



Growing an Appetite Family Activity



INTRODUCTION

Everyone has a favorite meal that they share with their families. A lot of what we eat grows from the ground, even parts of your favorite meal! Today we are going to design a garden based on your family's favorite meal, just like the Pizza and Spaghetti Garden at the [Farm + Food Lab](#).

Before we can design our garden we have to look at the different ingredients of our favorite meal. Sit with your family and decide what is your favorite meal? Try to think of something that you can cook together.

MATERIALS

- Recipe for the family's favorite meal
- Paper
- Markers, crayons, colored pencils

INSTRUCTIONS

1. After you decide what your favorite meal is, it's time to look at the ingredients.
2. Take a piece of paper and draw a line down the middle, from the top of the page to the bottom. On the left side, at the top, write "For My Garden". On the right side, at the top, write "Not For My Garden." See the image referenced below.
3. Sort the different ingredients into the two categories. This will make planning our garden a lot easier. See resources at the bottom for example.
4. After sorting the ingredients, it is time to start planning your garden. Take a piece of paper and draw what you want your garden to look like. What size do you want it to be? What shape do you want it to be?
5. Next, add what gardens need to grow healthy plants (healthy soil, sunlight, water, space - label these things to make it a scientific drawing).
6. Now it is time to start drawing where you would put each of your ingredients! If you don't know what one looks like try to find an example in your kitchen or online.
7. After your plans are complete, think about if there are any animals that can help your garden. What are those animals? Why are they helpful? Be sure to add them to your garden.
8. Color in your garden plans and share them with your family.

QUESTIONS

- How much space do plants need?
- How much sunlight do plants need?
- How much water do plants need?
- How will I water my garden?



QUESTIONS CONTINUED

- Are all of my plants going to be the same size?
- Does my garden have to be outside?
- How can I grow plants inside?

If you want to learn more about the Great Park's Farm + Food Lab, check out their website: [Food + Farm Lab](#)

For My Garden	Not For My Garden