

I Spy: Vegetables!

Nutrition Objective

Children learn about the importance of eating a variety of colorful vegetables. They taste several vegetables and explore which ones were favorites for the class.

Materials & Ingredients

radish
broccoli
tomato
yellow bell pepper

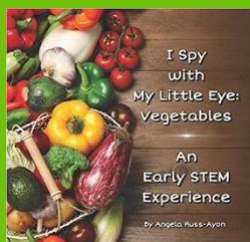
serving bowls and tongs or spoons
plastic knives
paper plates
teacher knife and cutting board



Food Preparation

- Wash vegetables.
- Cut into an appropriate number of large pieces one per child.
- Place in serving containers with tongs or spoons for family style serving.

Lesson Introduction



Question of the Day: Why is it important to eat a variety of colorful vegetables?
(*Different colors provide different nutrients the body needs to be healthy.*)

Read and discuss: *I Spy with My Little Eye: Vegetables* by Angela Russ-Ayon

- Refer to the last two pages for vegetable information and open-ended questions.
 - This book introduces opposites in a simple way and provides picture support.
- Example: I spy vegetables that are thin. I spy vegetables that are wide.
- Teach the new vocabulary: thin.
 - Use the opposing page to support the opposite: wide.
 - Another idea is to have children guess the opposites by looking at the pictures.
 - Then have fun finding the described vegetables.

TSGOLD: 2c, 8a, 9a, 11a, 11e, 12a, 12b, 17a, 18a, 37, 38

Lesson Process

- Children and adults wash their hands.
- **Introduce and discuss** the vegetables. Talk about the colors and textures. Ask children if they have ever tried any of these vegetables before.
- Model using tongs or spoons (rather than fingers) to take food from containers
- Children serve themselves and use plastic knives to cut the food into smaller bites.
- Eat together and give children time to taste and discuss the flavors and textures.
- Children participate in a graphing activity. (*see Math Extension on the next page*)

TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 11b, 37, 38

Share your Story

- What did you think about the radish? (it was: spicy, crunchy, bitter, different color on outside and inside, etc.)
- What color is your favorite vegetable and why?
- What vegetables do you spy at home or the store? (*carrots, broccoli, lettuce, etc.*)

TSGOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 11e, 12a, 12b, 37, 38

School to Home

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

Lesson Extensions

Math Extension Activity

Material: teacher created graph, markers

- Show the children the graph and explain the different parts.
- Children mark their favorite vegetables on the graph.
- Together count how many marks each vegetable has and write the number.
- Which has the most? Which has the least? How do we know this?
- What other vegetables could we add to our graph?
- Display graph in classroom.

TSGOLD: 8a, 8b, 11a, 11c, 12b, 20a, 20c, 37, 38

I Spy Walk

- Take a walk outdoors (in the building if weather is inclement) and play I Spy.
- Vary your clues: color, shape, size, texture, purpose (I spy something that can be climbed).
- Children take turns being the describer.

TSGOLD: 2c, 4, 8a, 8b, 9a, 11a, 11d, 11e, 12a, 12b, 37, 38

Physical Activity

Music and Movement

Find the “Vegetable Song” on YouTube

<https://www.youtube.com/watch?v=RE5tvaveVak>



- Children spread out in an outdoor space or around the room. Explain that we are going to listen to the music and follow along singing and moving our bodies.
- Encourage children to try different ways of moving their bodies while singing along (clap hands, stomp feet, raise arms, sway hips, squat up and down, jump, etc.).
- Start the music and join the children by modeling a variety of different moves.

TSGOLD: 2c, 4, 7a, 11a, 11e, 12b, 35, 37, 38

Relay

Materials: plastic fruits and vegetables or balls

- Children are divided into two teams lined-up behind empty baskets which indicate the starting points.
- Full baskets of fruits/veggies or balls are placed at least 10 feet away from starting point.
- One at a time children run to the other side to grab one item from the basket. Then they run back to the starting line to drop it in their empty basket, and they move to the back of the line.
- Teams can alternate choosing the traveling skill for the next round (skip, crab crawl, gallop, walk backwards, etc.).

TSGOLD: 2c, 4, 6, 7a, 8a, 8b, 11a, 11d, 11e, 37

Physical Education: Using hands and fingers

- Give children as many opportunities as possible to strengthen their fine motor muscles both inside and outside the classroom.
- Use chalk to draw outside, stress balls to squish during free choice time or for calm down time, have shovels available for digging, playdough for rolling, etc.
- Building strong muscles in children’s hands will help support large muscle movements (throwing and catching), independent skills (cutting fruits and veggies with plastic knives, opening containers to eat or drink, feeding themselves, writing their names, etc.), and so much more!

