Contents

Contributors ................................................................. 10
About Life Lab .............................................................. 11
Foreword ................................................................. 12
Introduction ............................................................. 14
How to Use This Book .................................................. 19
Dedication ................................................................. 20

GETTING STARTED
Spotlight ................................................................. 22
Getting Started .......................................................... 23

LET’S WORK TOGETHER: PROBLEM SOLVING AND COMMUNICATION
Spotlight ................................................................. 36
Unit Introduction ....................................................... 37
Song ................................................................. 38
Group Juggle .......................................................... 39
I Just Love Applause .................................................. 40
Lighthouse .............................................................. 41
Tell It Like It Is ......................................................... 43
Count Off ............................................................... 45
The Wind Blows for Me ............................................. 46
Knots ................................................................. 47
Sinking Ship ............................................................ 48
Who Am I? ............................................................. 50
Communication and cooperation through problem solving .................................................. 50

WE ARE ALL SCIENTISTS: AWARENESS AND DISCOVERY
Spotlight ................................................................. 52
Unit Introduction ....................................................... 53
Song ................................................................. 54
Sharp Eyes ............................................................. 55
Candid Camera ........................................................ 56
The Unnature Trail ..................................................... 57
Sound Maps ............................................................ 59
Big Ears ................................................................. 60
Only the Nose Knows ................................................ 62
Everyone Needs a Rock ............................................. 64
Six of One, Half a Dozen of the Other ...................... 66
See No Evil, Hear No Evil .......................................... 68
Little Munchkins ...................................................... 69
Burma Shave Hike .................................................... 71
On Location ............................................................ 73

THE GROWING CLASSROOM
## THE LIVING EARTH: SOIL

Spotlight .......................................................... Ladd Lane Elementary School, Hollister, Calif. ............... 76
Unit Introduction ................................................... The Living Earth ...................................................... 77
Song ............................................................... Dirt Made My Lunch .................................................. 78
Space Travelers ..................................................... Exploration of soil ingredients ...................................... 79
Sensory Soil ........................................................ Soil exploration and creative writing ............................... 81
The Nitty-Gritty ...................................................... Exploration of quality and composition of garden soil .......................... 83
Living in the Soil .................................................... Creating a healthy soil ............................................. 85
Tools and Us ........................................................ Proper tool use and care ........................................... 87
To Dig or Not to Dig: That Is the Question ........................ Compaction and plant growth ............................ 89
Dig Me and Dig Me Again ........................................ Soil preparation technique ..................................... 91
Soil Doctors ........................................................ Soil testing for major plant nutrients ......................... 94
What Good Is Compost? .......................................... Compost garden experiment .................................. 96
You Look Different from the Last Time I Saw You .......... Observing decomposition and nutrient cycling of different foods ...................................................... 98
Bring in the Cleanup Crew ...................................... Observing rates of decay ............................................. 100
Compost Bags ...................................................... The idea of biodegradable and nonbiodegradable .......... 101
Let’s Make a Compost Cake .................................... Making compost ...................................................... 103
The Matchmaker .................................................. Nitrogen-fixing cover crops ....................................... 105
A Warm Place to Grow .......................................... Mulching to protect plants from frost ....................... 108
Splash ................................................................. Rain and soil erosion ................................................. 111
A Day at the Races ................................................ Erosion of different planting patterns ....................... 113

