

FOOD\$ENSE kids

Veggie Vibes

Asparagus

Objectives

1. Children will explain one reason asparagus is healthy for them.
2. Children will explain that asparagus comes from a plant that grows in the ground.
3. Children will experience asparagus using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using asparagus.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Pieces of asparagus for children to handle
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Hold up a bunch of asparagus and ask the children if they know what this vegetable is called.
 - Ask the class how many of them have heard of asparagus before? If so, how many have tried it?
 - Explain that asparagus is a very unique vegetable with a wonderful taste. If you have never tried asparagus you are in for a treat!
 - Today we are going to learn about and taste asparagus.
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Objective 1: Children will explain one reason asparagus is healthy for them.

Time: 5 minutes

- Tell the children that one piece of asparagus is called a spear.
 - Explain that spears are a type of weapon that can help warriors fight off enemies.
 - Ask the children to think of “enemies” of their bodies. Answers may include:
 - Bacteria
 - Infection
 - Colds
 - Sickness
 - Tell the children that because asparagus has special nutrients called antioxidants it acts like a spear to help our bodies fight off infection.
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Objective 2: Children will explain that asparagus comes from plants that grow in the ground.

Time: 5 minutes

- Show children the ‘Parts of a Plant’ chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don’t always eat the entire plant. We usually eat just a part of the plant.
 - Describe each of the six parts of the plant.
 - Ask the children which part of the plant they think asparagus is.
 - Asparagus is the stem part of the plant.
 - Asparagus spears are actually the first shoots of an asparagus bush. They shoot out of the ground and you can break them off, wash them, cook them and eat them! If you do not cut the asparagus off and eat it will turn into a big bush!
 - After harvest time is over, asparagus plants store energy in their roots for the next year. They store so much energy that they can shoot out of the ground in the spring time without even needing any sunlight for energy!
 - Tell the children that if asparagus grows flowers, the stem gets hard, and isn’t good to eat anymore.
 - Have the children think of something really hard (ex: wood, rocks, etc.) to help them remember that if asparagus has grown flowers, the stems are really hard and are no longer tasty. That is why asparagus is eaten in the spring time – while it’s still tender.
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Objective 3: Children will experience asparagus using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Pass out uncooked asparagus spears.
 - Each child does not need his/her own, they can pass a few around if necessary.
- Ask the children to think about words that describe how asparagus:
 - Feels
 - Sounds

- Smells
- Looks
- Write their answers in columns on the board.
- You can encourage students to relate their answers to things they know. Example answers would be as follows: feels bumpy like a dinosaur, sounds like snapping fingers or a whip, looks like a stick, green like a lime or leaves on a tree.
- Demonstrate how to break off the tender part of the spear by holding one end of the spear in each hand and bending it until it breaks
- Explain that the spot where it breaks is where the harder part meets the tender part.
 - Explain that you would eat the tender part and throw away the hard part or freeze it and save it to make soup later.
 - Discuss what the word “tender” means.
- Teach the children the following rhythm:
 - Slap their desk
 - Clap their hands
 - Snap their fingers
- After they get the hang of it change and slap/clap/snap as follows:
 Slap the desk.....”Asparagus”
 Clap their hands.....”Feels/sounds/smells/looks”
 Snap their fingers.....”insert their answers ex: hard, snappy, dirty, like a stick”
- Commend the children for their participation.

Objective 4: Children will make and eat a simple, nutritious recipe using asparagus

Time: 10-15 minutes

- Tell the class now that we have learned all about asparagus, we are going to taste it.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

- How does asparagus help our body?
- What part of the plant does asparagus come from?
- How did you like the taste of the asparagus?

