

Vegetables

Lesson Overview:

Today students will listen to Vivian French's book, *Oliver's Vegetables* and discuss the importance of eating vegetables and a variety of them, discuss and explore different kinds of vegetables, and make selections from a tasting tray of different vegetables.

Grade Level: K-2nd

Lesson Time: 60 minutes

Materials Needed:

- *Oliver's Vegetables* by Vivian French
- Variety of vegetables to eat
- Small plates

Content Integration:

- Nutrition
- Language Arts

Corresponding Standards:

- Examine food groups
- Select nutritious foods
- Identify healthy snacks
- [CCSS.ELA-Literacy.RL.2.1](#) Ask and answer such questions as *who*, *what*, *where*, *when*, *why*, and *how* to demonstrate understanding of key details in a text.
- [CCSS.ELA-Literacy.RL.2.2](#) Recount stories, including fables and folktales from diverse cultures, and determine their central message, lesson, or moral.

Lesson Objective:

Students will examine the importance of vegetables, identify vegetables as a food group and use this knowledge to select healthy snacks.

Lesson Description:

1. Lead-in:

Setting the stage: Background Information for teachers

So why are fruits and vegetables so important?

Despite all of the controversy surrounding the optimal components of a healthy diet, there is little disagreement among scientists regarding the importance of fruits and vegetables. The results of numerous epidemiological studies and recent clinical trials provide consistent evidence that diets rich in fruits and vegetables can reduce the risk of chronic disease. On the other hand, evidence that very high doses of individual

*micronutrients or phytochemicals found in fruits and vegetables can do the same is inconsistent and relatively weak. Fruits and vegetables contain thousands of biologically active phytochemicals that are likely to interact in a number of ways to prevent disease and promote health. Fruits and vegetables are rich in antioxidants, which help protect the body from oxidative damage induced by pro-oxidants. **The best way to take advantage of these complex interactions is to eat a variety of fruits and vegetables.***

The overall message- Fruits and vegetables contain important nutrients that your body needs to grow and stay healthy. To make sure we get all of these nutrients it is important to eat a variety of fruits and vegetables. This can be accomplished by eating a rainbow of colors.

- a. Eat a diet rich in fruits and vegetables*
- b. Eating fruits and vegetables may reduce risk for heart disease and protect against certain types of cancer.*
- c. Eating fruits and vegetables are generally lower in calories than other foods. This is important in helping lower calorie intake.*

2. Step by Step:

Make predictions before reading *Oliver's Vegetables*

- What might happen in the story?
- Does Oliver like vegetables? Use what you know about him from Oliver's Fruit Salad.

Read *Oliver's Vegetables*. The story provides discussion around several topics and questions.

- Grandpa has a garden. What kind of vegetables might be in his garden?
 - More discussion around gardens, farms, where food comes from.
- Is Oliver a picky eater?
- Do you know anyone else who is a picky eater? Connect to Gregory.
- Should Oliver eat vegetables? Why?
- Did Oliver eat different vegetables or a variety?

3. Closure

Apply new knowledge with some tasting!

With a variety of clean and cut vegetables on hand, have students choose several different types to build a small snack. It should be encouraged that students choose a variety or a rainbow of colors and even try a few vegetables they may not be familiar with. You can even add a small amount of hummus dip to the plate to foreshadow the info to come on proteins. Hummus is made of garbanzo beans also known as chickpeas, which are legumes and a great protein source.