



Tìotal: A' coimhead às dèidh phlanntaichean agus bheathaichean

Pàirt 1: A' coimhead às dèidh phlanntaichean

Ìre: A' CHIAD

Ceanglan CfE

Eòlasan/Builean	Slatan-tomhais
Tha mi ag ionnsachadh mu cò às a tha rudan beò a' tighinn agus mar a tha iad a' fàs, a' tighinn air adhart agus air an àrach. HWB 1-50a	<ul style="list-style-type: none">Ag aithneachadh na dh'fheumas beathaichean, planntaichean agus daoine airson fàs agus tighinn air adhart.

Amasan Ionnsachaidh

- Gun ionnsaich clann cò às a tha planntaichean (measan agus glasraich) a' tighinn agus mar a bhios iad a' fàs agus a' tighinn air adhart.

Slatan-tomhais Soirbheachaidh

- Aithnichidh mi measan agus glasraich cumanta agus 's urrainn dhomh an ainmeachadh.
- Tha fios agam dè na rudan aig am bi buaidh air fàs phlanntaichean, gum feum planntaichean uisge, ùir, àite, grian agus eadhar airson fàs.
- 'S urrainn dhomh bruidhinn air a' chùram a tha a dhìth airson plannt fhàs agus a bheathachadh.

Not: Tha an obair seo a' ceangal ri obair fon chuspair **Daoine a bhios gam chuideachadh agus a' coimhead às mo dhèidh** far am bi clann a' meòrachadh air daoine a bhios a' coimhead às an dèidh agus gan cuideachadh – an dà chuid a thaobh an caraidean 's an teaghlach agus daoine proifeiseantach.

Goireasan-taic

- Crogain silidh, pàipear cidsin agus pònair.
- BBC Bitesize "What does a plant need to live?" (faid 52 diogan) bhidio agus quiz: <http://www.bbc.co.uk/guides/zcmtk2p>
- Bhidiothan BBC Science "Health plant growth": <https://www.bbc.co.uk/programmes/p01191xb> (faid 52 diogan)
- The needs of a plant song/cartùn: <https://youtu.be/dUBIQ1fTRzI> (faid 1 mhion.)

Ma tha sibh an dùil làrach-lìn mar YouTube a chleachdadh, cuiribh a' bhidio air dòigh ro-làimh, dèanaibh cinnteach gur e am film ceart a th' ann agus leumaibh seachad air na sanasan.

Obair

1. Bidh ionnsachadh RSHP air a neartachadh ma shuidheas a' chlann còmhla an toiseach. Tòisich mar seo. Inns dhaibh gum bi iad a' bruidhinn air mar a bhios sinn a' coimhead às dèidh phlanntaichean/ghlasraich a bhios sinn ag ithe.
2. **A' faighinn a-mach mu phlanntaichean agus glasraich:** Thoir a-steach cruinneachadh de phlanntaichean agus glasraich dhan chlas/bhuidheann airson 's gum faic a' chlann iad 's gum bruidhinn sibh orra. Ainmich gach fear – faigh a-mach cia mheud a tha a' chlann air fheuchainn. Cò an fheadhainn a dh'itheas tu amh? Cò an fheadhainn a bhios air am bruich mus ith thu iad? (Ma ghabhas e dèanamh, leig leis a' chloinn am feuchainn).
3. Thoir a-steach sìol phlanntaichean a sheallas tu dhan chlas, inns dhaibh gur ann mar seo a tha a h-uile plannt a' tòiseachadh. Faighnich a bheil fios aig neach sam bith dè nì iad airson toirt air sìol fàs? Cuir air dòigh poit, ùir agus pìge uisge, airson na chanas a' chlann a dhaingneachadh no airson sealltainn gum feum an sìol àite anns am fàs e, an uair sin gum feum e uisge, eadhar, àite agus solas na grèine airson fàs agus tighinn air adhart.
4. Coimhead a' bhidio **Healthy Plant Growth** air BBC Science Clips. Dèanaibh còmhradh air mar a tha an sìol ga fhreumhachadh fhèin san ùir agus a' fàs 's a' tighinn air adhart.
<https://www.bbc.co.uk/programmes/p01191xb>
5. **A' fàs pònair.** Thoir air a' chloinn pònair a chur ann an crogain ghlainne – ag innse gur e a ch' iad sna seachdainean a tha romhaibh, am plannt a' fàs – tha e a' tòiseachadh ann an crogan (le pàipear cidsin fliuch) agus nuair a dh'fhàsas e bho shìol gu plannt beag, gluaisidh iad e gu poit nas motha far am fàs e ann an ùir. Obraichidh a' chlann nam pàidhrichean no ann am buidhnean beaga airson an sìol a chur a chur ann am poit – a' chiad dhachaigh – agus airson dèanamh cinnteach gu bheil a' coimhead às a dhèidh fad na seachdain.

