



# Green and Growing

Learn about what plants need to grow—light, soil, and water.

## Leaf Without Light

Use a houseplant to show that plants need light to survive. Cut two squares out of dark construction paper. Tape the two pieces of paper together with one of the leaves of the houseplant between them, making sure that no light gets to the leaf. After a week, uncover the leaf and compare its color to that of the other leaves on the plant.

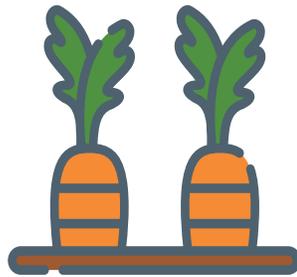
## Plant Parts for Dinner

At mealtime, talk about the foods that come from plants. Point out the different parts of plants that we eat.

- Stems—celery
- Leaves—lettuce, spinach
- Roots—carrots, potatoes
- Flowers—broccoli, cauliflower
- Seeds—corn, peas
- Fruits—apples, oranges, bananas, tomatoes

## Leafy Carrot Garden

To help your child understand that plants need light, soil, and water in order to grow, try growing a carrot-top garden. Cut off the top inch of a few full-sized carrots. Place the carrot tops cut-side-down in a shallow pan, and surround them with sand or gravel. Keep enough water in the pan to just cover the bottom of the carrots. After three weeks you'll have some nice, leafy carrot-top plants.



You can find these Waterford.org books and practice pages—and many more—in the **Resources & Activities** tab at [mentor.waterford.org](http://mentor.waterford.org).

## Read

Take a trip to the library or find books online. Look for books about plants that you and your child can read together. Here are some books to consider:

- *Growing Vegetable Soup* by Lois Ehlert
- *A Very Young Gardener* by Jill Krentenz
- *Pumpkin Pumpkin* by Jeanne Titherington

## Waterford Books

You can find this book about plants in the **Resources & Activities** tab at [mentor.waterford.org](http://mentor.waterford.org).

- *Follow the Apples* by Dusten MacDonald

