



VEGETABLES

1st Grade



UTAH CORE STANDARDS:

1.N.2 Identify food and beverages that are healthy choices for the body and explain the importance of choosing healthy foods at each meal.

PE 1.3.2 Actively engage in physical activity during class.

MATERIALS NEEDED:

- Captain CREATE puppet or Captain CREATE poster (in Captain CREATE kit)
- MyPlate Plate, MyPlate Poster or MyPlate Chart (in Food, Fun and Reading Kit)
- 11 x 17" laminated "Eat a Rainbow" Colored Vegetable Posters- Red, Orange, Yellow, Green, Purple and White (In FFR kit)
- 24 x 36 rolled up "Eat a Rainbow" Poster (In Captain CREATE kit)
- Tape or clip magnets to attach poster to white board or wall
- Individual mini vegetable "Make a Vegetable Rainbow" Laminated Cards (In Captain CREATE kit- in plastic bag behind 24 x 36 poster)
- Vegetable plastic foods from plastic food kit (In Captain CREATE kit)
- Two small plastic basket (In Captain CREATE kit)
- Stuffed eyeball and "icky sicky" stuffed animal (In Captain CREATE kit)
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- "At Home" Recipes Handout – give to each student or teacher to put in backpack to take home.

OBJECTIVE 1: The students will identify vegetables that contain Vitamin A and C as well as other nutrients.

OBJECTIVE 2: The students will learn that half of MyPlate should be fruits and vegetables.

MYPLATE MESSAGE:

Sample text for instructor is in blue font

Educator/Ambassador Note: Prior to the lesson separate plastic vegetable foods and place in two baskets. Make sure a variety of colors of vegetables is in each basket. Before attach 36" x 24" "Eat a Rainbow of Colors" poster to white board or wall.

Hi my name is _____. I work for Utah State University, CREATE Better Health, and this is my friend Captain CREATE. Hold up Captain CREATE puppet or poster. Have you seen this image before? Point to Captain CREATE puppet or poster MyPlate. This is MyPlate. Do you see how it has 5 food groups? Eating healthy foods from each of the five food groups every day helps us to keep healthy. Class, today Captain CREATE is going to share with us a food group that helps him heal, prevents him from getting sick and keeps his eyes healthy! As a food superhero, Captain CREATE wants you to be healthy too! This food group gives Captain CREATE important nutrients like vitamins and minerals! What food group do you think it is? Let me give you a hint: the section is green. Can you read what it says on it? Allow students to answer while you point to the green section on his tummy or the shield on the poster. That's right! The vegetables group.

Today, Captain CREATE would like to share with you some of his favorite colorful vegetables that have superpowers of their own. Show two small plastic baskets of plastic vegetables. See all of these yummy vegetables? Do you notice how they are all different? Allow children to give answers. They are all a variety of colors! You could even call it a "rainbow" of colors. Point to the 24 x 36" Eat a Rainbow of Colors poster on wall. See how all the different colors make a rainbow? We are going to use these vegetable cards (show small laminated vegetable cards with Velcro on the back) to add to the rainbow. Let's talk about the red ray in the rainbow first. Show the 11 x 17" poster that has a tomato on it (from series of posters part of Eat a Rainbow of Colors FFR kit). Can you tell me any other vegetables that are red? Use the list of vegetables on the back of the card to help students come up with answers. If children mention a vegetable that matches one of the mini veg cards you could have them come up- pick out that vegetable card and Velcro it onto the 24 x 36" "Eat a Rainbow of Colors" poster hanging up. If you are limited on time, you could place them on the board as they are mentioned. Go through each color in the rainbow and do the same, having students share names of vegetables for each color. White vegetables can be placed above the rainbow where clouds would be.

Educator/Ambassador Note: The mini vegetable cards are: white: cauliflower, jicama; purple- cabbage, eggplant, beets; yellow – yellow pepper, corn, summer squash; orange – carrots, pumpkin, orange pepper; red- tomato, red pepper, radish; green – green pepper, leaf lettuce, green cabbage, broccoli.

Look at that beautiful rainbow of vegetables we made! When we eat vegetables, we should try and make our plate pretty with a lot of different colors. Eating a "rainbow" every day is important because different colored vegetables help our bodies in different ways. Two vitamins that the vegetable food group gives us are Vitamin A and Vitamin C. Let me give you a hint about what Vitamin A helps us with. Show plush eyeball. That's right- in addition to other things, Vitamin A keeps our eyes healthy. Can anyone tell me what Vitamin C helps with? Let me give you a hint. Show "icky sicky" stuffed animal. Do you ever wake up feeling like this? I look a bit like this when I have a cold or the flu. How about you? Vitamin C help us to fight infection and to heal.