## ALL ABOUT PLANTS

Spotlight .......................................................... Rock Creek Community Garden, Auburn, Calif. ............... 116
Unit Introduction ................................................... All About Plants ..................................................... 117
Song ............................................................... Roots, Stems, Leaves .................................................. 119
Straight from the Source ...................................... Plant and animal origins of foods .............................. 120
Seedy Character .................................................. Classification skills and seed anatomy ......................... 122
Let’s Get to the Root of This ................................ Root growth and function ......................................... 124
ZIP Code Seeds ................................................... Seed ordering .......................................................... 126
Seed Ya Later .................................................... Seed dispersal mechanisms ........................................ 128
Adapt-a-Seed ..................................................... Seed dispersal mechanisms ........................................ 130
Seed Power ........................................................ Water absorption in seeds ........................................... 131
It’s Getting Stuffy in Here ...................................... Depth of seed planting ............................................ 132
Lotus Seeds ........................................................ A story about seed longevity ....................................... 134
Growing, Growing, Gone ..................................... Seed/plant development ....................................... 135
Glass Seed Sandwich ........................................ Root growth ............................................................ 137
Run, Root, Run .................................................. Root growth behavior ................................................ 139
Let’s Get a Handle on This ................................... How plants climb .................................................... 140
Which Way Did It Grow? ....................................... Effects of gravity on plants ....................................... 142
Sugar Factories .................................................... Photosynthesis: plant production of food ..................... 144
Sipping Through a Straw ...................................... Water absorption by plants ...................................... 146
Plant Sweat ........................................................ Transpiration ............................................................ 147
Photosynthesis Revealed ..................................... CO2 utilization by plants ........................................... 149
Plants Need Light, Too ........................................ Plants’ need for light .............................................. 151
Plant Food Magic ................................................ How plants make food ............................................. 153
Star Food ........................................................ Effects of light on plant growth .................................... 155
 Room to Live .................................. Effects of crowding on plant growth .................................. 157
Seed to Earth, Seed to Earth,
Do You Read Me? .......... Effects of different soil types on seedling growth .................................. 159
Stem, Root, Leaf, or Fruit? .... Classification of produce by the parts we eat .................................. 161

**LIVING LABORATORY: OUTDOOR GARDENING**

Spotlight .................................. The Kindergarten Initiative, Philadelphia, Pa .................................. 164
Unit Introduction ...................... Living Laboratory .................................. 165
Song .................................. Sun, Soil, Water, and Air .................................. 166
It’s as Simple as One, Two,
Three ... Four ......................... The necessities of life: air, water, sun, soil .................................. 167
So What? Sow Seeds! ................. Soil mixing and seed sowing .................................. 168
Inch by Inch, Row by Row ........ Planning and mapping garden beds .................................. 171
Transplanting, or Let’s Move ‘Em Out! ........ Technique for planting seedlings .................. 174
Water We Doing? ..................... The effects of watering on plant growth .................. 176
What’s in a Name? .................... Observing different varieties of the same crop .................. 179
Weeding, Writing, and Arithmetic .................................. Observing weeded and nonweeded sections of garden .................................. 181

**CYCLES AND CHANGES**

Spotlight ................................ Growing a Children’s Garden, Life Lab Garden Classroom, Santa Cruz, Calif .................................. 184
Unit Introduction ...................... Cycles and Changes .................................. 185
Song ................................ Water Cycle Boogie .................................. 186
The Power of the Circle ............ Identifying cycles in nature .................................. 187
The Seasons of a Tree ................. Observing seasonal changes .................................. 189
The Cycle Hunt ......................... Study of seasons .................................. 191
Me and the Seasons .................... Seasonal differences .................................. 193
Collector’s Corner ...................... Categorizing seasons and creating a season display .................................. 195
Roundabout ......................... Water cycle .................................. 197
Dr. Jekyll and Mr. Hyde ............ Observing how substances change .................................. 199
We’re Just Babes in the Woods ........ Demonstrating the short time humans have been on earth .... 201
The Cycle of Recycle ................. Personal recycling habits survey .................................. 203
A Human Paper Factory ............. Making recycled paper .................................. 205
Mother Earth ................ Native American writings .................................. 207

