

Vegetable Bug- Whole Child Adaptation



Question of the Day: Why do bugs eat vegetables?

Theme: Children will think about various bugs that eat vegetables and how vegetables provide important vitamins and minerals for bodies of all kinds.

Social-Emotional



- **Feelings:** Ask children how they feel when they see or find bugs. Are they scared? Excited? Curious? Interested?
- **Share Your Creation:** Have children describe the bugs they created and why they chose to make that bug.

Cognitive



- **Science:** What do bugs look like? Discuss the parts of a bug: antennae, head, thorax, abdomen and legs. Look for bugs on the playground.
- **Math:** Put plastic bugs in the math center. Add tweezers and have children sort, count and classify bugs into different containers.

Language & Literacy



- **Language Through Science:** Build a bug science center filled with pictures and books about bugs. Add a bug vocabulary/picture wall.
- **Language:** Discuss with children the different tastes, smells, textures, colors and sizes of cucumbers, tomatoes, carrots, olives, and snow peas.

Physical Activity



- **Play Swat the Fly:** Divide children into two groups (swatters and flies), and have the groups line up in two parallel lines. Swatters each need one third of a pool noodle and the flies each need a “fly”, which is a streamer or ribbon. *Before beginning, teach children about safe tagging and that we only swat the “fly”, not people’s bodies. On the signal “Fly!” the flies begin running across a large open area, with their ribbon streaming behind them. Within a few seconds, signal “Swat!” for the swatters to chase the flies and attempt to swat the trailing ribbon “flies” using their pool noodle swatters.

For additional activities, songs & information, visit cowprogram.com

Vegetable Bug - Lesson Process

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Materials and Ingredients:

- A COWP provided bug book
- 4 Cucumbers
- 1 Bag shredded carrots
- 1 Bag snow peas (pre-washed)
- 1 Pint cherry or grape tomatoes
- 1 Can (4 oz.) sliced olives (drained)



Preparation:

- Wash hands with soap and water.
- Wash cucumbers and rinse cherry tomatoes.
- Cut cucumbers into spears: cut lengthwise first, then cut each half into halves or thirds so they lay flat on the plate (one for each child).
- Place vegetables in bowls so children may serve themselves.
- Prepare your own example of a veggie bug to show the students.



Introduce Lesson to Children:

- Read the bug book provided by COWP.
- Ask: *Why do bugs eat vegetables?*
- Discuss with children how vegetables are good for their bodies.



Lesson Process:

- Have children wash their hands.
- Show your veggie bug example to the class.
- Allow children to serve themselves each veggie and let them create their own veggie bug.
- Sit together, eat and enjoy the veggie bug!



Family Letters:

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