TSGOLD Objective: 7a Demonstrates fine-motor strength and coordination-uses fingers and hands.

For additional activities, songs & information, visit
<https://coloradosph.cuanschutz.edu/school-wellness>



Family Letter

I Spy Vegetables



Colorful Vegetables

Vegetables are a great source of vitamins, minerals, and fiber. Fiber can help us feel full. Experts recommend eating a variety of colorful vegetables to get the different nutrients our bodies need.

Kids who help in the kitchen are more likely to try new foods. Your child can make this fun and delicious hands-on recipe below with just a little help from you.

Learn more about vegetables at:

<https://www.myplate.gov/eat-healthy/vegetables>

or scan this QR code:



Hummus:

Ingredients:

- ¼ cup canned garbanzo beans
- one lemon slice, peel removed
- 1 teaspoon olive oil

Fun Fact: Beans fit in both the vegetable and protein groups of MyPlate.

Directions:

1. Everyone washes their hands.
2. Pour beans, lemon and oil into zippered sandwich bag.
3. Remove excess air from bag and seal well.
4. Using fingers, mash ingredients until smooth.
5. Adult snips off bottom corner of bag.
6. Child squeezes hummus onto whole wheat crackers, pita bread or fresh vegetables.



Physical Activity

Kids are more likely to be active when their parents are too! Being active together can promote bonding.

- Find “Vegetable Song” on YouTube: <https://www.youtube.com/watch?v=RE5tvaveVak>
- Children catch-on to the movements quickly as this song uses repetition.
- Encourage children to try different ways of moving their bodies while singing along (clap hands, stomp feet, raise arms, move hips, squat up and down, jump around, etc.)
- Start the music and join the children by modeling a variety of different moves.



Summer is a great time to try new vegetables. Farmer's markets are full of fresh produce. Many offer Double Up Food Bucks. Double Up Food Bucks matches your dollar, so you get twice the fruits and vegetables.

Find a local farmer's market by visiting this page <https://doubleupcolorado.org/where-its-at/> or scanning the QR code.



Carta Familiar

Yo espío y veo vegetales



Vegetales de Colores

Los vegetales son una gran fuente de vitaminas, minerales y fibra. La fibra puede ayudarnos a sentirnos llenos. Los expertos recomiendan comer una variedad de verduras coloridas para obtener los diferentes nutrientes que nuestros cuerpos necesitan. Los niños que ayudan en la cocina se inclinan más a probar alimentos nuevos. Su hijo(a) puede hacer esta receta que es divertida y deliciosa con sólo un poco de su ayuda.

Aprenda más sobre los vegetales (página en Inglés):

<https://www.myplate.gov/eat-healthy/vegetables>

o escanee este código QR:



Hummus:

Ingredientes:

- ¼ de taza de garbanzos enlatados
- 1 rebanada de limón sin cáscara
- 1 cucharadita de aceite de oliva

Dato curioso: Los frijoles son parte de los vegetales, y también de las proteínas en el modelo de MiPlato.

Instrucciones:

1. Todos se lavan las manos.
2. Vacíe los garbanzos, el limón y el aceite en una bolsa de sandwich con zipper.
3. Retire el exceso de aire de la bolsa y selle bien.
4. Con los dedos, trituren los ingredientes hasta que estén suaves.
5. El adulto corta la esquina inferior de la bolsa.
6. El niño exprime el hummus sobre galletas saladas de grano entero, pan de pita o verduras frescas.



Actividad Física

- ¿Sabía que los niños se inclinan a ser más activos cuando sus padres también son activos?
- Busquen "Vegetable Song" en YouTube: <https://www.youtube.com/watch?v=RE5tvaveVak>
- Esta canción tiene mucha repetición que los niños pueden captar rápidamente.
- Anime a los niños a probar diferentes maneras de mover sus cuerpos mientras cantan (aplaudir las manos, pisar, levantar los brazos, mover las caderas, ponerse en cuclillas, saltar, etc.)
- Comience la música y únase a los niños modelando una variedad de movimientos diferentes.



El verano es un tiempo perfecto para probar vegetales nuevos. Los mercados al aire libre (Farmer's Markets) están llenos de frutas y vegetales frescos. Muchos ofrecen Double Up Food Bucks. Double Up Food Bucks es un programa de SNAP que dobla sus dólares en su tarjeta SNAP-EBT para comprar el doble de frutas y verduras. Encuentre el Farmer's Market en su área en esta página de internet (página en Inglés, puede cambiar el idioma en la parte de abajo), <https://doubleupcolorado.org/where-its-at/> o el código QR a la derecha.