**INTERDEPENDENCE AND GARDEN ECOLOGY**

Spotlight ................................ Las Cañadas Huatusco, Veracruz, México .................................. 212
Unit Introduction ...................... Interdependence and Garden Ecology .................................. 213
Song ................................ Give Plants a Chance .................................. 215
Eat the Earth ..................... Earth’s finite resources .................................. 216
Food Chain ...................... Concept of a food chain .................................. 217
The Hungry Bear ..................... Concept of a food web .................................. 219
You Are What You Eat ............. Concept of a food web .................................. 221
Lunch Bag Ecology, Part One ... Our interdependence with plants and animals .................................. 223
Lunch Bag Ecology, Part Two ... The food supply system .................................. 224
DDT Chew .................. Role-play of bioaccumulation through a food chain .................................. 226
Flower Power, Part One ............ Flower part identification .................................. 228
Flower Power, Part Two .......... Relationships between pollinators and flowers .................................. 230
CONTENTS

Magic Spots ............................... Observing habitats ........................................ 233
Garden Puzzle .......................... Demonstrating companion planting by role-playing 235
Companion Planting ................... Companion planting garden experiment ............. 238
Plant Architects ........................ Designing plants and observing their impact in 240
an imaginary garden

I Need My Space ......................... The effect of seed density on weeds ............. 242
Natural Defense ......................... The effects of “plant solutions” on crops ............. 244
Under the Big Top ....................... Observing interactions in the garden ............. 247

**GARDEN CREATURES**

Spotlight .................................... St. John the Baptist School, El Cerrito, Calif. ....... 250
Unit Introduction ....................... Garden Creatures ........................................ 251
Song ........................................ No Bones Within ........................................ 252
Earth, Planet of the Insects .......... Effects of insects on earth ................................... 253
Insect Anatomy, or Make

No Bones About It! ...................... Identifying insect parts .................................... 255
The Butterfly Flutter By .............. Observing insect life cycles ......................... 257
Who Lives Here? ........................ Observing and collecting of insects .................. 260
Buggy Diner .............................. Feeding preferences of insects ...................... 263
Ladybug, Ladybug, Fly Away Home ........................................ 265

Slimy Characters on Trial .......... Identifying pest and pest damage ...................... 267
My Friend Tummy-Foot .............. Snail anatomy and behavior.......................... 269
Following the Thread ................. Observing garden spiders .............................. 273
The Great and Powerful

Worm ....................................... Observing worms as soil tillers and decomposers 275

**WEATHER AND CLIMATE**

Spotlight .................................... Pacific Elementary School, Davenport, Calif. .......... 278
Unit Introduction ....................... Weather and Climate ..................................... 279
Song ........................................ Solar Energy Shout ...................................... 280
Degrees Count .......................... Reading a thermometer .................................... 281
Temperature Hunt ...................... Using a thermometer ...................................... 283
The Station Creation .................. Making a weather station ................................ 285
Keeping Track .......................... Collecting and recording weather information ....... 287
The Great Weather Exchange .... Exchanging weather information with another school 290
Feeling Hot, Hot, Hot .................. Heat retention and loss in different substances .......... 292
A Ravishing Radish Party .......... Growing plants in different microclimates ............... 295
Catch the Sun ............................ Constructing a mini solar collector .................. 299
A Shoebox of Sunshine .......... Constructing a miniature greenhouse .................. 301
What’s the Angle? ...................... Modeling earth’s revolution around the sun .......... 304
A Journey to Different Lands .... Researching regional and world climates ............. 306

**HEALTHY EATING**

Spotlight .................................... Cherryland Community Garden, Hayward Nutritional Learning Community Project, Hayward, Calif. .......... 310
Unit Introduction ....................... Healthy Eating ........................................ 311
Life Lab’s Healthy Eating Tips .......... Introduces why we eat healthy foods .......... 313
Go, Grow, and Glow .................. Individual food choice survey .......................... 315
I Eat My Peas with Honey .......... Balancing the food groups ................................ 317
CONTENTS

Power Snack ........................................... Recipe for a balanced snack .................................................. 319
Eat a Rainbow ................................. The value of eating a variety of fruits and veggies .................. 321
Rainbow Smoothie .............................. Recipe for a colorful smoothie ........................................... 323
Processed or Not? ............................ The impact of processing on nutritional value of food ........ 325
Salsa, Salsal .................................. Recipe for a minimally processed salsa ................................. 329
When I Was Little ............................. Eating habits through generations .................................. 332
Food Planners .................................. Reinforcing the importance of a balanced diet .......................... 334

