



Growing Up

The Farmer Plants the Seeds

(Action rhyme to tune of "The Farmer in the Dell")

1. The farmer plants the seeds,
The farmer plants the seeds,
Hi-ho, the derry-o
The farmer plants the seeds.
2. The sun comes out to shine ...
3. The rain begins to fall ...
4. The seeds begin to grow ...



▶ Parents are children's first teachers.

Does your child know that garden seeds can be found in fruits and vegetables we eat? Look for seeds in food. Compare their shape, size and colour. Can seeds be found on the inside and outside of foods?



Early Years Literacy



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Sprout a Seed



Spoon dirt into an empty plastic container. Bury a few dried beans in the dirt and moisten with water. No dried beans? Try apple seeds or a chunk of potato with an eye instead.

Growing plants need good food, water and sunshine ...

.. so do growing children.



Vegetables au Gratin

- * 1/2 cup onion, chopped
- * 1 tbsp butter
- * 3 tbsp flour
- * 2 cups milk
- * 3 cups cooked vegetables (broccoli, carrots, etc.)
- * 1 1/2 cups ham, cubed
- * 1 cup cheddar or mozzarella cheese, grated

Sauté onion in butter. Add flour. Add milk gradually. Stir and cook until mixture is thick and creamy. Add vegetables and ham. Spread half the vegetable mixture in an ovenproof dish. Sprinkle with half the cheese. Layer again with remaining vegetable mixture, then cheese. Bake at 175°C (350°F) for 25 minutes.

Makes 6-8 servings.

Nutrition Tip — Offer fresh and frozen vegetables in a variety of ways: baked, boiled, steamed, with dip, covered in cheese, in sandwiches, soup, salad, pasta sauce, meatloaf, stew or chili. Cut vegetables in different shapes to make them fun for children: sticks, coins, broccoli trees, cucumber wheels. For young children, steam or cook vegetables to reduce the risk of choking.

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