

Plant a Little Seed

You might buy these foods in a Supermarket. Let's find out how and where they grow by reading some great stories together!



	What do they look like?	Where do they grow?	Climate needed to grow
Carrots	root vegetable usually orange	under the ground	cool to warm with rain and sun
Potatoes	light brown or red skin, white or yellow inside	under the ground	cool to warm with rain and sun
Runner Beans	green bean pod, seeds inside are usually black with speckles of red or purple	on a bean stalk	cool to warm with rain and sun
Cocoa Beans	pods are bright yellow to deep purple, with brownish purple seeds	on a tree	hot with lots of rain
Apples	red, green or yellow skin, white inside	on a tree	cold winter/warm summer with sun
Limes	green skin, yellowish green inside	on a tree	warm with lots of sun

Vocabulary:
similar, different
healthy, active
vegetable, fruit
grow, climate



a couple of ways to stay healthy based on our stories

Eat fruit and vegetables every day.



Do some active learning outdoors.