

# Valuable Nutrition From Vegetables

A Lesson on Nutrition Inside the “Vegetables Group”

A lesson based on the book, Growing Up Strong, by Dan Yunk.

*This book was financed by the Kansas Farm Bureau Foundation for Agriculture on behalf of Kansas Farm Bureau, The Voice of Agriculture. It was written to educate young people, parents and teachers about where our food comes from.*

*America’s food supply is safe, affordable and abundant but also vastly misunderstood by the consuming public. It is the intention of Kansas Farm Bureau to improve the public’s knowledge about the importance of farming and ranching, and the roles they play in our quality of life.*

## BACKGROUND INFORMATION:

After reading Growing Up Strong, we have learned that understanding nutrition is important in order to live a long and healthy life. Today we are going to only focus on one of the food groups, vegetables! Let’s learn what the difference is between the five types of vegetables, as well as what good serving sizes of vegetables are.

Eating vegetables everyday is important to get proper nutrients like vitamins and minerals. Also, eating vegetables allows us to consume more food without adding as many calories. There are five different kinds of vegetables and it is important to select a variety of types from these groups (*source: USDA, www.choosemyplate.gov*).

Eating the right amount of vegetables is also necessary to be healthy. The recommended serving size of vegetables is two cups per day. You can mix and match what makes up the two cups to keep your vegetable intake interesting. The USDA recommends eating at least one vegetable out of each of the five groups every week.

## ACTIVITY 1: TYPES OF VEGETABLES

Pass out a copy of handout 1 to the students OR use a transparency of the handout on an overhead project.

Using handout 1 as either a handout or a transparency go through the five types of vegetables. Have the students raise their hand if they have eaten the vegetables in the lists as they are read off. This gives the students a reward for eating vegetables.

Explain what each of the groups has to offer individually. The dark green and orange vegetables are rich in vitamins. The beans and peas are high in fiber. All vegetables are low in calories and fat and have no cholesterol.

## LEVEL:

2nd-3rd grades

## SUBJECTS/STANDARDS:

K-4th grade Health Promotion Standard 1: The students will comprehend concepts about health promotion as it relates to nutrition.

Benchmark 1: The students will identify the relationship between well-being and health related behaviors.

Indicator A: Introduce students to a balanced diet and nutrition as it relates to the MyPlate Food Guide.

## ACTIVITY DESCRIPTION:

Students will discover the difference between the five different groups of vegetables. A physical activity is also included to encourage good environmental habits.

## STUDENT LEARNING

### OUTCOMES:

Students will show understanding by matching the different types of vegetables into groups.

Pass out a copy of handout 2 to each of the students.  
Give the students a certain amount of time to complete the handout then go over it together as a class.

### ACTIVITY 2: SERVING SIZES

Discuss the proper serving size and daily serving amounts with the students. Show the students what 2 cups looks like. Also, explain to them that they can have several different kinds of vegetables to equal the 2 cups, and that they don't simply have eat 2 cups of carrots, etc.

To add a hands-on aspect to this part of the lesson, you could choose to provide small balls, marbles, or jacks to represent different types of vegetables. The students can practice using measuring cups to gather 2 cups of the items to give them a visual of their daily serving amount.

### ACTIVITY 3: RECIPE OF THE DAY!

*The students should have their personal recipe books from the previous days lesson.*

The students should record the ingredients and the instructions as you walk them through making their snack/recipe of the day. Make sure you do not have any peanut allergies before bringing peanut butter into the classroom. Peanut butter can be replaced in this recipe using easy cheese or cheese whiz. The recipe of the day includes:

Ants on a Log

#### Ingredients

3" Celery Stick  
1 Tsp. Peanut Butter or Easy Cheese  
3 Raisins

#### Directions

Wash hands. Place 2 celery sticks on your plate. Smear 1 teaspoon of peanut butter inside each of the celery sticks. Place three raisins on the peanut butter in a line to look like ants. Enjoy! Clean your area.