Stiùireadh: Sgol crogan silidh airson a ghlanadh agus fàg an taobh a-staigh aige fliuch. Paisg pìos pàipear cidsin na bhroinn agus put e ris a' ghlainne, Cuir sìol pònair-leathann eadar am pàipear agus a' ghlainne agus fàg an crogan air sòla-uinneig. Cuir spàin uisge dhan chrogan gach latha a' cumail na th' ann tais, ach gun a bhith bog fliuch. An ceann latha no dhà bu chòir gun do thòisich an sìol air fàs. An ceann seachdain no dhà, faodaidh sibh am plannt beag a ghluasad gu poit 10cm làn compost no gu talamh fosgailte. Mar a bhios na planntaichean a' fàs, bidh taic a dhìth orra le biorain. Nuair a ruigeas iad àirde 75 cm, geàrr dhiubh am bàrr agus fuirich ris an toradh agad.

Dòigh eile: Faodaidh tu buill cotain a chleachdadh, tha dealbhan sa phìos seo airson mìneachadh:
<https://theimaginationtree.com/growing-beans-on-cotton-balls/>

Cuideachd, faic an appendix airson a' ghnìomh seo airson tuilleadh mholaidhean, gu h-àraidh ma tha a' chlann air pònair fhàs mar-thà aig Tràth-ìre.

6. Mar dhòigh eile, dh'fhaodadh sibh crogain fhàs gun sholas, no uisge agus coimhead air na tha a' tachairt, mar nach eil iad a' fàs dòigheil – a' cur cuideam air cho cudromach 's a tha gach rud.
7. **Airson crìochnachadh**, coimhead an cartùn/an t-òran '**The needs of a plant**' (<https://youtu.be/dUBIQ1fTRzI>, faid 1 mion.). 'S dòcha gun còrd e ris a' choinn a choimhead a-rithist aig deireadh an latha.
8. **An-ath-latha/nas fhaide air an t-seachdain:** Coimhead agus èist ris an òrain **What does a plant need to live?** Àir làrach BBC Bitesize – a' cur cuideam air na feumalachdan bunaiteach a th' aig na

planntaichean a bhios iad a' fàs sna seachdainean a tha romhainn. Tha ceisteachan goirid ann a dh'fhaodadh a' chlann a dhèanamh a dhèanamh còmhla: <http://www.bbc.co.uk/guides/zcmtk2p>

Beachdan eile

- 'S dòcha gun èirich a' cheist: **Dè an diofar a tha eadar meas agus glasraich?** 'S e an fhreagairt shìmplidh gu bheil sìol ann am measan agus gu bheil iad a' fàs bho fhilùr a' phlannt. 'S ann tro mheasan a bhios plannt a' sgaoileadh a shìol airson gineadh. 'S e a' phàirt de phlannt a ghabhas ithe a th' ann an glasraich, leithid na freumhan, an gas no na duilleagan.
- Iarr air còcaire, flùranaiche no gàirnealair tighinn a-steach agus bruidhinn air cho cudromach 's a tha planntaichean. A rèir àm na bliadhna, 's dòcha gum bi glasraich agus measan gu leòr, a sheallas iad, aig cuideigin le gàrradh ionadail.
- Cuir air dòigh cuairtean gu gàrraidhean ionadail do bhuidhnean beaga.
- Faodaidh a' chlann stiùireadh A' fàs phònair a thoirt dhachaigh còmhla ri pònair.

Ceangal ris an Dachaigh

Faodaidh sibh an teacsa seo a chleachdadh airson fios a chur dhachaigh ag innse na bhios a' chlann ag ionnsachadh sa bhloc ionnsachaidh seo.