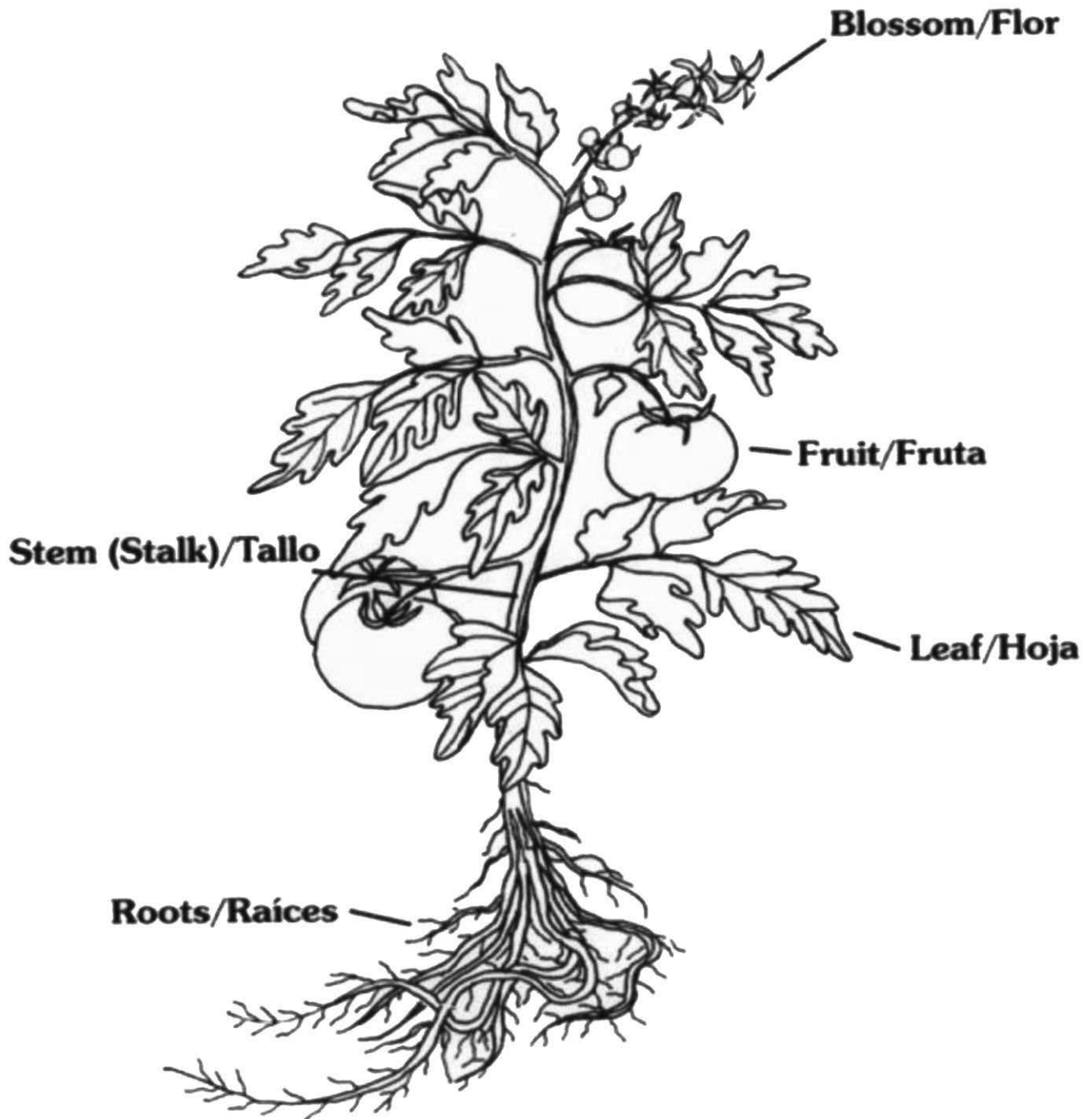
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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PARTS OF A PLANT

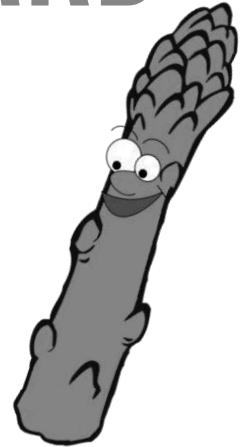
PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about asparagus!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about asparagus!

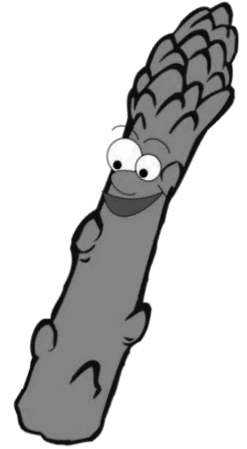


Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUN ASPARAGUS FACTS

- Asparagus is high in antioxidants so it helps us fight germs and disease
- Asparagus is the stem of the plant and is called spears
- Asparagus tastes delicious!

GREAT ASPARAGUS RECIPES

Roasted Asparagus

1 pound asparagus
1 tablespoon olive oil

2 tablespoons grated Parmesan cheese
Salt and pepper to taste

Rinse asparagus thoroughly and break off tough ends. Cut into 1-2 inch sections, slicing the asparagus at a slight diagonal. Place on a baking sheet. Drizzle with olive oil, sprinkle with cheese, salt and pepper to taste. Roast for 10 minutes at 450°F. Serve hot.

Pasta Salad with Asparagus

1 pound pasta
1-2 cups cooked asparagus
2-3 cups seasonal chopped raw vegetables
(carrots, radishes, bell peppers, tomatoes,
green onions, etc.)

2 tablespoons olive oil
¼ cup red wine vinegar
Salt and pepper to taste
1 tablespoon chopped parsley

Cook the pasta according to package directions. Rinse in cold water and chill. Steam asparagus just until tender. Rinse in cold water and drain. Cut into bit size pieces. Combine pasta and vegetables in a large bowl. Whisk oil and vinegar in a small bowl to blend. Add the dressing to the salad (to taste). Sprinkle with chopped parsley.

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