

# FOOD\$ENSE kids

## Veggie Vibes

### Pea

#### Objectives

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

**Total Time: 30-40 minutes**

#### Required Materials:

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- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of peas including shelled English peas, snap peas, snow peas, etc.
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

#### Preparation Required:

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- 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

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### Introduction

Time: 2-4 minutes

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- Tell the children that they are going to pretend to be detectives to find out what vegetable they will be learning about. Detectives find things by asking a lot of questions. It is their job to ask a lot of “yes” or “no” questions.
  - Make headings on the board or paper under which you will categorize what the children are guessing. The columns should be titled “Feel,” “Look,” “Smell,” and “Sound.”
  - Have the children take turns asking a question to discover the surprise vegetable. (Hint that they start with questions about what it looks, feels, smells, or sounds like.) Abbreviate the answers to the questions to keep children on track.
  - Following are some sample questions if children cannot think of any questions:
    - Is it orange? No
    - Is it long? No
    - Is it round? Yes
    - Is it fuzzy? No
    - Is it soft? Sometimes
    - Can it be eaten cold? Yes
    - Can it be eaten hot? Yes
  - When they guess peas continue on with the lesson.
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### Objective 1: Children will explain one reason peas are healthy for them.

Time: 5 minutes

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- Ask the class why they think peas are good for them.
    - Pretty much any answer will do for a guess
  - Explain that peas have lots of fiber.
    - Ask the class if anyone knows what fiber does.
    - Explain that fiber helps food move through our body after we eat. Fiber acts like a garbage man that pushes all the waste out of your body. The “fiber garbage man” helps to keep your intestines nice and clean.
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### Objective 2: Children will explain that peas come from plants that grow in the ground.

Time: 5 minutes

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- 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 peas are.
    - Peas are actually the seeds contained in the fruit. We usually call this fruit a pod.
    - Show class snow pea or snap pea pods and explain that the pod is the fruit of the plant and the seeds are tucked inside.
    - With some peas (snow, snap), we can eat the pod and the pea seed inside. But with other peas, we only eat the seed because the pod is too tough.
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### **Objective 3: Children will experience peas using their senses of feel, sound, smell, and sight.**

Time: 10 minutes

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- Give each child a small paper cup that contains a pea pod (if available) and peas, raw and cooked
  - Direct the children to touch the raw peas and describe them:
    - FEEL (rough, hard, smooth, soft, etc.)
    - LOOK (green, round, etc.)
    - SMELL
    - SOUND
  - Direct the children to do the same with the cooked peas and the peas in the pod.
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### **Objective 4: Children will make and eat a simple, nutritious recipe using peas**

Time: 10-15 minutes

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- Tell the class now that we have learned all about peas, 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

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#### **Ask the class:**

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

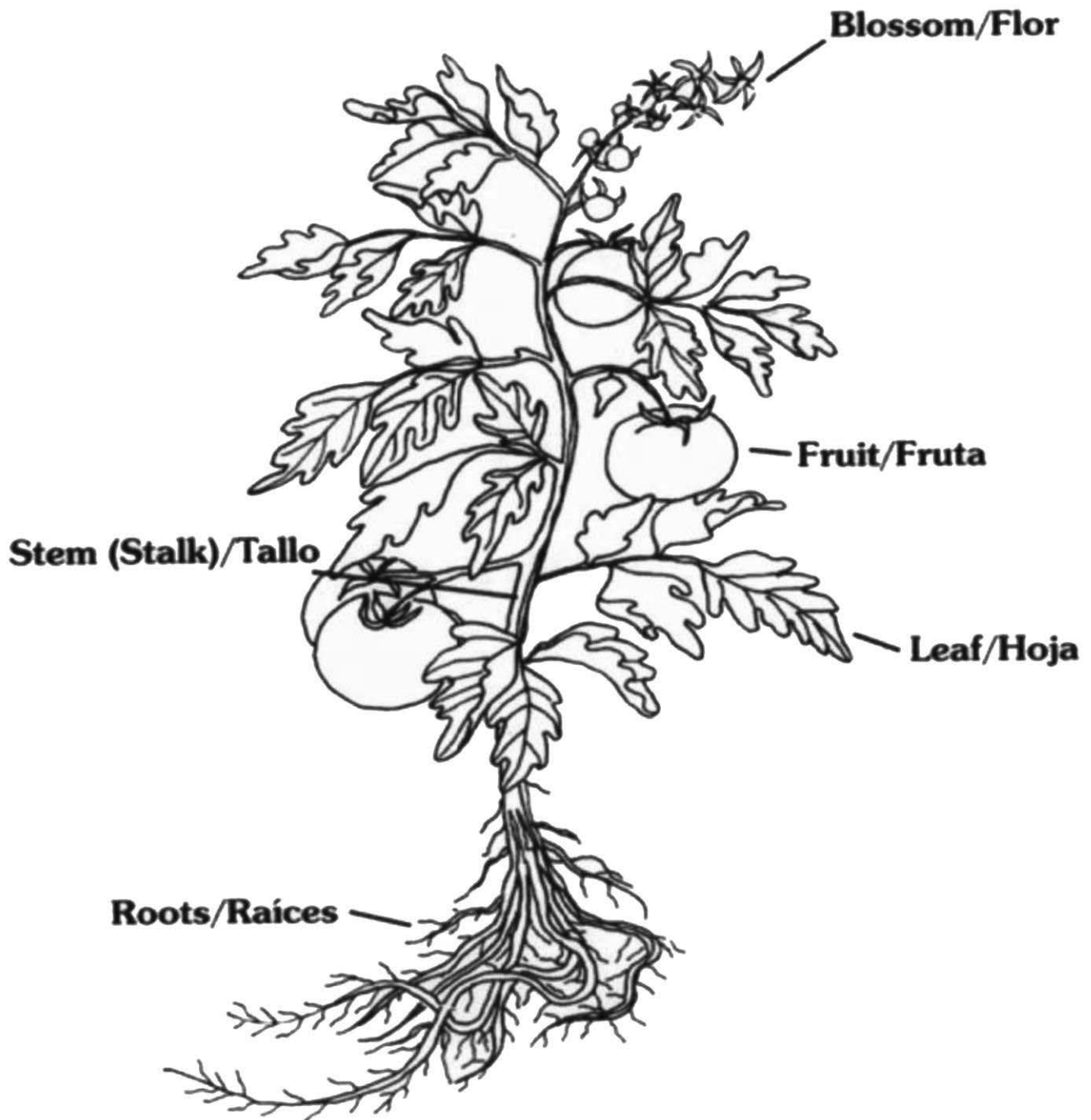
**EXTENSION** **FOOD**  
**UtahStateUniversity** **\$ENSE**

