



BRAIN BUILDING IN PROGRESS

Resources for Early Learning

# Family Connection Letter

## Unit 8: Plants We Eat Week 1: Seeds and Sprouts

Date \_\_\_\_\_

Dear Families,

We have begun a new unit called “Plants We Eat.” This week children learn that animals, including humans, eat plants and plant parts. Over the week, children will grow and eat their own sprouts. They will listen to the book *Chicks and Salsa* by Aaron Reynolds, and watch a *Between the Lions* video based on the book, about farm animals that are tired of eating the same old thing, so they create some spicy, scrumptious meals from the farm’s garden! Children will also learn about vegetables and fruits that begin with each letter of the alphabet as they listen to the book *Eat the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert. This week children will learn the letter “Ff,” the letter sound /f/, and the word *farm*.

Please send one of your family’s traditional recipes to school with your child—one that is made with plant foods. We will use it to make a group recipe book to send home with your child.

Here are some activities you can do with your child at home:

- Look around the kitchen with your child and make a list of all the plant foods your family eats.
- Encourage your child to try a new fruit or vegetable.
- Visit the produce section when you go to the grocery store. See how many root plants you can find. Then see how many leaf plants you can find.

Thank you!