

# Graphing Vegetables



**Question of the Day:** What do you like about your favorite vegetables?

**Theme:** Children will discover the most and least popular vegetable in the class.

## Social-Emotional



- **Active Involvement:** Every child has a chance to contribute to the graph with peers.
- **Positive Relationships:** Learn what others in the class like or dislike with curiosity, respect, and patience.
- **Patience:** Encourage sharing, turn taking and working cooperatively while building the graph.

## Cognitive



- **Science:** Put a stalk of celery in a cup with some water and a few drops of food coloring. Predict what will happen next.
- **Art:** Create print-making paintings: children dip cut vegetables into different colored paints. Press onto construction paper and notice the interesting shapes.
- **Math:** Include numbers, quantities, comparisons, and relationships all in one graph. Sort vegetables by color or shape.

## Language & Literacy



- **Read a Book About Vegetables:** Discuss why vegetables are healthy as you read together. Vegetables provide a variety of vitamins and minerals which support strong, healthy, growing bodies.
- **Develop Language:** Discuss with children the different taste, smell, textures, colors and sizes of the radish, broccoli, snap peas, and green peppers using receptive and expressive language.
- **Language Modeling:** Have children practice self expression by modeling words and expanded sentences when participating in asking and answering questions.

## Physical Health



- In a circle and using 2 balls, have children roll the balls simultaneously to another child trying not to have the balls collide!
- Pass the ball in a circle while listening to music. When the music stops the person with the ball has to name a veggie or pick a movement to do (hop, jumping jack, etc.).
- Have children stand in a line (# of lines = # of balls). Then have children pass the ball through the line in different ways (over their heads, through their legs, around their waists) or any idea the children may have!

For additional activities, songs & information, visit [cowprogram.com](http://cowprogram.com)

# Graphing Vegetables - Lesson Process

For additional activities, songs & information, visit [cowpprogram.com](http://cowpprogram.com)



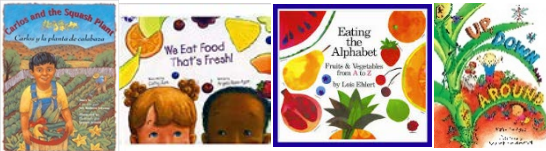
## Materials and Ingredients:

- Book *Eating the Alphabet* by Lois Ehler, *We Eat Food That's Fresh* by Angela Russ-Ayon, *Carlos and the Squash Plant* by Jan Romero Stevens, or *Up Down and Around* by Katherine Ayres
- 1 Bunch radishes
- 2 Broccoli crowns
- 1 Bag (8 oz.) snap peas
- 2 Yellow bell peppers
- Plastic forks, knives, paper bowls, and serving bowls



## Preparation:

- Everyone washes hands with soap and water.
- Wash the radishes, broccoli, yellow peppers, and snap peas.
- Cut the radishes and broccoli into bite-size pieces. Cut the yellow peppers into strips and leave the snap peas whole.
- Place each vegetable in its own serving bowl.



## Introduce Lesson to Children:

- Read provided COWP book.
- Introduce lesson and tell children they are going to taste four different vegetables and decide which is their favorite.
- Ask: *What do you like about your favorite vegetables?*

## Lesson Process:

- Have children wash their hands.
- Pass around serving containers with prepared vegetables.
- Have children serve themselves. The children can cut the yellow pepper strips and snap peas into smaller pieces, giving them a chance to participate in the preparation. ***\*Interacting with foods is a proven strategy in getting children to try new foods.***
- Demonstrate taking a taste of one of the vegetables and describe it as you eat it.
- After children have tasted the vegetables, create a class graph by asking them to mark their favorite vegetable.



## Family Letters

- Send the family letters home to let parents know about the fun activity shared in class.