

Grow a Vegetable

Nutrition Objective

Describe how fruits and vegetables grow from seeds or cuttings to produce edible plants.
Encourage children to try new fruits and vegetables.

Materials & Ingredients

Butter lettuce Teacher knife Paper plates
Snap peas Cutting board
Green onions Tongs or spoons
Low fat ranch Plastic knives



NOTE: green onion and butter lettuce bottoms can be grown in small cups with soil, in the school garden, or suspended in water. They will grow new tops which can be eaten.

Food Preparation

- Cut bottoms off green onions and lettuce and set aside to plant later.
- Wash lettuce leaves and green onions.
- Place all ingredients in separate serving containers.



Lesson Introduction

Question of the Day: *Where do we get vegetables? (store, farmer's market, gardens, school, restaurants, etc.)*

Read and discuss: *Gardens in Spring* by Jenny Fretland VanVoorst

- What are the steps for growing snap peas? (*use book to review*)
- What are the different parts of a snap pea? (*pod, seeds*)
- Did you know the whole pea pod is edible? Facilitate discussion about other vegetables that have skins we eat (*zucchini, peppers, potatoes, tomatoes, etc.*)
- Teach new vocabulary (*use picture glossary on page 23*)
- Ask children to name ways we can keep our bodies healthy (*eat fruits and vegetables, be active, limit sugar, etc.*)

TSGOLD: 8a,b, 9a,b,c, 10a,b, 11q, 12a,b, 17a,b, 18a,c,

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for the lettuce wrap recipe.
- Show children lettuce, green onions, and pea pods (snap peas). Open the pea pods to find the seeds inside.
 - *We learned how a pea pod grows. How do you think lettuce and onions grow?*
 - Show children the bottoms of the lettuce and onion and tell them we will put them in water and watch them grow.
- Model cutting onions and peapods into smaller pieces; place these pieces onto a lettuce leaf and create a lettuce roll.
- Dip into dressing and taste. Describe the recipe: "It's cool, crunchy, and a little sweet."
- Children serve themselves and use plastic knives to cut the food into smaller bites.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 7a, 8a,b, 9a,b,c,d, 10a,b, 11a,

Share your Story

- Have you gardened before? What have you grown? With whom did you garden?
- What part of planting a garden looks fun to you? (*digging in the soil, watering, planning seeds, etc.*)
- What would you like to plant in a garden?

TSGOLD: 8a,b, 9a,b,c, 9d, 10a,b, 11a, 12a, 12b

School to Home

- Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Scrap Gardening



Scan this QR code to watch a video about scrap gardening

Materials: cups, soil, scraps from recipe (this activity can be done with just water, too)
Place soil in containers or complete this activity in your site's garden.

- **Discuss:** the scraps (bottoms of butter lettuce and green onions from today's recipe) and how they can be planted to grow food.
 - Everyone plants a scrap; children predict what will happen.
 - Water the scrap gardens and place in sunny location.
 - New lettuce leaves and onion tops will grow and can be cut, rinsed, and eaten.
 - For more information on gardening with children visit the Farm to ECE Guide: <https://drive.google.com/file/d/1WDRvPPjJA0huN2w2csU279PeKmPhQhwp/view>
- TSGOLD: 7a, 8a, 8b, 9a, 9b, 11a, 11d, 11e, 12b, 24, 37, 38

Make Believe: Life Cycle of a Peapod

- Everyone pretends to be a tiny pea seed and crouches low.
 - The teacher narrates: "I am planting pea seeds. Now I'm sprinkling them with water. The sun is shining and the seeds begin to sprout. Now they are seedlings. The vines stretch to the sun and grow leaves. Oh, look! A tiny peapod is beginning to form."
 - The book *Up, Down, and Around* by Katherine Ayres can be read aloud and used to support this activity.
- TSGOLD: 2c, 5, 7a, 8a, 8b, 11a, 11e, 11d, 14a, 35, 37

Physical Activity

Music and Movement

- Play song #9 "Shake Your Boom Boom" on the *Happy and Healthy* CD.
 - Children are spread out around the room or outdoor space.
 - Explain to children that we are going to listen to the music and follow the directions.
 - Start the music and join the children by modeling different movements. Children can help decide what movements to do based on the lyrics. Everyone can make up their own body movement for "Boom shaka laka laka boom!"
- TSGOLD: 2c, 4, 5, 8b, 11a, 11b, 35, 37

Throwing and Catching

- Everyone stands in a circle. Teacher models many movement ideas.
 - Children warm-up by practicing throwing a ball overhand (small ball) or underhand (large ball).
 - One child calls out a friend's name and then throws the ball to them to catch.
 - The child who catches the ball picks a movement for everyone to do (jumping jacks, jog in place, hop, etc.) before throwing it to the next friend.
 - Every child should have a turn to throw and catch.
- TSGOLD: 2c, 6, 7a, 8a, 8b, 11a, 37

Physical Education: Gross Motor Manipulative Skills

- Throwing and catching are two skills commonly found in many children's games and activities which allow children to work on their hand/eye coordination.
 - Encourage children to keep their eyes on the ball and not look away when a ball comes their way.
 - For catching, use a large soft ball. For throwing, use a smaller ball that fits better into the child's palm.
 - Practice throwing and catching at a short distance so children can be successful and build confidence to throw and catch from a larger distance.
 - See pages 132-150 in *Encouraging Physical Activity in Preschoolers* by Steve W Sanders for more information and activities on throwing and catching.
- TSGOLD Objective 6 Demonstrates gross motor manipulative skills

