

Grade 3 Unit 1 B

Kit Contents

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- Dry green lentils (available at most supermarkets), bowl, colander and water. Wash /rinse the lentils then soak them in water around 6-10 hours.
- Some small Ziplocs for students to take seeds home, print off the instructions and recipe log book for students - ourlearninggarden.ca
- Letting the students taste spouted lentils that are added into a soup. Dry soup mix works great is a good introduction for the recipe book activity

