

# Vegetable Garden

Growing Minds in the Garden

## Key words:

Vegetable garden, Legos, Agriculture, Sustainability, Environment, Collaboration

## Target group:

primary school pupils  
(ages 6-11)

## Objectives:

Encourage children to experience the joy of growing their own food, while discovering the importance of agriculture for health and the environment. Promote sustainable practices by exploring ecological methods, biodiversity, and the responsible use of natural resources. Raise awareness of agriculture's environmental impact and the value of vegetable gardens for a greener future. Stimulate imagination and creativity by inviting children to design and build their own personalised gardens. Integrate natural sciences through hands-on learning about plant cycles, soil, pollination, and food chains in a meaningful and engaging context.



## General Guideline on Time Allocation:

The duration needed to carry out this activity may vary depending on the specific group of children. Teachers are encouraged to adapt the implementation according to the needs, interests, and dynamics of the group.

In the preparatory phase, teachers may use a variety of activities to introduce and contextualize the chosen topic. These can include discussions, videos, drawings, storytelling, or even a field trip, depending on the age and background knowledge of the children.

The main construction phase, during which children plan and build their urban element using LEGO bricks, should typically not exceed 45 to 60 minutes. However, this phase often stimulates further curiosity and questions among the children, potentially leading to extended engagement or follow-up activities. For more detailed instructions and pedagogical support on how to implement activities of INNO-kids project, please download the Teacher's Methodological Guide.



## Materials and Resources Needed:

- LEGO bricks (different shapes and sizes)
- Pictures of vegetable gardens
- Paper sheets
- Coloured pencils
- Small LEGO figures or dolls
- Factsheets on horticulture and sustainability

## Introduction:

Explain to children that a vegetable garden is a space where vegetables, fruits and herbs are grown. Talk about the benefits of having a garden, including producing healthy food, promoting biodiversity and improving soil quality. Show images of community and urban gardens and discuss the importance of sustainable agriculture.

## Procedure:

### Preparation

Divide the children into small groups of 3 to 4 participants.

Each group should discuss and plan what their garden will look like. They can draw a sketch on paper to guide them in construction.

### Construction

Using Legos, groups begin to build their garden, including elements such as plant beds, fruit trees, composting areas and paths.

### Details

After construction, children can decorate their garden with additional pieces and small Lego figures representing farmers, tools and animals.

### Discussion on Sustainability

After construction, discuss with children about the importance of gardens for sustainability and how ecological farming practices can benefit the environment.

### Presentation

Each group presents their garden, explaining what they have built and what they have learned about the importance of sustainable agriculture and gardens.

## Tips:

- Build vegetable gardens inspired by different countries to explore crops and farming practices worldwide
- Design themed gardens (medicinal, herb, vertical or miniature) to boost creativity and plant knowledge
- Hold a contest rewarding creativity, realism, information and sustainability to promote teamwork
- Show educational videos on agriculture, sustainability and the environment to enrich learning

## Additional Considerations:

### Differentiation:

Provide additional support or simplified instructions for pupils who may require extra assistance. For advanced pupils, offer extension tasks such as researching further sustainable practices or designing more complex models.

### Assessment:

Assess pupils based on their participation and engagement during discussions and hands-on activities. Evaluate the creativity, effort, collaboration, depth of understanding demonstrated in their models, critical thinking, ability to provide constructive feedback and presentation skills.



## Curriculum Connections:

This activity integrates:

**Study of the Environment and Natural Sciences** (*plant cycles, fertile soil, biodiversity, sustainable agriculture, environmental preservation*)

**Geography** (*soil types, climate, agricultural landscapes, environmental impact of farming, global agricultural diversity*)

**Mathematics** (*geometry, numbering, measurement, problem-solving in garden construction*)

**Portuguese** (*garden description, story creation, reading and writing activities*)

**Citizenship** (*environmental responsibility, teamwork, collaboration*)





## SDG Connections:

- **SDG 2:** Zero Hunger and Sustainable Agriculture – Promoting sustainable agriculture and ensuring food security.
- **SDG 3:** Health and Well-being – Encourage the production and consumption of healthy foods.
- **SDG 4:** Quality Education – Pupils develop creativity, critical thinking and inclusive learning.
- **SDG 11:** Sustainable Cities and Communities – Promote the creation of green and sustainable spaces in urban areas.
- **SDG 13:** Action Against Global Climate Change – Encourage agricultural practices that help mitigate the effects of climate change.
- **SDG 15:** Earth Life – Protect, restore and promote the sustainable use of terrestrial ecosystems.
- **SDG 17:** Partnerships and Means of Implementation – Pupils collaborate, communicate and build teamwork skills.