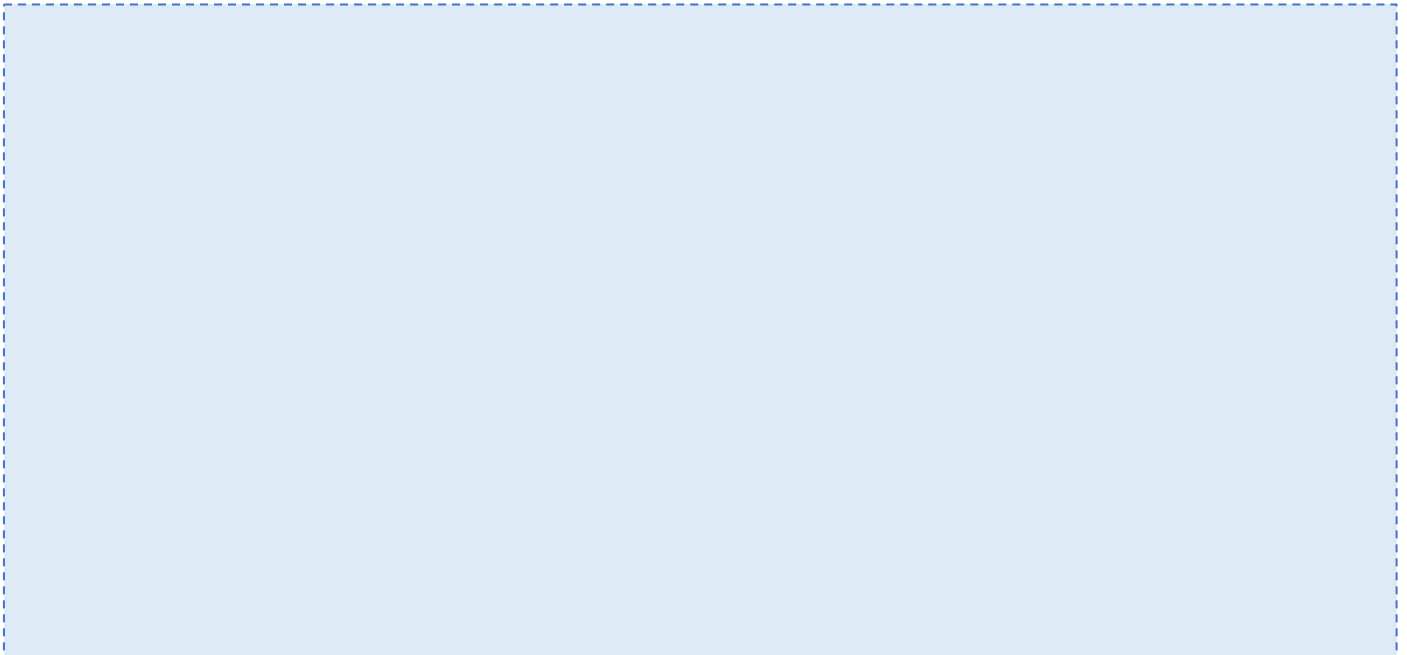
Tha a' chlann gu bhith ag ionnsachadh mu na dh'fheumas sinn a dhèanamh airson coimhead às dèidh phlanntaichean agus pheataichean. Bidh iad ag ionnsachadh mar a dh'fheumas gach rud beò cùram airson 's gum fàs iad agus gum bi iad air am beairteachadh. Bidh sinn a' fàs phònair agus a' bruidhinn air cuairtean-beatha agus mu na peataichean as aithne dhan chloinn – aig an dachaigh no ann an àite eile. Faodaidh tu bhith nad phàirt den ionnsachadh seo le bhith a' brosnachadh na cloinne gus an aire a thoirt dha na bhios sibh a' dèanamh aig an dachaigh no sa ghàrradh airson coimhead às dèidh phlanntaichean no bheathaichean.

Tha goireasan eile rim faighinn co-cheangailte ris na stuthan curraicealaim RSHP seo:

A' coimhead às dèidh phlanntaichean: Cuairtean-beatha

A' coimhead às dèidh phlanntaichean agus bheathaichean: A' coimhead às dèidh bheathaichean

Notaichean Tidseir



APPENDIX: Article from The Guardian

<https://www.theguardian.com/lifeandstyle/2010/mar/30/1000-kids-easy-growing-projects>

The Playground Potting Shed: Gardening with Children Made Simple, by Dominic Murphy, is published by Guardian Books (£8.99)

The best easy growing projects

- theguardian.com, Tuesday 30 March 2010 00.05 BST

Broad beans

When to sow: March

One to whet their appetite for growing things. Rinse a clean jam jar, leaving it wet inside. Put in a folded piece of kitchen roll and press it up against the glass. Put a broad bean seed between the kitchen roll and the glass and leave on the windowsill. Add a spoonful of water to the seed every day, enough to keep the jar moist but not waterlogged. After a few days, the broad bean should sprout. After a couple of weeks you'll have your own broad bean seedling, which can be planted out into a 10cm pot of compost or open ground. As the plant gets larger, it will need supporting with a stake. When it's about 75cm high, snip off the top. Now wait for your harvest.

