



Lesson 3: Vary your Veggies

Nutrition Objectives:

1. Students will be able to identify five different types of vegetables.
2. Students will be able to provide 2 examples of how to eat 2 cups of vegetables each day.

Supplies/Materials:

- 6 Vegetable picture cards
- Measuring cup
- My Vegetable Diary worksheet
- What Counts as 1 Cup of Vegetables? (reference sheet for teacher)
- 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 know how many cups of veggies kids your age should eat each day? (*at least 2 cups of vegetables each day, too*)

Ask→What do the words “at least” mean? (*It’s the minimum amount.*)

Ask→Can you have more? (*yes*)

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.*)

How Much is a Cup of Vegetables? Refer to “What Counts as 1 Cup of Vegetables?” reference sheet.

- Show students the picture cards provided. Each card has an amount listed on it. Hold up the measuring cup to reinforce what the amount looks like.

Examples:

- 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 vegetables received as a snack in school** (You need 4 servings this size to equal 2 cups of vegetables which you should eat every day.)



(continued)

Ask→Who can use the picture cards to show me how many 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*

Activity #1 a: My Vegetable Diary - Have students write down the vegetables they eat for the next two days (starting with today) and estimate about how much they ate. Remind the students that all forms count: fresh, frozen, canned, dried, and 100% vegetable juice. Did they eat at least 2 cups each day?

Activity #1 b: Food Diary Class Results (Curriculum Connection/Math) Have students bring in their Vegetable Diaries. Add up the *total* amount of vegetables eaten by the class in one day. What is the *average* amount of vegetables eaten by each student?

Activity #2: Fruit and Veggie Fill Ins (Curriculum Connections/Language Arts) Instruct the students to work with a partner or in a group to complete the worksheet. Share the answers with the class.