For additional activities, songs & information, visit

<https://coloradosph.cuanschutz.edu/school-wellness>

Family Letter

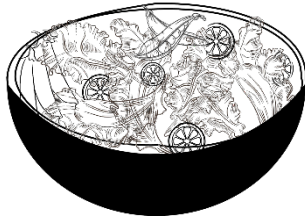
Grow a Vegetable



Lettuce Roll

Children enjoy helping in the kitchen. When children help prepare foods, they are more likely to try them. Butter knives and plastic knives provide a safe way for children to cut fruits and vegetables. Rinsing fruits and vegetables is another fun and safe activity for children. How might your child help prepare foods at home?

Garden Salad



Ingredients:

- 1 head romaine lettuce or butter lettuce (washed and patted dry)
- tomatoes (diced)
- green onions (finely diced)
- radishes (thinly sliced)
- low-fat salad dressing

**Feel free to adjust ingredients depending on allergies and preferences.*

Directions:

1. Everyone washes hands.
2. Place chopped vegetables inside lettuce leaf.
3. Roll the leaf.
4. Dip in dressing and enjoy.

For more information on scrap gardening (link in English):



Many scraps from vegetables can be planted and will produce an edible product. Simply plant them in soil or put them in water and place them in a sunny window; you can also plant them outdoors in a garden or pot.

- Plant these bottoms: green onion, romaine lettuce, and celery.
- Plant these tops to regrow the leaves which are edible: carrot, parsnip, beet, and turnip.
- Place herb leaves like basil and cilantro in water to grow new plants.



Gardening Tips

Did you know children who garden are more likely to try the foods they grow?
★SNAP benefits can be used to purchase food producing seeds (link in English):

<https://www.snapgardens.org/snap-participant/>

- You don't need a large yard to garden! Small pots on patios or decks can be great places to grow some favorite vegetables.
- These are large seeds which are good for little hands: peas, beans, nasturtiums (flower and stems are edible), sunflowers, and squash.
- Small seeds can be mixed with sand in a cup and sprinkled on soil.
- These plants grow well in pots: tomatoes, herbs, peas, squash, lettuce and salad greens, arugula, hot and sweet peppers, cucumber, radish and eggplant.

Scan the QR code to learn more about gardening with children (link in English):

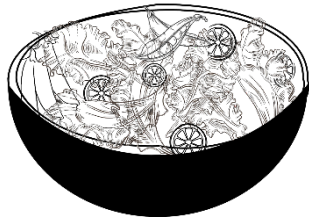




Barco de lechuga

Los niños disfrutan ayudando en la cocina. Cuando los niños ayudan a preparar los alimentos, es más probable que los prueben. Los cuchillos para mantequilla y los cuchillos de plástico son una forma segura para que los niños corten frutas y vegetales. Enjuagar las frutas y verduras es otra actividad divertida y segura para los niños. ¿Cómo podría su hijo(a) ayudar a preparar los alimentos en casa?

Ensalada del Jardín



Ingredientes:

- 1 Cabeza de lechuga romana, o lechuga de mantequilla
- Tomates (picados)
- Cebollas de rabo (finamente picadas)
- Rábanos (en rebanadas delgadas)
- Aderezo para ensaladas bajo en grasa

Instrucciones:

1. Todos se lavan las manos
2. Ponga todos los vegetales picados dentro de la hoja de lechuga
3. Enrolle la hoja
4. Sumerja en el aderezo y disfruten

**Ajuste los ingredientes dependiendo en sus preferencias y alergias*

Para mas información acerca de plantar restos de vegetales (enlace en Inglés):



Muchos restos vegetales pueden ser plantados y producirán vegetales comestibles. Simplemente plántelos en tierra y colóquelos en una ventana soleada. También los puede plantar afuera en el jardín o en una maceta.

- Plante la parte de abajo de estos vegetales: cebolla verde, lechuga romana, apio.
- Plante la parte de arriba de estos vegetales para que crezcan las hojas verdes que son comestibles: zanahoria, chirivía, betabel, y nabo.
- Ponga hojas de hierbas como albahaca y cilantro en agua para cultivar nuevas plantas.



Ideas para jardinería

Sabía usted que es mas probable que los niños que cultivan un jardín quieran probar los alimentos que cultivan?

★Beneficios del programa de SNAP pueden ser usados para comprar semillas que producirán comida (enlace en Inglés):

<https://www.snapgardens.org/snap-participant/>

- Estas son semillas grandes, que son buenas con manos pequeñas: chícharos, frijoles, beans, capuchinas (la flor y los tallos son comestibles), y calabazas.
- Semillas pequeñas pueden ser mezcladas con arena en una taza y esparcidas encima de tierra para sembrar.
- Estas plantas crecen bien en macetas: tomates, hierbas, chícharos, calabazas, lechuga y hojas verdes para ensalada, rúcula, chiles picantes y pimientos, pepinos, rábanos y berenjena.

Escaneé el código QR para aprender más sobre jardinería con niños (enlace en Inglés):

