



Dear Parent or Guardian,

Your child's class recently participated in the Living Classroom lesson **From Seed to Pretzel #1**. This lesson is the first in a three-part lesson series where students plant, harvest, and prepare food from wheat. The focus today was on the life cycle of the wheat plant and learning the role of producers and consumers!

To start the lesson, students were shown a series of food pictures where they shared how they felt about them by thumbs up (like), thumbs sideways (it's ok) and thumbs down (not for me). Students were asked what all the foods had in common, they figured out all the foods contain wheat! The class was split into two groups that rotated between two stations - planting and wheat exploration.

Students learned that wheat comes from wheat seeds that are called wheat berries. During the planting rotation students planted rows of wheat berries in the edible garden. Students discovered why this wheat is called "winter wheat" - because it grows all through winter and will be ready to harvest in the spring!

During wheat exploration, students were each given a mature head of winter wheat. They observed and learned about the different structures of the plant and what parts are used to make flour. Be sure to ask your child which type of flour contains the most nutrients!

We wrapped up the lesson back in the classroom and had a discussion about the terms producer and consumer, learning that a producer makes or supplies goods and a consumer uses or eats something. We finished the lesson by reading the picture story **Pancakes, Pancakes!** by Eric Carle where students were tasked with identifying different producers and consumers throughout the story.

Warm regards,

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The mission of the Living Classroom is to inspire children to learn about and value our natural world through garden-based education. Living Classroom staff collaborate with schools and communities to provide engaging, hands-on lessons that stimulate curiosity. Lessons are provided by trained staff, docents and classroom volunteers. We welcome you to become a part of the Living Classroom!

For more information, please visit: www.Living-Classroom.org. "Like" us on [Instagram!](#)