

Nutrition Objective

This lesson helps children recognize and identify foods that go in the fruit and vegetable food groups on MyPlate, and it helps them explore how foods grow. Children make and taste a lettuce wrap and plant lettuce and onion scraps.

Materials and Ingredients

Before preparing food, show the whole foods to the children.

butter or romaine lettuce	teacher knife	paper plates
snap peas	cutting board	
green onions	tongs or spoons	
low fat ranch	plastic knives	



NOTE: Green onion and 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, farmers' markets, 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. *Note: the entire pea pod is edible.
 - 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 to see if they will regrow.
- 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, planting 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 lettuce and green onions from today's 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 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 shakka lakka lakka boom!”
- TSGOLD: 2c, 4, 5, 8b, 11a, 11b, 35, 37

Throwing and Catching

- Everyone stands in a circle. Teacher models many movement ideas (jumping jacks, hopping on one foot, spinning, etc.)
- 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 before throwing it to the next friend.
- Every child should have a turn to throw and catch.

Tip: If children struggle with throwing: Use a smaller ball that fits better into child’s palm.

If children struggle with catching: Use a large, soft ball. Encourage children to continue watching the ball as it comes to them, and practice catching with two hands.

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

For additional activities, songs and information, visit
<https://colosph.cuanschultz.edu/school-wellness>



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