



PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU, WELNEW Tribal School, Brentwood Bay BC

Teacher: Heather Bossence

Grade Level: 3

Subject: organic gardening,
sunflowers, sea vegetables,
traditional marine foods

Lesson Title: Seeding & Seaweed

Time Needed: 45 mins

Date: March 8 2016

BC Min of Ed Learning Outcomes addressed in this lesson:

- *Science*
 - compare familiar plants according to similarities and differences in appearance and life cycles
 - describe ways in which plants are important to other living things and the environment
 - describe how plants are harvested and used throughout the seasons
- *Social Studies- Social Studies-Human and Physical Environment*
 - demonstrate a sense of responsibility for the local environment
 - research and report on how BC Aboriginal peoples use plants for food, medicine, and products.
- *Processes of Science*
 - Ask questions that foster investigations and explorations relevant to the content

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

- Understand how to organically grow plants
- Examine soil and understand the components of healthy soil
- Talk about the lifecycles of a Plant and the season for Planting
- Plant a sunflower seed in a pot and/or tray
- Learn about sea vegetables
- Experience tasting sea vegetables
- Discover and share traditional knowledge about sea vegetables

WORKSHOP ACTIVITIES

Time Activity

3min Opening Circle: introduce facilitators and reminder of respect of the space and others.

Break into 2 groups

20mins

Vegetable Garden:

1. Have a quick tour and taste of the garden.
2. Discuss what organic means when growing plants
3. Look at soil and discuss the components and why they are important
4. Identify seeds with different plants
5. Plant a pot and/or tray with Sunflower seeds
6. Talk about plant care

Native Plants:

- 20mins
1. Talk about the different seaweeds and their traditional uses (sea vegetables!)
 2. Touch each one! Count how many types in the aquarium and talk about how they look and feel.
 3. Learn about *CELEM* (eelgrass, *Zostera marina*) with guest Nikki Wright
 4. Taste some eelgrass roots!
 5. Talk about seaweed and eelgrass: have you ever eaten any before? Do you know anyone who harvests sea vegetables (seaweed and seagrass)?

3mins Closing Circle: What are the things you learned today? What do you wonder about? How can you investigate further before we meet again?

Materials Needed:

- Pots
- Seedling Mix- or soil components
- Seeds
- Water
- Aquarium (filled with water)
- Assorted seaweeds from beach
- Multiple eelgrass plants with roots attached

Follow-up questions:

- What are sea vegetables?
- What do they taste like?
- What part of eelgrass do you eat?

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

HÍ,SWKE SIÁM!