



## Lesson 1: Where do Vegetables Grow?

### Nutrition Objectives:

1. Students will learn that vegetables come from plants.

### Supplies/Materials:

- Plant a Garden worksheet (one for each student)
- Up, Down and Around book by Katherine Ayres
- Chart paper or whiteboard and markers
- How do Fruits and Vegetables Grow? (reference sheet for teacher)

### Lesson:

- Introduce the book by showing the children the pictures.

**Ask→** What do you think this book is about? (*plants, gardens, vegetables*)

**Ask→** How many of you have 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 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*)

### Read the Book: Up, Down and Around

- Read the book aloud to the class. As you read, the children can stand and raise their arms when the vegetable grows up, touch the floor when vegetables grow down, and twirl around when vegetables grow around in a vine. You might prefer to read it through once and let the children do the motions during a second reading.
- After reading, refer back to the book to discuss the following:

**Ask→** How did they keep animals and birds away from the plants in the story? (*scarecrow*)

**Ask→** Do worms and bugs help plants or hurt them? (*can do either; it depends what kind of worm or bug it is*)

**Say→** Let's look at the pictures in the book again to help us answer these next questions:

- Make a chart on chart paper or whiteboard (see next page).

**Ask→** What are the vegetables in the book that grow up? (*corn, peppers, broccoli, and okra- which is a vegetable that is popular in the South*)

**Ask→** What other vegetables grow above the ground like these? (*celery, lettuce and purple cabbage*)

**Ask→** How do cucumbers grow? (*above the ground on a vine; show and explain what a vine is*)

**Ask→** What are the other vegetables in the book that grow like this? (*pumpkins, green beans and tomatoes*)

**Ask→** Do you know any other vegetables that grow on a vine? (*squash, peas*)

(continued)

**Ask→** Which vegetables grow under the ground in this book? (*carrots, potatoes, beets, and onions*)

**Ask→** Are there any other vegetables you know that grow under the ground? (*radishes, turnips*)

**Ask→** What do you do once the vegetables are ready to eat? (*“harvest” them, pick them or pull them; wash them, cut them if necessary; take off stem and seeds if necessary; cook if necessary*)

**Ask→** In the book, what did the man and children do with the veggies? (*made lunch*)

**Ask→** What did they eat? (*salad, stew, corn on the cob, tomato sandwiches, beets, and pumpkin pie*)

**Vegetables in the book:**

Up	Down	Around
corn	carrots	cucumbers
peppers	potatoes	pumpkins
broccoli	beets	green beans
okra	onions	tomatoes

**Other vegetables:**

Up	Down	Around
celery	radishes	squash
lettuce	turnips	peas
cabbage		

**Say→** Vegetables help to keep you growing strong. You should eat vegetables every day and try to eat vegetables that are different colors.

**Say→** If you do not like a vegetable, try it again. You might need to try it many times before you like it.

**Say→** When you get your vegetable snack this week, I want you to think about how it grows. We will talk about this some more then.

**Activity #1: The Vegetable Song** (sing to the tune of “Twinkle Twinkle Little Star”)

*Carrots, peas, and broccoli,  
Vegetables are good for me.  
For my snack and in my lunch,  
Veggie sticks are great to munch.  
Peppers, corn, and celery,  
Vegetables are good for me.*

**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 vegetables the colors they are in real life and show how the vegetables grow. (Show the children some of the illustrations in the book for ideas.)