

# LESSON PLAN



Date: Spring Activity

Lesson: Tea time

Grade: 3rd Subject: Science, English Topic: connecting food, culture, and community

**Essential Questions**

- How are plants used beyond cooking?
- Why is teatime special in many cultures?

**Materials (for no school garden on site)**

- large thermos or hot water
- 2 - 3 teapots or mason jars
- snack that you make or purchase
- tablecloths (amount dependent on tables)
- 1 cup, napkin & plate for each student
- 5-7 kids scissors - for garden cutting
- 3-6 vases for flower bouquets
- variety of herbal seeds
- empty seed planting containers
- 2 bags potting soil
- edible herbs (lavender, mint, chamomile, lemon balm) & local honey
- 1/4 flat flowers for centerpiece (plant flowers with class at a later activity)

**Lesson Description**

Students will explore different teatime rituals around the world. Students will plant and harvest leaves to make tea & while the tea is steeping, prepare for a tea party. The class then enjoys homemade tea together.

**Objectives**

- Students will be able to explain how plants can be used as medicine
- Students will be able to locate regions where tea is grown.
- Students will be able to describe rituals of teatime from around the world, including China, Japan, England, Argentina, Morocco and India.

**Action Steps**

1. Explain to students today is a special day because they will be making tea with herbs they harvest from the garden so the class can have a tea party. Ask students what they know about tea. Engage: Pass around various herbs from the garden, asking students to smell them. Inquire to uses for herbs. Share with students medicinal properties of the herbs (Power Point).
2. Planting a Tea Garden: Inside - students will use containers to plant their own tea garden. Students will choose 4 herbs to plant and label their herbs on the container (this can be pre-done). Outside - students will gently pour dirt into their container and plant seeds in each.
3. Harvesting Herbs: Students will learn how to harvest with two hands. Students will be reminded to harvest just a little (five leaves) because a little goes a long way.
4. Making Tea: teacher will prep the tea with fresh cut herbs while students are setting table.
5. Preparation Groups: Students will be divided into two groups a) setting table - this group will lay out tablecloths and place a cup and napkin at each table setting b) making centerpiece - this group will cut flowers and herbs from garden to make a centerpiece
6. World Tea Tour: While students are seated at their set table, share with students the ritual of tea around the world (PowerPoint). Students will then make their own "ritual" & etiquette.
7. Tea Party: Reinforce teatime as a special time in a lot of different cultures around the world. It's a time to slow down and enjoy the moment and the people you're sharing with. Students will wait until all are served to eat and drink. Students will be encouraged to chat with their neighbors
8. Cleanup: Show students where to put their dirty dishes to help clear their setting.

**Academic Connections**

NJLS 3-ESS2-2 Obtain & combine information to describe climates in different regions of the world

NJLS SL.3.1 Engage effectively in a range of collaborative discussions