



Lesson 8: Vegetables in Many Forms

Nutrition Objective:

Students will be able to state two ways that vegetables can be changed during cooking/preparation.

Supplies/Materials:

- 3 vegetable pictures (baked potato, mashed potato and French fries)
- Chart paper or whiteboard
- Markers
- Fruit and Veggie Rhymes worksheet (one for each student)

Lesson:

Ask? Did anyone eat 2 cups of fruit and 2 cups of vegetables yesterday?

Ask? What did you eat?

Say? The last time we talked about fruits in many forms.

Ask? Can anyone name an example of each fruit and explain what we mean by many forms?

Say? Today we are learning more about the vegetable group and how some vegetables change when we cook or process them. Sometimes, when we prepare or cook a fruit or vegetable, we take some of the healthy part away from it. Other times, we add an extra ingredient like sugar, oil, or salt.

Ask? Why are vegetables important for your body? *(Vegetables contain lots of important vitamins and minerals that keep us healthy and strong, and fiber which keeps food moving through your body so it helps you go to the bathroom.)*

Ask? How many cups of vegetables do you need to eat every day? *(at least 2 cups)*

Say? Let's look at three different ways that people eat potatoes.

- Display the pictures of the baked potato, mashed potatoes, and french fries

Ask? Which picture shows the potato that has not been changed very much? *(The whole baked potato)* How do you know that? *(It looks like how you would get it from the farm. It has been washed and cooked, but other than that it looks the same as when it comes out of the ground.)*

Ask? Which picture(s) shows a potato that has been changed? *(The mashed potatoes and french fries.)* Has anyone ever made mashed potatoes or french fries? How does the potato change during this process?

Say? When we make mashed potatoes and french fries, we usually peel the potatoes. This takes away some of the healthy part of the potato, called fiber. Can someone remind me what fiber does for our body? *(helps us feel full and helps us go to the bathroom).*

Ask? After we peel the potatoes, what do you think we add to them to make mashed potatoes? *(milk or cream, salt, butter)* What do we add to them to make french fries? *(we cook them in lots of oil and add salt)*

Ask? Which of these three pictures shows the potato that has the most vitamins, minerals, and fiber to help us play, learn, grow, and to keep us from getting sick? *(the baked potato)* That's



right, the baked potato still has all of its fiber and doesn't have too many other things like oil or salt added to it.

Ask? Do you think that it is okay to eat fruits and vegetables that have sugar, salt, or oil added to them?

Say? Yes! If you like foods like apple pie and french fries, it is okay to eat these types of foods. We just want to make sure we are also eating fruits and vegetables that haven't been changed too much. These will have the most vitamins, minerals, and fiber to help us grow, play, and learn.

Activity #2: Fruit and Veggie Rhymes: (Curriculum Connection/Language Arts) Have the students complete the worksheet. Review the answers with the class.