



Lesson 5: VIVs (Very Important Veggies)

Nutrition Objectives:

1. Students will be able to provide two examples of how to eat 2 cups of vegetables.

Supplies/Materials:

- 6 Vegetable picture cards
- Measuring cup
- What Counts as One Cup of Vegetables? (reference sheet for teacher)
- Class Fruit and Vegetable List (from Lesson 1)
- My Fruit and Veggie Diary (one for each student)
- Fruit and Veggie Fill Ins (one for each student)

Lesson:

Say→ Last time we talked about how many cups of fruits you need to eat every day to be healthy.

Ask→ How many cups of fruit is recommended for kids your age? (*at least 2 cups*)

Ask→ Does anyone remember how many cups of veggies you should eat each day? (*at least 2 cups of vegetables each day, too*)

Say→ Today we are talking more about how to eat the recommended amount of vegetables.

Ask→ Why is it important to eat at least 2 cups of vegetables every day? (*Veggies contain vitamins and minerals that keep you healthy and strong. They also contain fiber, which keeps food moving through your body to help you go to the bathroom.*)

Show pictures of the following and hold up the measuring cup as you discuss:

- 1 cup of vegetables equals 1 cup of raw or cooked vegetables like broccoli, corn, peas, cucumbers, green beans, mushrooms, tomatoes, peppers or zucchini
- 1 cup of vegetables equals 1 large sweet potato
- 1 cup of vegetables equals 12 baby carrots or 2 medium carrots
- 1 cup of vegetables equals 1 cup of cooked beans and peas such as black, kidney, pinto, soy beans, black eyed peas, or split peas
- 1 cup of vegetables equals 2 cups of raw leafy greens like lettuce and spinach
- 1 cup of vegetables equals 8 fluid ounces of 100% tomato or vegetable juice
- ½ cup of vegetables received as a snack in school (You need 4 servings this size to equal the 2 cups of vegetables you should eat every day.)

Ask→ Who can use the picture cards to show me the amount of veggies you need to eat to equal 2 cups of vegetables per day? Get a variety of responses. Refer to the What Counts as One Cup of Vegetables? reference sheet for answers. Examples:

- 1 cup of green beans and 1 cup(8 fluid ounces) of 100% tomato or vegetable juice
- 2 cups of raw spinach and 1 large sweet potato
- 12 baby carrots and 1 cup of broccoli

(continued)



Activity #1: Fruit and Vegetable Diary: Have students record how many cups of fruits and vegetables they eat each day for two days. Post the Class Fruit and Vegetable list for students to refer to.

Activity #2: Fruit and Veggie Fill Ins (Curriculum Connection/ Language Arts)