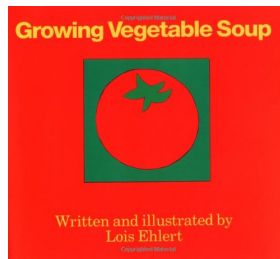


## What are some different kinds of plants?

Week 3

4/29/20

Supporting Text: Growing Vegetable Soup by Lois Ehlert:  
**A father and child plant a family garden.**



Click Here

<https://www.youtube.com/watch?v=vTCSbPgZZgM>

## Word of the day

# HERB

\*\*Print the word HERB. Identify the sounds and letters in the word. Discuss the definition for HERB.

# HERB



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Plants that have value as medicine, as an aroma, or as a way to add flavor to food.

Learn more about HERBS



**Click here**

<https://www.youtube.com/watch?v=1Qm89IMLkQ4>

## **ACTIVITY#1**

### **Vegetable Soup**

#### **Cooking with Herbs and Spices**

Spices, whether it is simply salt and pepper, add flavor to your cooking that finishes off the dish. You can use dry spices that are bottled or fresh herbs. Use 3 times more fresh herbs if you are substituting fresh for dried.

How to successfully use spices in cooking is acquired mostly by cooking, experimenting and often times following the recipe.

This is a good recipe for teaching about how important adding spices to cooking is. It is a lot like the story of Stone Soup, you add whatever vegetables or meat you have on hand.

#### **Vegetable Soup**

cauliflower

cabbage

potatoes

onion

carrots

Wash, peel and cut all vegetables in small cubes or pieces. Add to a large soup pan. Cover with water. Imagine how the soup would taste without seasonings if we left it just like this! Go ahead and taste your soup. Now add the follow seasonings and spices to your soup,

1 teaspoon basil

1/2 teaspoon pepper

2 teaspoons salt

1 teaspoon oregano

2 bay leaves

2 -3 cubes beef bouillon

Allow to cook 20-30 minutes. Taste the vegetable soup again and see if you'd can tell if it needs any more flavor. You can add a little more if you think it needs it. Cook until all vegetables are tender.

Tasting soup or other "safe dishes" while cooking is key. It helps you know what your soup might need. As you continue to cook, you'll learn quickly if it needs more salt, pepper, parsley or other seasoning.

## Stone Soup

By working together,  
with everyone contributing what they can,  
a greater good is achieved.



Click here to watch

<https://www.youtube.com/watch?v=ToBDv5RfCyc>

Discuss and print vegetables you would use in you soup

Name \_\_\_\_\_

**My Recipe for Stone Soup**

What would you put in stone soup? Add it on the line.  
Then, write the directions for making the soup.

**Stone Soup**

Feeds: A village

**Ingredients:**

- Stone
- Carrots
- Beans
- Cabbage
- Corn
- \_\_\_\_\_

Directions for making: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Create your own vegetable soup

# SOUP POT

Use Crayola® Dry-Erase Markers to draw ingredients in your soup pot.

Here are some ideas:



# Sequence the Story: Stone Soup

Number the pictures in the order they happen in the story.



"I'm cold and hungry."



Stone soup for all



Not enough  
beans to share



"How do you make  
stone soup?"  
asked a girl



The townspeople  
share food



Discuss and sequence the story