



Lettuce Activities

Here are some activities you can implement in your classrooms that connect to the Georgia Early Learning and Development Standards (GELDS).

Lettuce Leaf Rubbings

PDM4.4a Discriminates between and identifies a variety of sights, smells, sounds, textures, and tastes.

Children will create leaf rubbings to explore the different parts of lettuce. The children will identify the basic parts of a leaf (stem, blade, veins, tip).

Exploring Lettuce

PDM4.3a Uses senses purposefully to learn about objects.

Give children an assortment of lettuce leaves and use the 5 senses to explore the lettuce. What do the leaves look like? What do the leaves feel like? What do the leaves smell like? What do the leaves sound like? What do the leaves taste like? What is similar about the leaves? What is different about the leaves?

5-Minute Homemade Ranch Dressing

PDM2.4a Helps prepare nutritious snacks and meals.

Children will make a ranch dressing for try some lettuce. Ingredients: ½ cup Greek plain yogurt, 1 tsp. cider vinegar, ¼ tbsp. salt, ¼ tsp. garlic powder, ¼ tsp. onion powder, ¼ tsp. dried dill weed. Instructions: Whisk together all ingredients. Serve with a variety of lettuce.

Growing Lettuce

APL1.4c Sets goals and develops and follows through on plans.

Lettuce can be grown in a window with adequate sunlight. Lettuce is a cool weather crop that grows well in lower light conditions. It is economical to grow and there are many varieties. Plant several containers of lettuce and watch them grow!

Growing Vegetable Soup

APL2.3a Demonstrates an increased willingness to participate in both familiar and new experiences.

Read the book *Growing Vegetable Soup* by Lois Elhert. Ask the children questions such as, “How do vegetables grow?” Place pictures on the table to represent digging the hole, planting the seeds, and watering. Have the children put the pictures in order. The children will now grow their own vegetable using a small cup, seed, soil, and water. Show photos of different types of vegetable seeds and how they become plants. Show photos of gardening tools. Reinforce new vocabulary words.