



PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU, WELNEW Tribal School, Brentwood Bay BC

Lesson Title: ĆENITELONSET: Autumn Vegetable Garden & Native Plants in Fall	Grade Level: 1	Subject: vegetable seed saving, fall native plant harvest and seeding
	Time Needed: 45 mins	Date: Oct 6, 2015

BC Min of Ed Learning Outcomes addressed in this lesson:

- Science K to 7 (2005) 1 classify objects, events, and organisms
- Science K to 7 (2005) 1 classify living and non-living things
- Science K to 7 (2005) 1 describe how the basic needs of plants and animals are met in their environment
- Science K to 7 (2005) 1 describe the basic needs of local plants and animals (e.g., food, water, light)
- Science K to 7 (2005) 1 describe activities of Aboriginal peoples in BC in each seasonal cycle
- Science K to 7 (2005) 1 describe changes that occur in daily and seasonal cycles and their effects on living things

Objectives -Through these learning activities, the student will demonstrate the ability to:

- Learn what plants need to grow
- Identify some common vegetable plants
- Learn to harvest and taste plants
- Learn why seeds are important
- Identify some native plants that can be harvested in autumn
- Learn about planting native plant seeds
- Share their own traditional knowledge

WORKSHOP ACTIVITIES

Time	Activity
2min	Opening Circle: introduce workshop instructors, review what we learned in past workshops (what do you remember?). Ground rules for working with the garden (respectful use of tools, respect for shared space). Introduce today's activities. Break into 2 groups

20 mins	<p>Instructional Activities (Checking for understanding, modeling, guided practice, independent practice)</p> <p>Vegetable Garden:</p> <ol style="list-style-type: none"> 1. Pretend to be seeds in the ground and talk about what plants need to grow 2. Use the plant identification cards to find different plants in the garden 3. Harvest and taste different garden herbs and vegetables 4. Collect sunflower and scarlet runner seeds 5. Decorate seed envelopes if time permits
20 min	<p>Native Plants:</p> <ol style="list-style-type: none"> 1. Ask students: what are native plants? Share some examples. 2. Talk about native plants that can be harvested at this time. 3. KEXMIN – look at KEXMIN growing and taste the seeds. Ask if anyone (or anyone in their family) has ever used these plants. If so, how? 4. ƘELƘE IĤĆ (nootka rose, <i>Rosa nutkana</i>) – look at ƘELƘE IĤĆ and examine rosehips (previously picked). Seed rosehips into pots! Talk about rosehip tea and vitamin C. 5. Discussion: <i>do not eat rosehip seeds</i>, the stiff hairs on the seeds can irritate digestive system. 6. What other native plants can we recognize in the garden?
2mins	<p>Closing Circle: What do you wonder about? What was your favourite part of the workshop?</p>

Materials Needed:

- Plant identification cards
- Sunflower and scarlet runner seeds
- Seed envelopes
- Crayons or markers
- KEXMIN, ƘELƘE IĤĆ (nootka rose) rosehips
- Small pots and soil

Please fill out our feedback forms and leave them in the envelope at the front office!
HÍ,SWƘE SIÁM!