Sunflowers

When to sow: indoors: March, outdoors: late April

Big, easy-to-handle seeds and a doddle to grow. The main problem with sunflowers are the slugs and snails who, like evil lumberjacks, eat through young stems so the top of the plant collapses. For this reason, sow more seeds than you will need and prepare the children for casualties. I start sunflowers in large pots on an outside table, away from predators. If size matters and you're after a monster, go for the Russian giant variety. But there's a whole range of interesting types, including multi-headed and red flowered ones – check what they're selling in your garden centre. Your sunflowers can stay in a large container or be planted straight in the ground. Either way, they'll need supporting with a bamboo cane or tying to a fence. As for where to plant them: there's a big clue in the name.

Cress heads

When to Sow: On a rainy day

Take some washed-out egg shells that are three-quarters intact. Draw a face on the shell and fill with damp cotton wool. Sprinkle cress seeds on top of the cotton wool. Now leave on the windowsill, checking from time to time that the cotton wool is still damp. Soon your face will have its own head of green hair.

Potatoes

When to sow: March, or later, if very wet or frosty

Even if you have a small outside space, don't write off potatoes. They'll grow in any large container providing there are holes in the bottom for drainage. We use old compost bags, turning them inside out so the black interior is on show, which makes for a much classier display on the patio. You'll need one seed potato per bag, which should be filled half way with soil. Plant at least 10cm deep and as shoots peek out of the earth, gently cover them with soil or compost. Repeat this about once a fortnight until the bag is nearly full. Keep the bag well watered. You'll find seed potatoes in the garden centre sold as earlies, second earlies and maincrop. Don't be daunted by this; just buy the spuds you like the sound of.

A junk garden

When to make: Anytime

Broken watering cans, old wellies, a disused sink ... any old bit of junk will do for a container just so long as it has holes in the bottom for drainage. Let's assume you're planting a Wellington boot. Put gravel or stones in the foot; this not only helps drainage but stops it falling over. Now fill with soil. Planting options include pelargonium, zinnia, busy lizzie and petunia. Buy as young, plug plants and they'll be a lot cheaper. You can also try planting herbs – thyme, marjoram, rosemary, mint (a beast, best grown in it's own container) – or nasturtium seeds.

Baby salad stripes

When to sow: April onwards

Fill a seed tray or a deeper container, such as a wine crate, with compost. Sprinkle 3cm-wide rows of different types of salad seed into the tray, cover with a thin layer of compost and water gently. You are aiming to make a stripy pattern using leaves of different shapes and colours. Most salad leaves are suitable: until June, use lettuce varieties and bull's blood beet for a nice red colour. From July to mid-September, try rocket, corn salad, and oriental greens, such as golden mustard, red mustard and mizuna. You want seedlings to be about 1cm apart, so thin them out after germination if necessary. Harvest your leaves when 6cm high, cutting about 2cm above soil level. Water and leave, and with luck your leaves should grow back again.

Microgreens

When to sow: March-October

Microgreens are tiny, highly nutritious vegetable seedlings that you'll find in some of the smartest restaurants in the world. No matter: growing them is a piece of cake. They can be sown directly on to compost in a seed tray or pot, but are best raised on vermiculite, which you can buy at the garden centre. The growing container needs to be placed in a larger tray of water. Sow seeds on to the vermiculite and add water to the tray until the vermiculite surface is wet. Do not water the vermiculite; always water through the tray and keep the latter topped up. Grow on a sunny windowsill and harvest with a pair of scissors when your greens are a few centimetres high. Broccoli, radish, Swiss chard, beetroot and snow peas are among many veg you can grow this way.

Courgettes

When to sow: Mid-April

Seeds must be sown in warm soil so start off indoors in small pots. When two leaves have formed and a third is developing, plants are ready to go into the ground or big pots or compost bags (see potatoes above). Suitable varieties are yellow burpee's golden, venus and zucchini. The timing of the planting out is crucial. If it's cold, like last May, keep plants indoors, putting into bigger pots if needs be, until warmer late weather really kicks in. To do so, dig a good-sized hole for your seedlings, leaving about 30cm between plants. For flavour, courgettes are best harvested young, when firm to the touch, with their flowers still on them. Harvest using secateurs or old scissors to avoid damaging the plant. Don't leave this too long, or you risk harvesting watery old marrows.

