



Lesson 2: Where Do Fruits and Vegetables Grow?

Nutrition Objectives:

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

Supplies/Materials:

- Where do Fruits & Vegetables Grow? picture cards
- How do Fruits and Vegetables Grow? (reference sheet for teacher)
- What Will Help Your Garden Grow? worksheet (one for each student)
- Plant a Garden worksheet (one for each student)
- Up, Down and Around book by Katherine Ayres (optional - see Lesson 1 in the kindergarten binder)

Lesson:

Ask→ Has anyone tried a new fruit or vegetable this week?

Ask→ What did you try?

Say→ Today we are learning about how and where fruits and vegetables grow.

Ask→ Have any of you ever planted anything?

Ask→ Do any of you have a garden?

Ask→ What do you grow?

Ask→ How do plants start off? (*as a seed*)

Ask→ How do you plant a seed? (*dig a hole in soil, put seed in, cover with soil, and water it*)

Ask→ What provides warmth and energy and is very important for plants to grow? (*the sun*)

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

Ask→ Where do fruits and vegetables come from? (*plants and trees*)

Ask→ Have you ever seen a fruit or vegetable growing in a garden or on a farm?

Ask→ What fruits and vegetables have you seen growing there?

Ask→ How or where did you see those fruits and vegetables growing? (*in a tree, on the ground, on a bush, etc.*)

Say→ We are going to pretend to be farmers so we can learn about where fruit and vegetables grow.

- Show students the “Where Do Fruits and Vegetables Grow?” picture cards as you discuss the following:

Say→ Let’s look at these picture cards to help us talk about the different ways fruits and vegetables grow.

Say→ Some vegetables grow **under the ground**, like potatoes. (Show children the picture of
(continued))

the potatoes and then have them pretend to dig up a potato.)

Ask→ What other vegetables grow under the ground? (*carrots, beets, radishes, turnips, sweet potatoes, red onions, green onions and garlic*)

Say→ Some vegetables grow **on the ground**, like lettuce. These vegetables sit on top of the ground and they are not attached to anything like a vine or a bush. (Show the children the picture of the lettuce and then have them bend down and pretend to pick a head of lettuce.)

Ask→ Do you know any other vegetables that grow on the ground like lettuce? (*celery, red cabbage, spinach and asparagus*)

Say→ Some fruits and vegetables grow **on a bush**, like blueberries. (Show children the picture of the blueberry bush and then have them pretend to pick berries and put them in a pail.)

Ask→ What are some other fruits or vegetables that grow on bushes? (*strawberries, blackberries, raspberries, peppers, broccoli, cauliflower, and pineapples*)

Say→ Some grow **on a vine**, like pumpkins. (Have children pretend to pick a really big pumpkin from a vine.)

Ask→ Do you know other fruits or vegetables that grow on a vine? (*watermelon, cantaloupe, cucumbers, green beans, grapes and tomatoes*)

Say→ Some fruits grow **on a tree**, like apples. (Have children reach up and pretend to pick an apple off a tree.)

Ask→ What are some other fruits that grow on trees? (*peaches, pears, lemons, limes, oranges, mangoes, kiwi, cherries, avocados, plums, bananas and coconuts*)

Ask→ Are there any vegetables that grow on trees? (*no*)

Ask→ How does corn grow? (*on a stalk above the ground*)

Say→ The message of this lesson today is that fruit and vegetables come from plants and trees that grow in different ways.

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→ When you eat fruits and vegetables this week I want you to think about where it came from and how it grows.

Activity#1: What Will Help Your Garden Grow? worksheet

Activity #2: Draw a Garden/Plant a Garden worksheet

Pretend you have a garden. Think about what fruits and vegetables you would grow and draw them on the worksheet. Color the fruits and vegetables the colors they are in real life and show how they grow.