

Math Lesson Plan

Garden Growing While on the Move

Quick summary: Students will understand the benefits of growing their own food, and will plan a garden filled with their favorite vegetables and herbs. Students will understand the how the physical activity components of gardening promotes health.

How long will it take: 45 minutes

What do I need:

- Internet access and/or Gardening Magazines and/or Gardening Books
- *Garden Plot Design* worksheet

How does it work:

Students learn about the benefits associated with growing their own food, and review area, surface area, and volume. The teacher will lead a discussion about how gardening can be a fun way to be physically active and help students eat more fruits and vegetables. Students will then answer the research questions and design their own personal garden and complete the Garden Plot Design worksheet.

1. What types of fruits and vegetables grow well in this area when planted in the spring?
2. What type of care will your fruit and vegetables need to grow?
3. How much space does each seed need in order to grow in the garden bed?

Have the students discuss their gardens and the following discussion questions.

1. What are the health benefits associated with growing your own garden? (Example responses: I am physically active while I plant and weed my garden. I will have access to healthy foods in my yard.)
2. What are some potential challenges to growing your own garden, and how can you overcome these challenges? (Potential response: I don't have a large yard, but I could consider different types of pots to plant some vegetables that do not require a large garden bed to grow. I could grow some herbs, fruits and vegetables indoors.)
3. Working in a garden is moderate level physical activity. What are some activities can you do in a garden for moderate level physical activity? (Example responses: digging holes, raking, weeding, harvesting the plants)

Common Core Standard

CCSS.Math.Content.7.G.B.4 Know the formulas for the area and circumference of a circle and use them to solve problems

Worksheet for Math Lesson Plan

Garden Plot Design

Student Name: _____

Class Period: _____ Dates: _____

Below is a raised garden bed. You are to:

1. Give the vegetable garden dimensions (garden plot must be at least 10 feet X 5 feet)
2. Calculate how much soil you need to plant your garden and how much the total soil will cost.
3. List the fruits and vegetables you want to grow, along with the required space they need to grow.
4. Draw dimensions in the garden bed, and name your specific fruits and vegetables in each section.
5. List all the resources (websites, articles) used to complete this design.

