

FOOD\$ENSE kids

Veggie Vibes

CUCUMBER

Objectives

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

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Cucumber slices for each child
- 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

- Ask children: How many of you have eaten a cucumber before?
 - Ask children: What does a cucumber look like?
 - For example: Most cucumbers are dark green like a pine tree, cylindrical in shape like a paper towel roll. They also are long, usually 12” or the length of a regular ruler. Show children whole and sliced plain cucumbers.
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Objective 1: Children will explain one reason cucumbers are healthy for them.

Time: 5 minutes

- Ask the children to raise their hands if they have ever been sick or had a cold. Point out that most people have.
 - Ask them to raise their hand if they did not like being sick.
 - Then explain that cucumbers are a very good source of an important vitamin: Vitamin C.
 - Eating vitamin C makes us stronger so we don't get sick as often.
 - Ask the children to raise their hands again if they would like to eat/try cucumbers since eating them will help them avoid getting sick.
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Objective 2: Children will explain that cucumbers come 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. Sometimes 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 cucumbers are.
 - Cucumbers are the fruit part of the plant.
 - Once the cucumber seed is planted in the ground the plant begins to grow.
 - First, the seeds grow a long vine and yellow flowers and thistles sprout on the vines. Then, the cucumber begins to grow from the flowers.
 - Once the cucumbers are a dark green and ready to eat the farmer then plucks the cucumbers off of the vines and ships them to the grocery store or drives them to the farmer's market for us to buy and eat!
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Objective 3: Children will experience the food using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains a cucumber slice.
- Ask the children to close their eyes and pick up the cucumber slice.
- Have them notice how cool the cucumber is in their hands. Then have them smell the cucumber slice with their eyes still closed.
- Next have them open their eyes and notice the way the cucumber looks. Have them count the seeds
- Ask them to feel the difference between the skin and the inside of the cucumber.
- Ask for responses to each of the senses – feel, sound, smell, and sight.

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

Time: 10-15 minutes

- Tell the class now that we have learned all about cucumbers, we are going to taste them.
 - 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.
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Conclusion:

Time: 2 minutes

Ask the class:

- How do cucumbers help our body?
- What part of the plant does a cucumber come from?
- How did you like the taste of the cucumber?