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# PARTS OF A PLANT

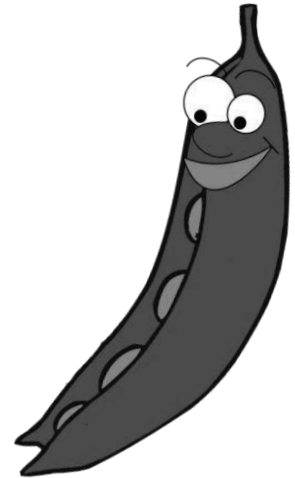
## PARTES de una PLANTA

(English/Spanish words are provided.)



# VEGGIE TASTERS AWARD

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

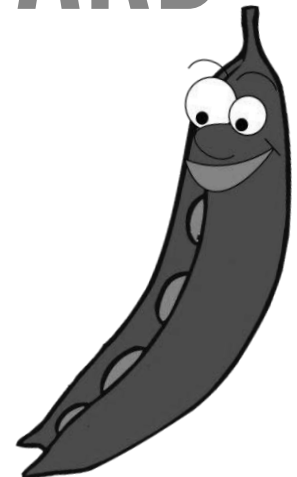


Teacher Signature:

Date:

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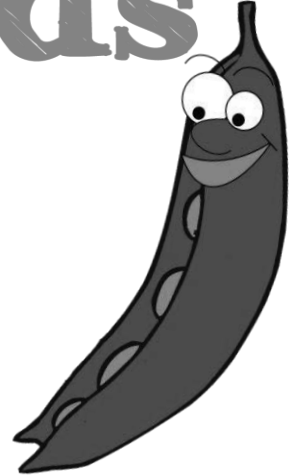


Teacher Signature:

Date:

# FOOD\$ENSE kids

## Veggie Vibes



### FUNPEAFACTS

- Peas are high in fiber, which helps push garbage out of our bodies
- Peas grow in pods
- Peas taste delicious!

### GREAT PEA RECIPES

#### Pea Salad

12 ounces macaroni  
1 (10 ounce) package frozen green peas  
½ red onion, finely diced  
½ cup reduced fat mayonnaise  
Salt and pepper to taste

In large pot of boiling water, cook pasta until al dente. Rinse under cold water and drain. In mixing bowl, combine pasta, peas, onions, and mayo. Mix well, season with salt and pepper, chill before serving.

#### Roasted Snack Peas

2 cups frozen green peas  
1 tablespoon oil  
½ teaspoon salt  
½ teaspoon ground cumin  
¼ teaspoon paprika  
½ teaspoon garlic salt

Preheat oven to 400°. Thaw peas and gently pat with paper towels to remove moisture. Place peas in a mixing bowl and add remaining ingredients. Spread peas in single layer on foil-lined baking sheet. Bake 30-45 minutes or until browned and crunchy. Cool completely before storing.

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