

# Earth Day Lesson

## Foods You Can Re-grow From Scraps

**Earth Day** is an annual event, celebrated on April 22, on which day events worldwide are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the [Earth Day Network](#),<sup>[1]</sup> and celebrated in more than 192 countries each year.

### **Objective:**

“Waste not, want not.” “Clean your plate.” “Take What You’ll Eat and Eat What You Take.” Many of us heard those expressions growing up and may even repeat them to our own kids. Yet, those warnings are going unheeded. We waste a lot of food in America. In fact, 40% of all edible food in the United States gets tossed. The impact is staggering—from water and energy loss to rotten food and packaging clogging our landfills leading to increased greenhouse gas emissions. Lessons learned early in life can prompt a lifetime of smart habits, so let’s help students become food waste aware.

### **Materials:**

Carrots  
Beets  
Radishes  
Turnips  
Lettuce  
Empty yogurt containers  
Water

### **Prompts:**

What does Earth Day mean to you?  
What are some ways you can help protect the Earth?  
What are some ways we waste food? Give examples.

**Procedure:** Hand out yogurt containers and have students write their names on them with a sharpie. Cut the tops off all the veggies. Snack on the veggies. Give one discarded veggie top to each student. Students put cut side down in the yogurt cup and fill with water. Put the containers on the windowsill and add water everyday.

# OBSERVATIONS

**Veggie:** \_\_\_\_\_

<b>Time</b>	<b>Observed Change</b>	<b>Measured Growth in Centimeters</b>
<b>Week One</b>		
<b>Week Two</b>		
<b>Week Three</b>		
<b>Week Four</b>		