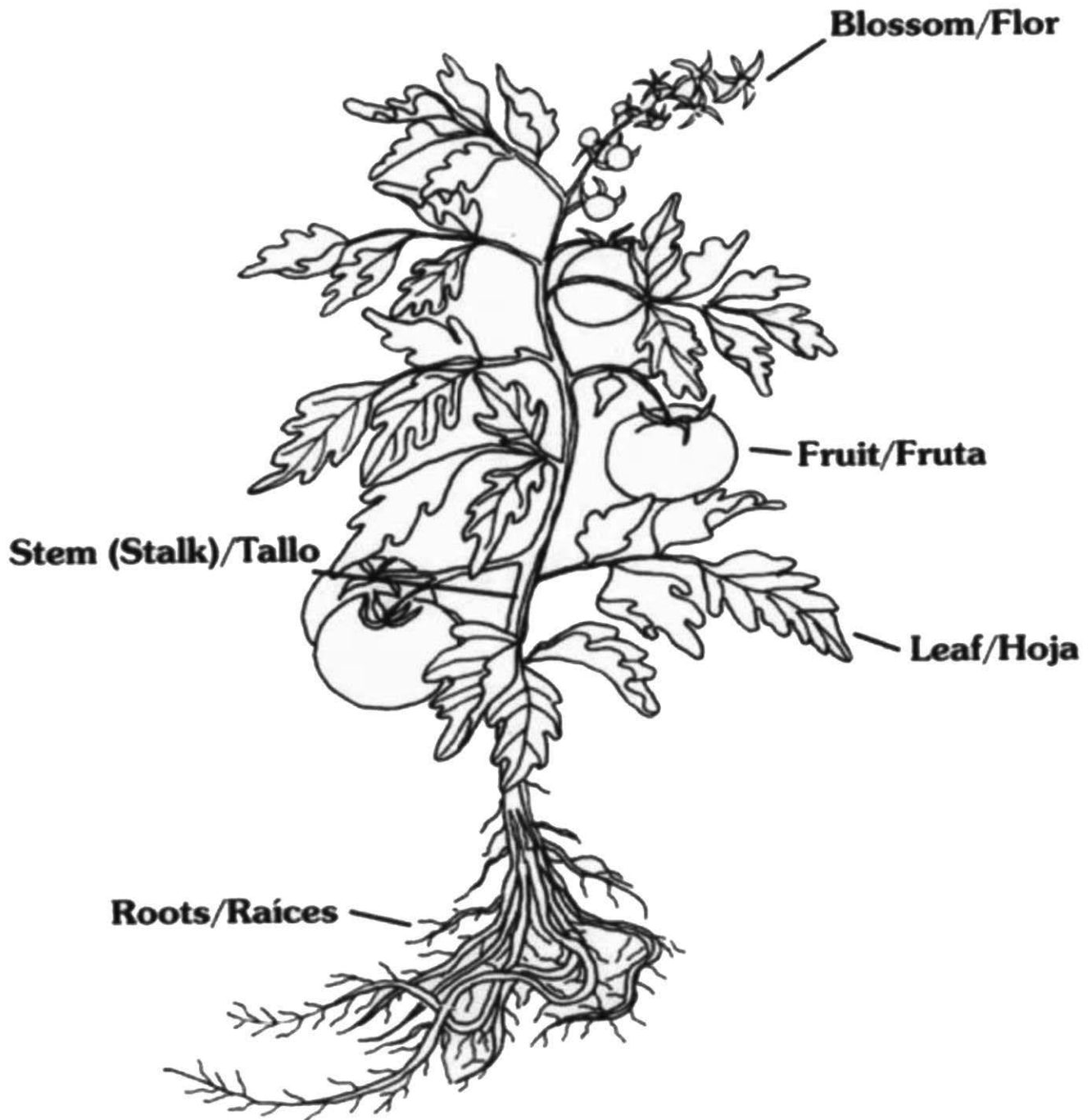
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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PARTS OF A PLANT

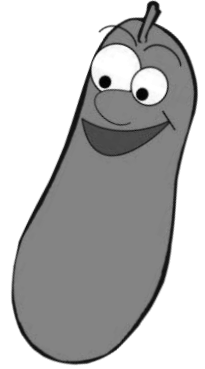
PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

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



Teacher Signature:

Date:

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For tasting and learning about
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Teacher Signature:

Date:

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FUNGUCUMBERFACTS

- Cucumbers are high in vitamin C and help us fight infections
- Cucumbers are the flower part of the plant
- Cucumbers taste delicious!

GREAT CUCUMBER RECIPES

Cucumber Kabobs

Mini cucumbers (or long slender cucumbers)
Cherry or grape tomatoes
String cheese
Toothpicks

Wash cucumbers and tomatoes. Cut cucumbers into ½ inch slices. Unwrap cheese and cut into small ½ inch chunks. Place a piece of string cheese, slice of cucumber and one tomato on each toothpick. Serve immediately or refrigerate until ready to serve

Black-Eyed Pea and cucumber Salad

1 tablespoon olive oil	1 (14-oz) can black-eyed peas, rinsed
2 tablespoons lemon juice	½ cup diced red bell pepper
1 teaspoon dried oregano	1 medium tomato, chopped
Black pepper to taste	2 tablespoons red onion, finely diced
4 cups peeled and diced cucumbers	2 tablespoons chopped black olives

Combine oil, lemon juice, oregano and pepper in a large bowl and whisk together until combined. Add cucumber, black-eyed peas, bell pepper, tomato, onion, and olives and toss to coat. Serve immediately or refrigerate and serve chilled.

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