew in their garden?

What were some of the steps they did to grow a garden?

What were some of the steps they did to make soup?

What do you want to try and grow or cook?

Click the photo below to listen to a recording of the story.



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WEDNESDAY

Activity Three: Sing and move to “I’m a little Seed”

Adult directions: Use the prompts “Say” and “Ask” to share information and ask questions with your child(ren).

Activity Objective: Today it’s time to get some physical activity while we sing a song about a growing seed. This song will also help your child explore what a plant needs to grow.

Ask: Did you know that the big plants that grow Regie’s favorite vegetables come from a tiny little seed? What do you think that tiny seed needs in order to grow? *(Give your child the opportunity to give multiple answers)*

Say: Plants are living things that need food, water, air, nutrients, sunlight, warmth, space, and time, to grow. Talk about each.

Ask: What do people need to grow? In what ways are we the same as plants? In what ways are we different from plants?

Activity

Sing *I’m a Little Seed* and act out the motions with your child. Once you get moving with this song, talk with your child about their favorite vegetable and how they think it grows, ie carrot (grow into ground), bean (grow tall up towards the sky), pumpkin (grow spreading across ground).

You can also watch this great video that shows a plant growing from seed: <https://www.youtube.com/watch?v=ytMpE6fubSQ>.

I’m a Little Seed

(Sing to the tune of I’m a little teapot)

Song with movement Instructions:

I’m a little seed, small and round *(crouch down and grab knees)*

Poke your finger, plant me in the ground *(point finger down at ground)*

Water me and weed me, I’ll grow my roots *(pretend water with hand motion and put hands straight down with fingers spread)*

Watch me grow. You can eat my fruit! *(hands above head and pretend eating motion)*



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THURSDAY

Activity Four: Decorate your Power Stripe Headband with Plant Parts

Adult directions: Use the prompts “Say” and “Ask” to share information and ask questions with your child(ren).

Activity Objective: Learn about plant parts. Learn what each part does to help the plant grow strong and which part of the plant we eat when we eat fruits and vegetables.

Say: When we eat fruits and vegetables we are eating different parts of the plant. Each part of the plant has a different job to do to keep a plant healthy so it can grow the fruits and vegetables we love to eat. The roots bring water and nutrients from the soil, the stem helps the plant stand tall and reach for the sun. The leaves collect energy from the sun and make food for the plant to eat. This process is called photosynthesis. When we eat vegetables, we are eating the flowers, seeds, stems, roots and fruits!

Ask: What fruits and vegetables do you love best? Do you know what part of the plant it is?

Say: Regie earned all of his power stripes by eating his fruits and vegetables and doing his physical activity each day. You did too! Now it's time to decorate your power stripe headband or armband with the fruits and vegetables that you love and can grow in the garden.

Activity

1. Using a flyer, brochure or magazine, search for your favorite fruits and vegetables.
2. Cut them out and try to identify with your child what part of the plant they are.
3. Attach the cutouts to your child's head band.

Seeds: Beans, Corn, Peas

Roots: Carrots, Radish, Sweet Potato

Stems: Asparagus, Celery, Potato

Leaves: Lettuce, Cabbage, Spinach, Collard

Flowers: Broccoli, Cauliflower

Fruits: Peppers, Tomatoes, Squash, Eggplant, Cucumber

If your child/children's first choice is a fruit or vegetable that doesn't grow here, find out where it grows and how far it travels from the farm to plate.



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FRIDAY

Activity Five: Family Taste Test

Activity Objective: Children's taste buds are developing and changing every day! Introducing fruits and vegetables to children prepared in different ways can be a great way to encourage them to try new fruits and vegetables. And remember, what they like today might change tomorrow, so we encourage you to introduce fruits and vegetables multiple times before giving up! In today's recipe, try offering the same vegetable in two ways to your child to see which way they (and you!) like it better. Remember, children learn by watching you, so we encourage you to try the taste test too!

Summertime in Michigan is a great time to get locally grown green beans. They are tender and delicious. Detroit has many farmers' markets, including Eastern Market and several neighborhood markets, where you can buy fresh veggies. You can also visit Keep Growing Detroit's online farm market to purchase vegetables Grown in Detroit.

GREEN BEAN FAMILY TASTE TEST

Wash and dry your green beans.

Snap off the stem end of the green beans (a great fine motor activity for kids).

Prepare beans in two ways with recipes below.

Have a taste test and tally up which way is the most popular to prepare green beans for your family!



RAW GREEN BEANS with yogurt dip

- 1/2 cups - Plain yogurt (Greek yogurt is optional)
 - 1 Tablespoon Mayonnaise
 - 1 Tablespoon Lemon Juice
 - Fresh Herbs, like dill or mint (optional)
1. Mix ingredients together in a bowl
 2. Enjoy by dipping green beans in your dip!

COOKED GREEN BEANS with lemon

1. Boil water with a generous amount of salt (don't worry, they won't end up too salty).
2. When they turn bright green after 3-4 min, drain and rinse immediately in cold water (this stops the cooking).
3. Dress with lemon, a little olive oil, or butter and a little salt.
4. Enjoy!



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