

FOOD\$ENSE kids

Veggie Vibes

Onion Objectives

Participant will:

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

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of onions, such as red, yellow, green, leek
- 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

- Write the letters I N O O N on the board.
 - Tell the children to try and unscramble the letters and raise their hand when they know what the answer is.
 - When the majority of the class has raised their hand have the children say the answer together (onion!).
 - Explain that today you will be discussing onions.
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Objective 1: Children will explain one reason onions are healthy for them.

Time: 5 minutes

- Ask the children for some reasons they think onions are healthy. Answers may include:
 - Vitamin C, calcium, iron, fiber (accept almost any guess they come up with). Commend the children for their answers.
 - Ask the children if they have ever heard of something called an antioxidant. Antioxidants are found only in plants. They act like super heroes who remove bad guys from the world. The cells in our bodies become damaged through everyday life. So, the “super heroes” or antioxidants go through our bodies and get rid of those “bad guys” that damage them. This is one way our bodies stay healthy.
 - Onions have many antioxidants so when you eat onions you’re helping your body stay healthy and get rid of bad guys.
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Objective 2: Children will explain that onions 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. 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 onions are.
 - Onions look like they are the root of the plant, but actually they are part of the stem. We call this a bulb. Show children a yellow onion, a green onion, and a leek. Explain that sometimes we eat the whole stem (green onion, leek) and sometimes we just the bottom part or bulb of the stem (yellow onion).
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Objective 3: Children will experience onions using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains slices of green onion, both from the bulb and from the green stem.
- Ask the children to pick up the green stem. Ask the following:
 - What does the feel of the onion remind you of?
 - What does the smell remind you of?
 - What does the look of the onion stem remind you of?
 - Does it make a sound that reminds you of anything?
- Ask the children to place the stem on their tongues and to describe the taste.

- Ask the children to pick up the piece of onion bulb in their cups and place it on their tongue.
 - Ask the children to describe the difference in taste between the stem and bulb. Which is stronger?
 - What does this part of the onion feel like?
 - What does it smell like?
 - What does the look remind you of?
- Explain that when we cook onions the flavor is not as strong. It becomes very mild and sweet.

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

Time: 10-15 minutes

- Tell the class now that we have learned all about onions, we are going to taste them.
- Pick a recipe or two from the handout to share with the class, preferably a cooked sample and a raw sample so children can experience the difference in taste.
- 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 do onions help our body?
- What part of the plant does an onion come from?
- How did you like the taste of the onions?
- What kind of foods can onions go in?

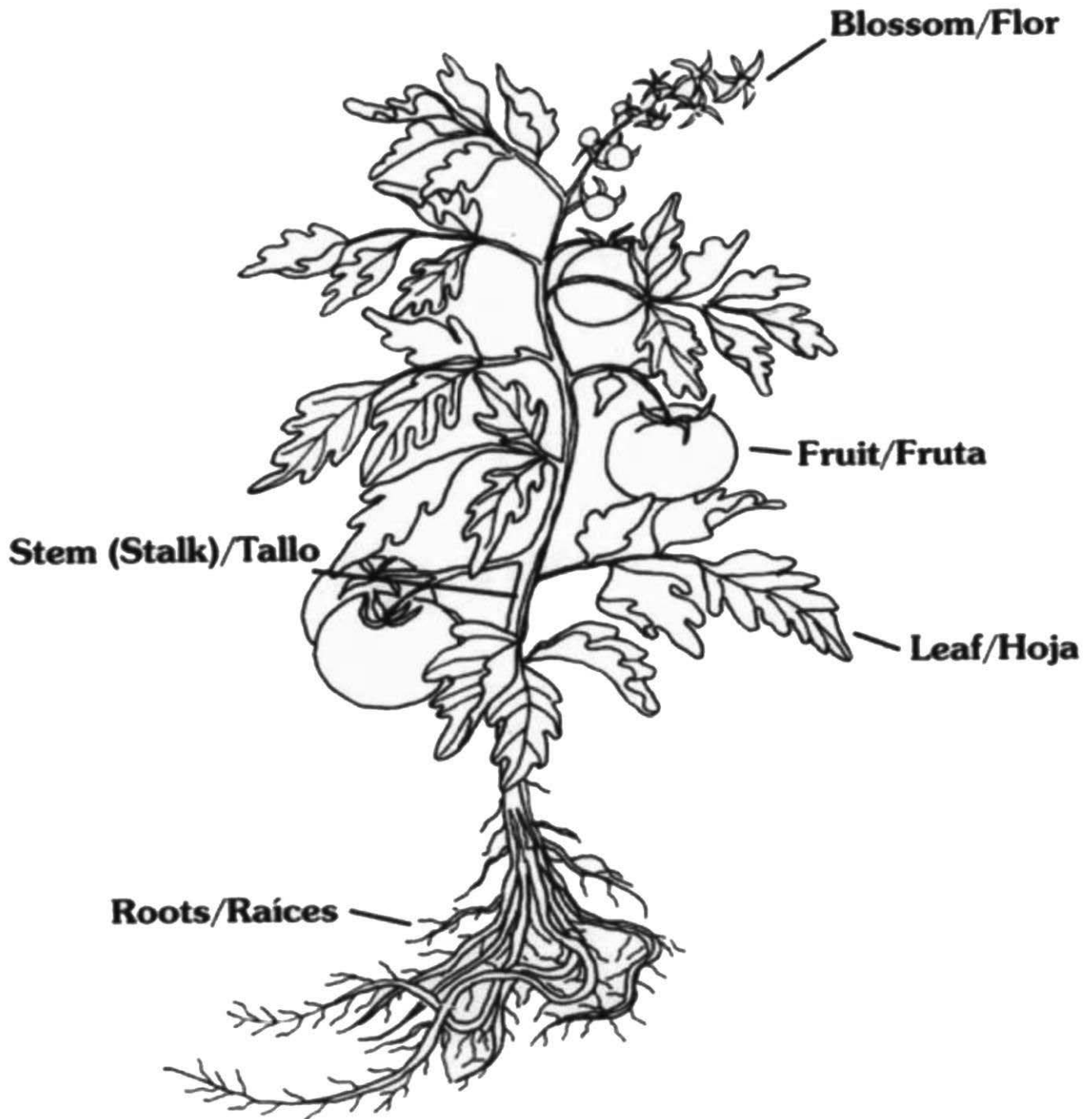
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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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 onions!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

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



Teacher Signature:

Date:

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FUNIONFACTS

- Onions are high in super heroes called antioxidants
- Onions are the stem part of the plant. We call them bulbs
- Onions taste delicious!

GREAT ONION RECIPES

Roasted onions

4 medium peeled yellow onions
2 tablespoons olive oil
Salt and pepper to taste

Cut onions in quarters. Toss with oil, salt, and pepper. Place on cookie sheet. Bake at 425°F for 25-30 minutes, or until golden brown.

Easy Tomato Salsa

2 (14.5 oz.) cans diced tomatoes
1 (4 oz.) can diced green chilies
¼ cup finely diced onion
¼ cup chopped fresh cilantro
2 tablespoons lemon or lime juice
⅛ teaspoon pepper
1 clove garlic, minced
¼ teaspoon salt, or to taste

Drain tomatoes and combine with remaining ingredients. Serve with tortilla chips.
Makes about 2 ½ cups.

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