



Lesson 4: The Vegetable Group PREPARATION OUTLINE

Objectives

1. Name the six parts of a plant and vegetables and fruits that represent each.
2. Recognize that eating a daily variety of vegetables and fruits to get specific nutrients contributes to good health.
3. Identify the serving amounts of vegetables and fruits needed for good health.
4. Identify strategies to lower salt we consume from processed vegetables.
5. Identify how to best clean vegetables and fruits.

Equipment

- Measuring cups (1/2 c and 1 cup)
- Spoons
- Bowl
- Plastic gloves
- Anti-Bacterial wipes
- Napkins
- Paper boats or small plates
- 2 ounce soufflé cups
- Sharp knife
- Cutting board
- Dish soap
- Dish sponges
- Food storage cooler

Food Supplies (one class of 25 students)

Parts of the Plant Snack

- whole spinach leaves
- 1 bag pre-cut broccoli or cauliflower
- Edamame
- 1 red pepper
- 2 jicama
- 1 bunch of celery
- Low-fat Ranch dip

Handouts and Teaching Supplies

- MyPlate poster
- Catch A Rainbow Poster (optional)
- Educator's Classroom Folder
- Parts of a Plant 8 x 11 Resource
- Parts of the Plant activity
 - A. Parts of plant poster, top middle bottom signs, 6 parts of plant signs, and card board fruit and vegetable examples that are Velcro backing. See photo); OR use
 - B. Chart paper, 6 different colored markers
- Parent newsletter, English and Spanish
- Vegetable food models, Plastic 3D
- Measuring cups (1/2 cup and 1 cup)
- Real jicama (if using for snack)
- 5-A-Day Jeopardy game parts (categories, points, questions)
- Eat a Rainbow Jeopardy Game

Educators Notes

Parts of the Plant Interactive activity. Option B. Uses a teaching strategy that requires the educator to 'draw' in sequence parts of the plants while students interact naming what fruits and vegetables match that part of the plant. Then educators draw in those items. Implementation of this method is further described at the end of the lesson. Great for engaging students.