

# UConn Husky Reads - Preschool Lesson 4: Various Vegetables

**Theme: Vegetable Group** *Eat vegetables every day to grow healthy and strong!*

This lesson teaches children to associate eating a variety of vegetables with staying healthy. They will also learn that vegetables come from the garden, to relate the color green in MyPlate with vegetables, and that vegetables start with the letter 'V'.

## Learning Objectives:

1. Children will recognize vegetables as a food group on MyPlate.
2. Children will recognize that vegetables come in different colors.
3. Children will be able to identify two different vegetables.

## Introduction: 5 minutes

- Greet the children and remind them you are there to read to them and to teach them about healthy foods.
- Ask the children if they remember last week's lesson, "Fruit for All" and what their favorite fruit is!
- Display the MyPlate poster, then ask the children if they can help you name the five food groups and their colors.
- Point out the **green** section and explain it represents the vegetable group.
- Reinforce that the word *vegetable* begins with the letter 'V' and have them say the word "vegetable".
- Hold up the vegetable poster—discuss each of the vegetables shown, noting their different tastes, colors, shapes, and sizes. Let them know that vegetables can be eaten as a snack or with meals and that they are grown in the garden. Explain that vegetables have vitamins and minerals that are essential to staying healthy!



## Read Aloud: 8 minutes

*Choose one book from the Book List provided*

- Introduce the book title and author.
- Show children the cover of the book and ask them to make a prediction about the story.
- Utilize Book Guide provided and ask children questions before, during, and after the story when appropriate.
- After finishing the book, ask the children if they enjoyed the story. Conclude by making a connection between the story and lesson objectives.

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### **Activity: 8 minutes** *Hop to the Healthy*

Begin by asking the children if they know what kind of foods rabbits eat. Provide examples like carrots, celery, lettuce, corn, spinach, etc. as vegetables that they like to eat. Tell the children, "Eating like bunnies is a good idea to help us grow healthy and strong!" Introduce sometimes foods to the children: foods that we should only have once in a while (special occasions, birthday parties, holidays, etc.) because they do not help our bodies grow or stay healthy. Have everyone stand up and make bunny hands (hands to chest, bent wrists). Explain to the children "When I hold up a picture of a vegetable, I'd like you to hop like a bunny!" Instruct them to stop and freeze (in a funny pose) when you hold up an unhealthy snack food that bunnies do not eat, the "sometimes foods."

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### **Tasting: 5 minutes** *Petite Baby Carrots*

Be sure to have the children wash their hands before eating; wear food service gloves while preparing and serving food; and clean surfaces before and after the lesson. Place baby carrots in a tasting cup. Distribute to children. Show the children whole carrots with attached greens. Explain that carrots look like this when pulled from the garden. The carrots they will be tasting have been washed and cut up. Have everyone pick up a carrot and on the count of three, take a bite together - see which classmate can make the loudest "bunny crunch." (They also like to nibble them like bunnies too).

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### **Review: 4 minutes**

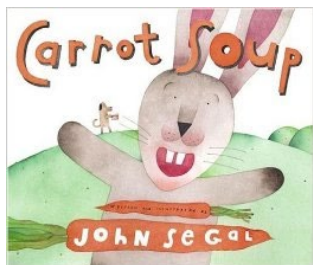
While children are sitting at the table, review the learning objectives of the lesson. Ask if they remember a healthy food or exercise that they learned about that day. Thank them for spending time with you and let them know you will be back next week with a new story, activity, and food to try! Distribute stickers to the children or teacher before leaving the classroom.

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### **Materials needed:**

- MyPlate poster
- Vegetable poster by Learning Zone Express
- Vegetable sequencing/counting cards
- Cards with vegetable and snack food pictures (10)
- Bunny puppet
- Stickers
- Petite baby carrots and bunch of carrots with greens attached
- Serving cups and napkins
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

## Lesson 4 Book List and Book Guide



### *Carrot Soup* by John Segal

**Age Range:** 3-8 years      **Grade Level:** Pre-K - 3<sup>rd</sup>      **Length:** 32 pages

Children will learn about healthy vegetables and friendship in this story. Like many rabbits, the one in this story loves carrots! He especially loves to make a big pot of carrot soup for all of the woodland creatures in the forest.

#### **During the book:**

- Ask children what food group carrots are in.
- Ask children if they know where carrots come from. Do they grow above ground or below? What do carrots need in order to grow? Explain that farmers pull carrots from the dirt just like rabbit did!



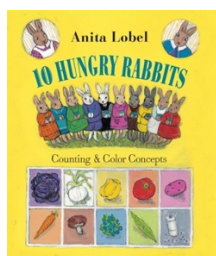
### *Creepy Carrots!* by A. Reynolds, P. Brown

**Age Range:** 4-8 years      **Grade Level:** Pre-K - 3<sup>rd</sup>      **Length:** 40 pages

This is a great story about one bunny who can't stop eating carrots! He eats them on this way to school, at home, and even playing baseball. One day the carrots start to follow the bunny!

#### **Questions during the book:**

- Ask the children what food group carrots are in.
- Read with some suspense to engage the kids- ask "what do you think will happen next?"
- After finishing the story, talk about how Jasper really loved the carrots. Ask the children what vegetables they love or would like to try.



### *10 Hungry Rabbits* by Anita Lobel

**Age Range:** 2-5 yrs      **Grade Level:** Preschool - Kindergarten      **Length:** 24 pages

This story is great for learning many concepts like shapes, colors, and counting! The hungry rabbits enjoy trying many different vegetables in this story!

#### **During the book:**

- Each time a different food is shown in the book ask the children what food group it is in.
- Use this book to teach about colors by having the children identify the color of each food.
- Ask the children if they have ever visited or planted in a garden and have them name some foods that might grow in a garden.
- Counting each of the foods on each page can help reinforce the message of the book. Ask the children to help you count each vegetable before turning to the next page.