### ACTIVITY 4: PHYSICAL ACTIVITY IS KEY!

*It is important to eat a nutritious diet, but also to get exercise everyday! Each lesson included in this unit will include a game or activity to get some physical movement into the student's day!*

#### Help the Environment:

Provide the class with latex or rubber gloves for this activity. Take the entire class out onto the school grounds. As a class spend about 15 minutes walking around and picking up trash. This is not only a good exercise method, but it is also helping to protect the environment. Have trash bags or buckets for the students to place pieces of trash into.

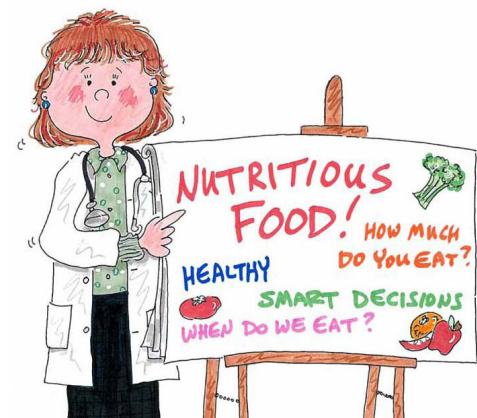
**ESTIMATED  
TEACHING TIME:**  
50 minutes

**NEW VOCABULARY:**  
Dark Green Vegetable  
Orange Vegetable  
Beans & Peas  
Starchy Vegetable  
Other Vegetables

**MATERIALS NEEDED:**  
Growing Up Strong  
Copies of Handout 1  
Balls, Marbles, Jacks  
Variety Measuring Cups  
3" Celery Sticks  
Peanut Butter  
Raisins  
Plates/Napkins  
Latex Gloves

**OPTIONAL MATERIALS:**  
If your class has any nut allergies use easy cheese instead of peanut butter.

**PREPARE AHEAD:**  
Make copies prior to class  
Wash and cut celery  
Know if there are any allergies.



# The Five Types of Vegetables

## 1. Dark Green

- Broccoli
- Spinach
- Romaine Lettuce
- Collard Greens

## 2. Orange

- Squash
- Carrots
- Pumpkin
- Sweet Potatoes

## 3. Beans & Peas

- Pinto Beans
- Kidney Beans
- Lentils
- Black-Eyed Peas

## 4. Starchy

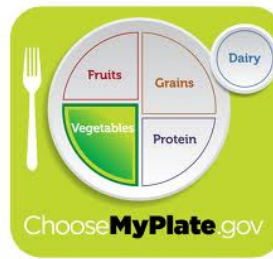
- Potatoes
- Corn



## 5. Other

- Cabbage
- Celery
- Tomatoes
- Green Beans
- Iceberg Lettuce

# Day 2 Amazing vegetables!



Name \_\_\_\_\_ Date \_\_\_\_\_

## Directions:

Draw a line to match the vegetable picture with the group name it belongs to. Remember that the dark green and orange groups offer the most vitamins for your body!

Dark Green

Broccoli



Orange

Kidney Beans



Beans & Peas

Tomato



Starchy

Butternut Squash

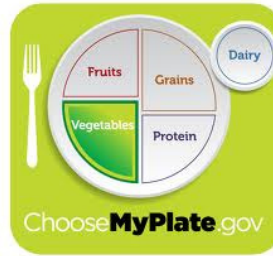


Other

Potato



# Day 2 Amazing vegetables!



Name \_\_\_\_\_ Date \_\_\_\_\_

### Directions:

Draw a line to match the vegetable picture with the group name it belongs to. Remember that the dark green and orange groups offer the most vitamins for your body!

Dark Green

Broccoli



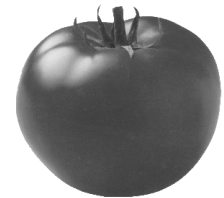
Orange

Kidney Beans



Beans & Peas

Tomato



Starchy

Butternut Squash



Other

Potato

