

2. Sustainability in My School

2.1. My Dear Plant, Grow up and Let Me Eat You

Aim: To prevent food waste by understanding the growing conditions of fruits and vegetables and experiencing the labor involved.

Duration: 40 minutes

Preliminary Preparation:

- Various vegetable seeds, carrots, lettuce, parsley, purslane, etc.
- Soil,
- Utility knife,
- Before the activity, each student is asked to bring one waste plastic bottle or can (such as a tomato paste can).

Instruction:

Fruits and Vegetables Game

All students are taken to the school garden. If possible, they are taken to the dirt area. They are asked to close their eyes and given the following instruction:

- "What is your favorite vegetable? Now imagine it. You are the seed of that vegetable. Everyone has become a seed, we are squatting. You are planted in the soil. Someone gave you water, it rained. What do you feel? After a while you start to sprout. Use your body language, visualize it, let's stand up slowly. You have come out of the soil and now you have reached the sun. What do you feel? Stretch your arms to the sky, someone is still giving you water. You are growing, stand on your tiptoes, you are ready.
- Students are asked to share which vegetable they have chosen.
- The same exercise is repeated with the question "what is your least favorite vegetable?".

I'm Growing My Plant, I'm Gobbling It Up!

Students are encouraged to grow a vegetable of their choice in waste materials (plastic bottles, tomato paste cans, etc.). The products that can be grown can be lettuce, parsley, spring onion, mint. These vegetables can grow to an edible size in three to four weeks. Students are told that they can use the compost they made in Activity 1.1 at this stage. A salad is made from the vegetables that have reached edible size and students are allowed to consume the plants they have grown.

Exit Ticket

The students are asked "What did you realize in this process? What will you do differently from now on?" questions are asked. Answers are received from a few students and the activity is finalized with the following explanation.

"Children, as you said, we have spent a lot of time, effort and patience to grow these plants that we consume. When we think about the energy, water and human resources spent in the process of growing these products in the field, collecting them, transporting them with vehicles, packaging them, and selling them in markets and markets, we have experienced the importance of being a conscious consumer." It is said and the activity is finalized.