Now that Captain CREATE has shared with us the superpower nutrients from vegetables, let's talk about how much we should eat in a day. Point to the vegetable section on Captain

CREATE puppet. Do you notice that half of the plate is fruits and vegetables? That means that you should try to fill half of your plate with fruits and vegetables. By a show of hands how many of you have eaten a vegetable today? How about yesterday? Allow students to raise hands, ask 2 or 3 students what kind of vegetable they have eaten recently.

Thanks for sharing some of the yummy vegetables you've eaten! Would you like to play a fun game that will include some of those vegetables?

ON THE MOVE:

Sample text for instructor is in blue font.

To be healthy superheroes, we need to eat a lot of different colored vegetables and other healthy foods but we also need to exercise. We are going to play a game. I will read a story and every time you hear certain words, you need to do the actions of that word. So if you hear me read the phrase jumping jacks then you need to do jumping jacks until I say another action word in the story. When I read another word, do that action. If you aren't sure which action we will be doing- watch me and follow. Are you ready, let's go! Ready Captain CREATE? Have Captain CREATE puppet nod head yes. This story is called:

A Visit to the Vegetable Patch

We are going on a field trip today to the vegetable patch. Get on the bus and find your favorite seat. Hold on tight; it is going to be a bumpy ride (sit up and down for 30 seconds). Lean to right as we bounce around the corner. Now lean to the left. (really exaggerate the actions and make them bigger)

We made it! Put on your boots and gloves (lift legs up and back like a big stretch) and let's take a walk around the farm (stand up and walk around the classroom in a line ending at the table with the display of food model vegetables). Look at all of the vegetables. Which one is your favorite? Students answer.

Let's go dig some root vegetables first (walk around the room to a certain spot) Get your shovel ready and scoop up some potatoes (bend over then stand up straight, use your arms to make the shoveling motion and then throw the shovel of potatoes over your shoulder. Next let's pull up the carrots and onions (bend down and squat to pick up carrots and onions.) Now put them in your wheelbarrow and pretend to push the wheelbarrow around.

Next we can run over to pick some leaves (run in place). Do you eat leaves? Sounds funny, right? But- of course you do. One kind of vegetables is leaves! Reach down low and pick up lettuce heads from off of the ground. They are kind of heavy and you need to pick up a lot of them so show your muscle power!

Ohh! Look at all of the rows of broccoli and cauliflower. Bend at your waist with your legs straight and look at the vegetables. Now twist one way and twist the other way and keep doing that so you can see all of the flowers. Stretch your arms out by your sides as you twist your body. Now, let's reach down and cut some heads of broccoli and cauliflower. Yummy!

I see a whole field of tall corn stalks. Stand up and down on your tip toes. Can you see over the top? Now, reach up high and touch the sky and pick some ears of corn. Keep picking until you have a basket full (pretend to be holding a basket full of vegetables).

Let's skip over to those vines and shrubs. Reach down to pick peppers, tomatoes and zucchini. Finally, let's march back to the kitchen and cook up something good to eat with all the vegetables from the garden. Mmmmmmm!!!

Great job everyone! That was really fun! It is super important to eat a "rainbow" of vegetables like the rainbow we made. Point to finished vegetable rainbow. It is also so important to move our bodies, which is why we just did our action story. Now let's enjoy a rainbow vegetable snack that has all the super nutrients that Captain CREATE has shared with us!

TASTE EXPERIENCE

Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school- make sure to get a list of food allergies in the school, you DO NOT need a list of students with allergies. If any child in the school has an allergy to a certain food- do not use it as part of the snack. Instruct students to wash hands before passing out their snack or eating it. Teachers or NEA, wash and/or prep the food beforehand.

Mini Veggie Cups

Give each child a plate with the following ingredients. Encourage them to make their own Mini Veggie Cups.

- Small plastic snack cups
- Vegetables of each color of the rainbow such as:
 - cherry tomatoes
 - baby carrots
 - chopped broccoli
 - chopped yellow pepper
 - chopped jicama
 - chopped purple carrots

As children enjoy their mini veggie cups talk about each ingredient and what color they are. Remember when you go home tonight to share that you want to "Eat a Rainbow of Colors" every day. As we snack on our veggie cups, let's see if you remember the two vitamins we talked about at the beginning of the lesson. Here's a hint- hold up the plush eyeball. In addition to other things, this vitamin helps us have healthy eyes. Vitamin A! The second vitamin helps us stay healthy so we don't feel like this. Hold up "icky sicky" stuffed animal. Yes- Vitamin C! Great job everyone!