Pumpkins and squash

When to sow: Mid-April

Start off like courgettes and plant into fertile ground when it's nice and warm. There are hundreds of varieties to choose from. If it's size you're after for Hallowe'en, go for the atlantic giant variety, but don't expect to eat it. For taste, I'd go for blue-grey crown princes. Pumpkins and squash typically need two metres diameter growing space, and should be grown in a sunny spot. For the largest pumpkin possible, chop off the growing tip of the plant once one fruit has formed – the plant will put all its energies into producing a whopper. Harvesting pumpkins is an inexact science. Best leave them on the plant to ripen for as long as possible, so keep your fingers crossed for a sunny September. Harvest before wet autumn gets into its stride and cure in a dry, sunny spot or on a window ledge.

Sprouting carrot tops

When to sow: On a rainy day

The next time you're preparing some veg, keep the tops of your carrots. Put on a shallow plate and add water, then leave on a windowsill. Before long your carrots should have sprouted. These greens are edible – you can treat them like parsley as a garnish or in a salad.

Bean wigwam

When to make: Mid-May onwards

You'll need three or more bamboo canes at least 1.75 metres-tall. Push them 10-15cm into the ground in a circle to make a wigwam. Tie canes together firmly about 20cm from the top. Now plant your beans. Aim for one seedling per cane, so plant at least twice as many seeds as you'll eventually need around the base. Train seedlings around the canes with string. It's worth growing some more seeds in pots as a back up, because slugs and snails adore beans and are particularly active at this time of year. The reliable French bean variety Blue Lake can be better to grow than runner beans, simply for their taste and the guarantee that they won't be stringy. However, Polestar and White Lady runner varieties are reputed to be string-free.

A ladybird house

When to make: Before late summer

Using a hand saw, cut old garden canes into 10cm lengths, then tie a dozen or so together to make a cylindrical shape. Now secure this tightly to a tree or wall, in a sunny, sheltered spot. The hollow canes should attract ladybirds when they look for winter hibernation, as well as other plant-friendly insects such as hoverflies. They also make an ideal place for solitary bees to lay their eggs.

Grow your own pesto

When to make: May onwards

First you'll need the main raw material – basil. This herb needs warmth. It can grow outdoors, but is best raised on a sunny windowledge. You'll want the reliable sweet basil, *Ocimum basilicum Genovese*. Aim for three seedlings to an 8cm pot, which means sowing three times as many seeds and thinning them out (chuck the thinnings into a salad). Pinch out the top of the plants when they reach 15cm to encourage bushier plants. For pesto you'll need two handfuls of basil leaves, 1 clove garlic (optional), 10g pine kernels, 50g parmesan, 60ml olive oil, salt. Using a mortar and pestle, crush together salt, garlic, basil leaves and pine kernels to form a paste. Add the cheese, then pour on oil, mixing all the time. Add more salt to taste. Top tip: you can also spare yourself the labour and whizz everything together in a blender.

Hyacinths for Christmas

When to sow: Autumn

This is a process known as forcing, which means tricking the bulbs into thinking it's spring. Hyacinth bulbs can irritate the skin, so wear washing-up gloves when handling them. Buy your bulbs from September onwards then put them in the fridge, wrapped in a paper bag, for at least four weeks. Next, plant the bulbs in a pot filled with compost, with the tip just poking out of the surface. Bring the plant inside into the warmth by mid November and they should start to flower around six weeks later. The blue hyacinths are best for scent (try the blue jacket variety), while amsterdams have a beautiful cerise colour.

Outdoor tomatoes

When to sow: May

You can grow tomatoes from seed but why not follow many experienced gardeners and buy seedlings. You want a dark-green plant about 15cm-high; keep it on the windowledge until late May/early June, putting it in a bigger pot when it looks top heavy. It's ready to go outside when the first flowers are opening. Plant out in a pot, soil or, better, a grow bag; a sunny wall is the best position. Plants need to be tied to a cane for support. Water when the weather is dry, cut off yellowing leaves and pinch out the little side shoots at 45 degrees between the stem and the main horizontal branches. When four clusters of fruit, or trusses, have formed, cut off the tip of the plant two leaves above the top truss. Suitable varieties include gardener's delight, Ailsa Craig, Alicante and moneymaker.