



VEGETABLES

3rd Grade



UTAH CORE STANDARDS:

3.N.2 Identify healthy food, including snacks, in appropriate portion sizes.

PE 3.3.9. Understand the importance of hydration during physical activity.

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)
- “Eat a Rainbow” Colored Vegetable Posters (in Food, Fun and Reading 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 Food Models (In Captain CREATE kit)
- Toy garbage truck, plastic heart, “icky sicky” doll and plush eyeball (in Captain CREATE kit)
- Green rubber Poly spots
- Two large salad bowls or containers
- White board, dry erase markers
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- Printed vegetable cards and slips of paper with vegetable descriptions on them (found in lesson)
- Alive with the Five Food Groups available at: <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>)
- “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.

Hi, my name is _____. I am from Utah State University CREATE Better health and today we are going to discuss one of the MyPlate food groups. Raise your hand if you've heard about MyPlate? Show MyPlate puppet or poster. This is Captain CREATE. He helps me to spread the message about eating healthy and staying active. See the MyPlate on him? (Point to puppet or poster). There are five different food groups. Today we are going to talk about the vegetables group. Allow students to answer. That's right! The vegetables group!

It's important to eat a variety of vegetables that are different colors. Notice on the poster (point to 36 x 24" poster on the wall) there are a rainbow of colors. Different colors of vegetables provide different vitamins and minerals. Think about what vegetable are red, orange, yellow, green and purple/blue.

Let's play a game to see if you can guess which vegetable I'm describing. The vegetables are all different sorts of colors and shapes. Don't yell out the answer if you think you know- just raise your hand.
Ready?

Educator/Ambassador Note: Once a student has identified the vegetable ask them to come up to the front and Velcro the vegetable to the large poster. Play as many vegetable (and coordinating cards) as time and attention allows.

When I am ripe, I am bright red. I come in all different sizes and shapes. I am used to make products such as ketchup & spaghetti sauce. I provide a large amount of Vitamin C which prevents illness and helps fight infection. Show "icky sick" doll. By eating vegetables high in Vitamin C you'll stay healthy and not feel like this. (TOMATO)

I am a petite root vegetable that is usually a reddish pink color. Believe it or not I belong to the same family as cabbage & broccoli. Eaten raw I have a spicy bite. (RADISHES)

I am orange and can be different shapes- but most often look like a basketball. I am widely used and often abused by families in the fall. I am extremely high in Vitamin A which keeps certain things on our faces healthy. Want a hint? Show or toss plush eyeball. I also help keep your skin healthy. (PUMPKIN)

You might enjoy me either in the baby form or cut up into sticks. I'm normally orange also come in yellow, white, red & purple. I am a good source of fiber. Just like a garbage

truck takes out the trash at your house, fiber helps clean the body out. Show garbage truck. (CARROT)

I am sweet and most often the color yellow. I can be found frozen, in a can or on a cob. I can also be popped or turned into flour which makes bread or tortillas. I'm also a good source of fiber. (CORN)

I am a dark green leafy vegetable. I come fresh, frozen or canned. I am good raw in salads or cooked. I am popular in smoothies too. I am high in iron. (SPINACH)

I am a ball shaped vegetable easily confused with lettuce. I come in green, white, red and purple. My leaves can be crinkled or smooth. I'm often used in coleslaw. I am very high in vitamin K. (CABBAGE)

I am a deep purple vegetable. I can be baked, roasted, grilled or sautéed. I am often substituted for chicken and other meats. I am high in fiber but low in calories. Fiber moves slower through our digestive tract so it helps us stay fuller longer. (EGGPLANT)

I am a bright purple root vegetable that when cut bleeds bright pink. I am used raw or pickled in salads. I am also often roasted which brings out a deep sweet flavor. (BEETROOT/BEETS)

I am golden brown on the outside but white on the inside. People often think I am a large lumpy potato. I originated in Mexico. After peeling off my papery skin my white flesh is juicy and crunchy with a slightly sweet but nutty flavor. (JICAMA)

Now we know that vegetables are good for us and are packed with super nutrients, let's talk about how many cups we should eat in a day. Point to the vegetable section on the MyPlate plate or the MyPlate poster. Can you see how half of our plate is fruits and vegetables? It's important we make sure to eat healthy fruits and vegetables every day.

Can anyone tell me how many cups from the vegetables group we should have in a day? Show me on your fingers. Point out high guesses and low guesses. It's a bit of a trick question! Raise your hand if you are 8. Now raise your hand if you are 9. Raise your hand if you are a girl. Raise your hand if you are a boy. Ok- that last one was silly, right? But the number of cups of vegetables a day you need depends on your age and if you are a boy or girl. For you 8 year olds you need 1 ½ cups. For girls that are 9 you need 2 cups a day. And for you boys who are 9 you need 2 ½ cups a day. Does it sound like it might be hard to get that many cups of vegetables a day? It's easier than you think!

Educator/Ambassador Note: Draw two circles on board and write lunch and dinner above them.

Who wants to tell me one of their favorite vegetables?

Draw in or write vegetables inside plate. Write corresponding serving.

For example: Lunch – ½ cup baby carrots (about 6) is one serving; lettuce and tomato on sandwich would be ½ serving. Dinner- 1 cup green beans would be a serving. Total servings for the day – 2 cups.

ON THE MOVE:

Sample text for instructor is in blue font.

Vegetable Toss

Set Up: You will separate students into two teams. Place plastic vegetables in two containers- making them an even number. Place empty salad bowl at end of room. Place green poly spot about 1 foot from bowl.

Is eating healthy foods enough to have good health? What is missing? Allow students to answer. Eating healthy is good but making sure we are active is important also. How many minutes a day should we be active? Allow students to answer. We should all strive to be physically active for at least 60 minutes every day and make sure to drink plenty of water to stay hydrated. Do you know what being hydrated means? Allow students to answer.

Let's play a game! How many of you have made salad before? Are there any basketball players in the room? We are going to combine skills from both of those things in this fun game! The first person in each team line will lean down, pick a vegetable and then run to the green poly spot. Toss vegetable into salad bowl. If you miss, pick it up and run back to your team line. Drop it back in the container. The next student will grab another vegetable, run down and toss vegetable in salad bowl. Teams will continue until all vegetables are in the salad bowl.

You did a great job! Nice salad making skills! Now let's sample some yummy vegetables. Some you may have tasted before- but some are most likely new.

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. Educators/ambassadors, wash and/or prep the food beforehand.

Vegetable Tasting Party and Water Break

Provide a variety of unusual vegetables students may not have eaten before such as: jicama (cut up pieces and have a complete one to show); sweet peppers in all colors; yellow tomatoes, sugar snap peas (show you eat the shell as well).

Pour small glass of water for each student – remind them again how important it is to drink water- especially after being physically active.