



## Lesson 4: How Do Fruits and Vegetables Grow?

### Nutrition Objectives:

1. Students will be able to identify how fruits and vegetables grow.

### Supplies/Materials:

- Sylvia's Spinach book by Katherine Pryor
- Fruit and Vegetable Scavenger Hunt worksheet (one for each student)
- Favorite Fruits word search (one for each student)
- How Do Fruits and Vegetables Grow? (reference sheet for teacher)
- Fruit and Vegetable Matching Posters
- Tasting Passports (one for each student; saved from Lesson 2; remind students about it)
- Fruit and Vegetable lists (**Add this week's fruits and vegetables to the list.**)

### Lesson:

**Say→** Today we are learning about where the fruits and vegetables we eat come from. Your family might buy the food at a grocery store, but I want you to think about how it got there.

**Ask→** Have you ever planted a garden? What fruits and vegetables did you plant?

**Ask→** Have you ever been to a farm? What foods were being grown there?

**Say→** So we know that fruits and vegetables are planted and grown.

**Say→** I'm going to read this book Sylvia's Spinach which will show you how some children grew vegetables in a garden at school, ate them and brought them home to their families. The main character in this book, Sylvia, doesn't like spinach. What do you predict will happen after Sylvia grows spinach herself?

- **Read the book.**

- **After the story:**

**Ask→** What is the problem in the story? (*Sylvia doesn't like spinach.*)

**Ask→** How does Sylvia feel when her teacher gives her spinach seeds to grow? (*disappointed*)

**Ask→** What does she do? (*she tries to trade with her classmates, asks the teacher for another vegetable, eventually she plants seeds*)

**Ask→** How did Sylvia plant the spinach seeds? (*she put seeds in a pot, covered them with a thin layer of soil, watered them and put them in the sun*)

**Ask→** After the seeds sprouted and grew a little bit, what did the children do? (*planted them in the ground in the garden outside*)

**Ask→** What do you need to do to make sure your plant does not die outside? (*water it, pull weeds, keep animals away with a fence*)

**Ask→** How is the problem in the story solved? (*Sylvia learns to like spinach after growing it herself.*)

(continued)



**Ask→** What are some of the different ways you can eat spinach? (*raw in salad, put in sandwich, eggs, lasagna, soup, dip, or in spinach pie*)

**Ask→** How do green vegetables help your body? (*They help you go to the bathroom.*)

**Say→** Some of the vegetables the children planted in this story grew on **top of the ground**.

**Ask→** What are those vegetables? (*lettuce, spinach, tomatoes, cucumbers, peas and squash*)

**Ask→** Which vegetables in the story grew attached to a **vine**? (*tomatoes, cucumbers, peas and squash*)

**Ask→** Which vegetable in the story grew **under the ground**? (*radishes*)

**Ask→** What other vegetables grow **under the ground**? (*carrots, potatoes, beets, turnips*)

**Ask→** How do fruits grow? (*Fruits grow on many different plants: vines, bushes and trees.*)

**Ask→** What are some fruits that grow on a **vine**? (*grapes, watermelon, cantaloupe*)

**Ask→** What are some fruits that grow on a **bush**? (*strawberries, raspberries, blueberries, blackberries*)

**Ask→** What fruits grow on **trees**? (*apples, plums, pears, peaches, bananas, mangoes*)

**Say→** Your body needs a lot of different foods for you to grow and be healthy. Fruits and vegetables are healthy foods that you should eat every day.

**Say→** The message of this lesson today is that fruit and vegetables come from plants and trees that grow in different ways. When you eat fruits and vegetables this week I want you to think about where they came from and how they grow.

**Say→** Also, think about being brave and trying new foods. Sometimes you have to try a food again and again before you like it. Think of other ways you can eat a food like all the ways Sylvia's Mom and Dad prepared spinach. Finally, think about growing your own fruits and vegetables either in a garden, or in big pots on a sunny balcony or patio if you don't have a lot of space.

### **Activity #1: Fruit and Vegetable Scavenger Hunt worksheet**

Display the Fruit and Vegetable Matching Posters. Read the directions and instruct the children to work with a partner and refer to the posters to help them fill in the answers.

### **Activity# 2: Favorite Fruits word search**

**Don't forget!** Remind students to draw any new fruits and veggies they've tried in their Tasting passports.