NUTRIENTS
Spotlight ........................................ GrowingGreat, Manhattan Beach, Calif. .............................. 336
Unit Introduction ......................... Nutrients ........................................................................ 337
Invisible Gold ................................. Introducing the idea of food nutrients ............................... 338
Catching Complex
  Carbohydrates ................................ Testing foods for complex carbohydrates ..................... 340
  Show Me the Sugar ..................... Testing foods for simple carbohydrates: sugars ................. 342
  Finding Fats .............................. Testing foods for fat .......................................................... 344
  Burn Out ................................. Exploring how our bodies produce energy ....................... 346
Water You Made Of? ........................ Introducing water as a nutrient ...................................... 348
Proteins to Grow On ....................... Testing foods for proteins ............................................... 350

FOOD SYSTEMS AND CONSUMERISM
Case Study ................................ Hayward Nutritional Learning Community Project,  Markham and Muir Elementary, Hayward, Calif. ........... 354
Unit Introduction ......................... Food Systems and Consumerism ........................................ 355
Supermarket Snoop ...................... Supermarket field trip survey ......................................... 356
What’s Really in the Can? ............ Reading and understanding packaged labels ..................... 358
The $1,000,000 Orange ................. Why processed food costs more ......................................... 360
This Little Lettuce Went to Market.......................... Steps from farmer to market .............................. 362
The New Improved Diet .............. Effects of advertising ........................................................... 364
Try It, You’ll Like It! ................. Influence of advertising ......................................................... 365
Buy Me! Buy Me! ........................ Influences on personal selection of food choices .............. 367
Feast or Famine ........................ Developing awareness of hunger in the world .......................... 368
Market Garden: Grow and Sell Time ................................ Setting up a market garden ......................... 370

APPENDIX

BLACKLINE MASTERS

LESSON MATERIALS
The Scientific Method: Guess, Test, and Tell ............................................................................... 375
Pattern Sheet ................................ From Tell It Like It Is ................................................................. 376
Activity Cards .............................. From The Wind Blows For Me .............................................. 377
Riddles .............................................. From “Who Am I?” ......................................................... 378
Clay, Silt, Sand Chart ................ From The Nitty-Gritty ............................................................. 379
Food and Source Cards .............. From Straight From the Source ......................................... 380
Nutrient Cycle ............................ From The Power of the Circle ........................................ 384
Oxygen Cycle .............................. From The Power of the Circle ........................................ 385
Water Cycle ................................. From The Power of the Circle ........................................ 386
Wheel, Part One ........................ From Me and the Seasons ............................................. 387

THE GROWING CLASSROOM
CONTENTS

THE GROWING CLASSROOM

Wheel, Part Two ................................ From Me and the Seasons .............................................. 388
A Very Short History of Trash ................ From The Cycle of Recycle .................................... 389
Pollinator Cards ................................ From Flower Power, Part Two .................................. 390
Insect Anatomy .................................. From Insect Anatomy, or Make No Bones About It .......................... 392
Minimum-Maximum Thermometer .............. From The Station Creation .................................. 393
Wind Vane ....................................... From The Station Creation ........................................ 394
Wind Speed: Sensing the Wind .................. From The Station Creation .................................... 395
Measuring Humidity ............................ From The Station Creation .................................... 396
Barometer ....................................... From The Station Creation ........................................ 397
Rain Gauge ..................................... From The Station Creation ........................................ 398
Markers ......................................... From Keeping Track .................................................. 399
Weather Symbols Key #1 ...................... From Keeping Track .............................................. 400
Weather Symbols Key #2 ...................... From Keeping Track .............................................. 401
Energy Movement Diagram .................. From A Shoebox of Sunshine .................................. 402
Climate Zone Map ............................. From A Journey to Different Lands ........................... 403
Power Plate .................................... From Power Plate .................................................. 404
Food Cards ..................................... From Power Plate .................................................. 407
Nutrient Chart .................................. From Eat a Rainbow .............................................. 412
Rainbow Cards ................................ From Eat a Rainbow .............................................. 413
Invisible Gold .................................. From Invisible Gold ............................................... 414

