

Grade 3 Benchmarks

Activity	Language Arts	Mathematics	Science	Social Studies
Vegetables and Herbs				
1. <i>Home Sweet Home</i> - To understand the criteria for selecting a good garden site and to select an appropriate garden site based on those criteria.	1,2		1, 2, 4	1, 3
2. <i>Make Your Pick</i> - To select appropriate crops for planting based on season.	1, 2, 13, 15, 18		2, 7	1, 3
3. <i>Small and Large</i> - To gain an understanding of space considerations when planting seeds.	1, 2, 21	6, 7, 27, 30, 53, 60	2, 7	1, 3
4. <i>Rules are Rules</i> - To establish rules for the garden that make it a safer place to learn.	1, 2, 18, 21		1, 5	1, 2, 3
5. <i>Schedule It</i> - To establish a schedule where all learners take part in maintaining the watering and weeding of the garden.	1, 2	27, 43, 44, 45, 53, 60	1	1, 2, 3
6. <i>Some Like It Hot</i> - To distinguish between warm season and cool season crops.	1, 2, 17, 21		1, 6	3
1. <i>Cylinder Gardening</i> - To successfully grow vegetables and herbs in containers.	1, 2, 21	23, 27, 30, 53	1, 2, 7	
2. <i>Paper Towel Gardening</i> - To create seed mats and transplant templates which will aid in organizing and laying out the garden.	1, 2, 21	13, 14, 23, 27, 30, 53, 60	1	
3. <i>Tender Transplants</i> - To understand the benefits and practice techniques of transplanting.	1, 2, 5, 10, 11, 13, 17, 18, 19	27, 30	2	
4. <i>Weed Mats</i> - To create a natural form of weed control.	1, 2, 21		1, 2	1, 3
5. <i>Season Extenders</i> - To create an environment for plants.	1, 2		6	1, 3
1. <i>The Pyramid</i> - To use the Food Guide Pyramid to plan balanced meals.	1, 2, 14, 18, 19	32, 35, 36		1, 2, 3
2. <i>Food Safety</i> - To understand and practice food safety rules.	1, 2		1, 2	
3. <i>Label Reader</i> - To learn the importance of eating breakfast and how to make healthy food choices by using information found on food labels.	1, 2, 16, 17, 19	1, 2, 3, 13, 14, 20, 21, 53, 60	1	
4. <i>Veggie Taste Test</i> - To evaluate vegetables based on color, texture, taste and smell.	1, 2		2	
1. <i>Garden to the Table</i> - To determine harvest time of various garden vegetables.	1, 2		6	
2. <i>Beauty Contest</i> - To rank vegetables based on appearance.	1, 2		2, 7	
1. <i>Garden Vegetable Casserole</i> - To create a casserole with vegetables from your garden.	1, 2, 21	13, 14, 53, 60	2, 5, 7	
2. <i>Veggie Pizza</i> - To use the Food Guide Pyramid to plan balanced meals.	1, 2, 21	13, 14, 53, 60	2, 5	
3. <i>Salad Supper</i> - To use the Food Guide Pyramid to plan balanced meals.	1, 2, 18, 21	20, 21, 53, 60	2	
4. <i>Cultural Cooking</i> - To plan, plant, and harvest a theme garden that will grow ingredients for a recipe from different cultures.			2, 7	1

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5. <i>Garden Sponge</i> - To grow and harvest a crop of loofa sponges.			1	
1. <i>Touch and Smell</i> - To identify herbs based on the sense of touch and smell.	1, 2, 21		7	
2. <i>Herbal Vinegar</i> - To make and bottle herbal vinegar.	21		7	
3. <i>Herb Bath Salts</i> - To prepare herbal bath salts wraps.		53, 60		
4. <i>Herb Sachets</i> - To create herb sachets from dried herbs.	1, 2	27, 32, 33, 35, 36, 53, 60	7	