



VEGETABLES

2nd Grade



UTAH CORE STANDARDS:

2.N.1 Identify food and beverage choices that contribute to good health.

PE 2.5.1 Recognize the value of healthy balance between nutrition and physical activity.

MATERIALS NEEDED:

- Captain CREATE puppet or Captain CREATE poster (in Captain CREATE kit)
- Vegetable Plastic Food Models (In Captain CREATE 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)
- Stuffed eyeball, “icky sick” stuffed doll (yellow or blue), toy garbage truck and plastic heart (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 important nutrients gained from vegetables.

Objective 2: The students will identify the recommended amounts of vegetables that should be consumed daily.

MyPlate Message:

Sample text for instructor is in blue font.

Educator/Ambassador Note: Before lesson attach 36” x 24” “Eat a Rainbow of Colors” poster to white board or wall.

Each student will need to have a plastic vegetable food model that is not a combination food. Pass out randomly. You may want to ask a student to help with this. Depending on the situation you may be able to place the foods on desk before you start the lesson.

Hi boys and girls! I'd like to introduce you to Captain CREATE, hold up Captain CREATE puppet or poster. Do you see what is on his tummy (puppet) or shield (poster)? Does anyone know what this is called? Allow students to answer. MyPlate. MyPlate has five food groups – let's name each. Grains, Protein, Dairy, Fruits and Vegetables. Today we are going to talk about a food group that provides us with important nutrients like Vitamin A, Vitamin C, Fiber and Potassium. Here's a hint as to which food group it is – you usually don't eat foods from this food group for breakfast. Rabbits like to eat food from this food group. Allow students to answer.

When we think about vegetables we need to “eat a rainbow of colors”. Can anyone guess what that means? Allow one or two students to answer. Different colored vegetables have different vitamins that we need to keep our body healthy. That's why it's important to not just eat one color of vegetables- but other colors as well.

Let's use this “Eat a Rainbow of Colors” poster to help us think about different colored vegetables. Who can tell me a favorite vegetable? Allow students to name foods. As they do- place the mini vegetable food cards up on the rainbow. If students mention a vegetable that doesn't have a card- select a card in the same color group and put it up- explaining they belong to the same group. If there are vegetable cards left over that nobody has mentioned, talk about them and then place them up on poster.

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.

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. Let's look at MyPlate (on puppet or poster). See how half of the plate is covered with fruits and vegetables. Why do you think MyPlate recommends that? Allow one or two students to answer. Fruits and vegetables are high in many nutrients and they are low in calories- making them a healthy addition to your day's meals.

We are going to talk about four of the vitamins that vegetables have – for the first one I am going to give you a hint. Show plush eye ball. This vitamin helps keep our eyes and skin healthy. Vitamin A.

Now let's look at this little guy. Show icky sicky doll (will be either blue or yellow stuffed doll). We call it the “icky sicky” doll because he is home from school and feels really sick and yucky. What vitamin could he have eaten foods high in to prevent infection and fight germs? Vitamin C.

Everyone has one, right? Show the plastic heart. Many vegetables have potassium and Vitamin K which help with heart health.

Finally, there's this. Show garbage truck and play noise. What on earth could this have to do with vegetables? Most vegetables are very high in fiber- which is important because it can help prevent cancer. A garbage truck takes all the trash out of your house, right? Similarly fiber takes the waste from our body.

ON THE MOVE:

Sample text for instructor is in blue font.

Option A

Now that we know vegetables have super nutrients let's pretend for our activity that we are picking out super nutrient vegetables. Have students stand and act out the motions with you and Captain CREATE. -Perform each at least 3 times.

Reach for ears of corn. (3x)

Pluck tomatoes off the vine. (3x)

Crouch low like a broccoli/cauliflower head. (3x)

Stretch your hands above your head and grab beans/peas off the bean pole. (3x)

Clasp your hands in front of your chest to go around like a pumpkin. (3x)

Squat, eat some spinach leaves, jump and strike a big muscle pose like Popeye. (3x)

Dig for sweet potatoes. (3x)

Pull carrots upright from the ground. (3x)

Bend down and pick up heavy heads of lettuce then toss them into a wheelbarrow (3x)

Great job everyone! Let's review the super nutrients that vegetables give us! Why is it important to eat a "rainbow" every day? --Allow students to answer.

Now let's enjoy a 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.

VEGGIE STOPLIGHTS

Give each child a plate with the following ingredients. Encourage them to make their own Veggie Stoplights. Tell the students to be creative and ask them what other vegetables could be used to make a stop light.

Ingredients

- Celery
- Cream cheese or Hummus
- Red, yellow, and green bell peppers

Directions

Spread cream cheese or hummus into celery stalk. Cut circles out of peppers in all three colors. A cake decorating tip pushed through the pepper is an easy way to make a circle. Arrange your circles on the celery like a stop light. Optional: Poke a skewer into the bottom of your celery stoplight.