STUDENT LAB SHEETS

Observation Sheet .................................................................................. 416
To Dig or Not to Dig: That Is the Question ........ From To Dig or Not to Dig: That Is the Question ....... 417
You Look Different From the Last Time I Saw You .... From You Look Different From the Last Time I Saw You .... 419
The Matchmaker ................................ From The Matchmaker ......................................... 420
A Warm Place to Grow ......................... From A Warm Place to Grow .................................. 421
Splash .......................................... From Splash .......................................................... 422
A Day at the Races ............................. From A Day at the Races ....................................... 423
Let’s Get to the Root of This .................. From Let’s Get to the Root of This ........................... 424
Seed Ordering Chart ......................... From ZIP Code Seeds ............................................. 425
Let’s Get a Handle on This .................. From Let’s Get a Handle on This .............................. 426
Star Food ....................................... From Star Food .................................................. 427
Water We Doing? ............................. From Water We Doing? ....................................... 428
What’s in a Name? ................................ From What’s in a Name? ...................................... 429
Weeding, Writing, and Arithmetic .............. From Weeding, Writing, and Arithmetic .................. 430
SelfSurvey ...................................... From The Cycle of Recycle ....................................... 431
SelfSurvey Results ........................... From The Cycle of Recycle ....................................... 432
Companion Planting .......................... From Companion Planting .................................... 433
I Need My Space ............................. From I Need My Space .......................................... 434
Natural Defense .............................. From Natural Defense ............................................ 435
Buggy Dinner .................................. From Buggy Dinner ............................................. 436
Temperature Hunt ............................ From Temperature Hunt ........................................... 437
CONTENTS

Keeping Track ........................................... From Keeping Track .................................................. 438
Comparison Graph .................................... From The Great Weather Exchange .................... 439
Feeling Hot, Hot, Hot ................................. From Feeling Hot, Hot, Hot ................................. 440
A Ravishing Radish Party ......................... From A Ravishing Radish Party ........................... 441
A Shoebox of Sunshine ............................. From A Shoebox of Sunshine ............................. 442
Research Questions .................................. From A Journey to Different Lands ..................... 443
Catching Complex
  Carbohydrates ......................................... From Catching Complex Carbohydrates ................. 444
Show Me the Sugar .................................. From Show Me the Sugar .................................... 445
Finding Fats ............................................ From Finding Fats .............................................. 446
Burn Out .................................................. From Burn Out .................................................. 449
Proteins to Grow On ................................. From Proteins to Grow On ................................. 450
What You Bought Chart ......................... From Buy Me! Buy Me! ............................................ 451

GARDEN AND COOKING HOW TO'S
Seed Starting and Transplanting ................ 452
Make Your Own Paper Pots ........................ 455
Vegetable Planting Guide .......................... 456
Vegetable Planting and Harvesting Tips ...... 458
Year-Round Garden and Planning Tasks ...... 461
Companion Planting Guides ..................... 462
Watering Tips ......................................... 464
Steps for Preparing In-Ground Garden Beds .......................................................... 465
Composting ............................................. 466
Let Worms Make Your Compost ................ 468
Tips for Creating a Healthy Garden Ecosystem ......................................................... 470
Tips for Cooking With Kids ..................... 472
Food Rainbow ......................................... 477

BUILDING PLANS
Building a Coldframe for Your Garden ........ 478
Plans for a Planter Box ............................. 480
Plans for a Seed-Sowing Flat .................... 481
Making and Using Root View Boxes .......... 482
Making a Worm Box ................................. 484
Insect Collecting Net ............................... 485

ENGLISH/SPANISH VOCABULARY LIST ................................................................. 486