

3. BIG CHANGE STARTS SMALL



KEY CONCEPT

An action within the power of a child: composting.



~~~~~ Holly's Story ~~~~~

Have you ever heard the expression, “An apple a day keeps the doctor away”? It reminds us to eat apples and other fruits because they give us vitamins and fibre and keep us healthy.

Apples grow on trees. Trees grow in soil. Think of how a tiny apple seed sprouts into a little seedling, and after a very long time becomes a big tree that produces, over its lifetime, thousands and thousands of apples and seeds, year after year.

Apple trees need rich, healthy soil so they can grow big and make lots of apples. Soil is made from plant and animal materials that rot and turn into soil.

In the fall, apple trees lose their leaves. The leaves fall on the ground and decompose, and rot until you can't see them any more. The leaves get eaten by little critters like earthworms and millipedes, and plants like fungi (pronounced fun-guy) and turned into dirt. So the tree is helping to make more soil from its own leaves!

We can help make soil by composting. When we put our food scraps into the compost bin, we are reducing the amount of garbage we create. And we help to build more soil. Which helps to grow more apple trees, which make apples for us to eat! And that very small action...of putting your food scraps into the compost bin instead of the garbage can...can make a big change, especially when lots of people do it too.

What kinds of trees grow in your neighbourhood?
Do any of them have leaves that fall to the ground in autumn?
If you rake up the leaves, is there a compost bin at home or at school,
where you can put them to rot and turn into soil?

