

Introduction to Teambuilding & Produce Painting

Age Group: 6th grade

Time: 30-60 minutes

Materials:

- 4 varieties of root vegetables (beet, carrot, parsnip, turnip)
- Pieces of cotton sheets (flags)
- Paint (fall colors preferably... orange, yellow, brown, red)
- Newspaper (for the tables while painting)

Prep in advance:

- Cut root vegetables into stamps.
- Cut up cotton sheets into flags.
- Cover tables in newspaper.
- Put the following items on each table:
 - 4 colors of paint
 - 4 root vegetable stamps
 - flags

Description:

After a brief introduction to teamwork and team building, students will paint their own flags, using root vegetables as stamps.

Objectives:

Students will be able to....

- Practice teambuilding and teamwork skills.
- Identify root vegetables.
- Share and work in a small group while creating a flag.

Environmental Education Guidelines:

- Questioning & Analysis
- Knowledge of environmental processes and systems
 - The living environment: Organisms, populations and communities, flow of matter and energy.
- Personal & Civic Personality

Major Life Science Themes:

- Structure & function
- Diversity

Background information:

Technically, the term “root vegetable” includes only those that are either tuberous roots or taproots and include: beets, cassava, carrots, horseradish, radishes, rutabagas, parsnips, salsify and turnips.

Root vegetables are plant roots used as vegetable. Other underground plants are often, erroneously, called root vegetables. Root vegetables include both true roots such as tuberous roots and taproots, but exclude non-roots such as tubers, rhizomes, corms, and bulbs. Several types of plants contain both taproot and hypocotyls tissue (storage organ), and it may be difficult to distinguish the two.

Regardless of anatomical type, root vegetables are generally storage organs, enlarged to store energy in the form of carbohydrates. They differ in the concentration and the balance between sugars, starches, and other types of carbohydrate.

Of particular economic importance are those with a high carbohydrate concentration in the form of starch. These starchy root vegetables are important staple foods, particularly in tropical regions. They overshadow the cereals throughout much of West Africa, Central Africa, and Oceania, where they are used directly or mashed to make fofou or poi. (Source: Wikipedia)

Vocabulary:

potato, white potato, Irish potato, murphy, spud, tater — an edible tuber native to South America; a staple food of Ireland

yam — edible tuberous root of various yam plants of the genus *Dioscorea* grown in the tropics world-wide for food

sweet potato — edible tuberous root of the sweet potato vine grown widely in warm regions of the United States

Jerusalem artichoke, sunchoke — sunflower tuber eaten raw or boiled or sliced thin and fried as Saratoga chips

beet, beetroot — round red root vegetable

carrot — orange root; important source of carotene

celeriac, celery root — thickened edible aromatic root of a variety of celery plant

salsify — either of two long roots eaten cooked

parsnip — whitish edible root; eaten cooked

radish — pungent fleshy edible root

turnip — root of any of several members of the mustard family

taro, taro root, cocoyam, dasheen, edda — tropical starchy tuberous root

(Source: Food facts.com)

Safety:

- General garden safety, as expressed in the rules section below:
 - stay on the paths,
 - ask before you eat,
 - stay within sight of an adult

Instructional Sequence:**Discussion & Vocabulary** (*10 minutes*)

- Ask students:
 - What is team work?
 - Working in a group to accomplish a task.

- Can you come up with any examples of teams? (sports teams, NASA uses team work, the government, school leaders/staff, workers at restaurants, Olympic swimmers/gymnasts, the people who work at LGL)
- What is team building?
 - building or working on being a GOOD team
 - Teams that do well are teams that practice
- What do teams need to do in order to work together well?
 - Get to know each other
 - Put differences/arguments aside
 - Help each other
 - Let someone be the leader
 - Listen to each other
- Introduce students to a few words to remember for practicing good teamwork and building our team:
 - *Caring or Compassion* – treat people with care or how you would want to be treated
 - *Cooperation* - give everyone a turn and try their ideas even if you disagree
 - *Communication* - listening and sharing ideas
 - *Courage* - to try new things and stand out

Flag Making (20 minutes)

- Instruct students to:
 - Place their name on their flag.
 - Dip the vegetables into paint and use them as stamps to make designs on the flags.
- Ask, while the students are painting:
 - What their stamp looks like and what shapes/sizes are made?
 - Are there distinct rings?
 - Can the plant alone make a stamp with the natural dye in the juice?
 - Do the stamps from different roots look alike... and if so do they look alike on the outside of the skin (colors, etc)?
- Instruct students to lay out their flags on the side table to dry.
- Announce that the flags made by every 6th grade student at Lane will be used to decorate the greenhouse.

Journals (10 minutes)

- Students open their journal to the page where they brainstormed what a root vegetable was (done in classroom before coming to the gardens).
- Have them write something **new** they learned about root vegetables either in the classroom or during the painting exercise.

Assessment/Evaluation:

Compare the student's journal entry from the brainstorming exercise to after the classroom discussion and painting exercise.

