

EAT **CAFETERIA CONNECTION**

Ask the children to examine the food seasonality poster in the cafeteria to see if they can identify one vegetable that grows under the ground. Discuss their observations and ideas when the students return back from lunch. *Answers: Radishes, Carrots*

LEARN **CLASSROOM ACTIVITY**

Objective

Students will be gain an understanding that when we eat fruits and vegetables we are eating parts of plants.

10 Minute Lesson

The teacher will lead a discussion about where different fruits and vegetables are grown (i.e. ground, vine, and tree) and the parts of plants various fruits and vegetables represent.

LIVE **HOME ACTIVITY**

Instruct the children to identify the fruits & vegetables they have at their homes. Students should ask the adult how many different fruits & vegetables they eat everyday.

Teacher's Notes

Background

The Nature of Fruits & Vegetables

- Fruits and vegetables grow in many different places such as trees, underground, above ground and on vines.
- The growth of fruit and vegetables depend on the climate where they are grown.
- Just like other plants, all fruits and vegetables have a life cycle, some fruits and vegetables may go through their life cycle in a few months whereas others take a full year to go through their life cycle.
- Many of the fruits and vegetables consumed in schools are not grown locally and thus travel far to get to our plates.
- The further the fruit and/or vegetable needs to travel to get from the farm to our plates, the bigger impact it has on our environment.

10 Minute Lesson

Discuss with the students: Fruits and vegetables we eat are very important to include in our diets because they give us energy, vitamins, minerals, and fiber. You should try to have two servings of fruits and vegetables with each meal. Did you know that fruits and vegetables are parts of plants? We eat different parts of plants- roots, stems, seeds, fruit, and leaves. Let's see if you can tell me where some fruits and vegetables you know grow. Tell me if they grow on trees, underground, on vines.

Ask the students questions:

Question #1: *Who likes apples? Do you know where apples are grown?*

Answer: *Apples grow on trees.*

Question #2: *What other fruits grow on trees?*

Answers: *grapefruit and peaches are examples*

Question #3: *Who likes celery? What part of the plant do we eat when we eat celery?*

Answer: *Celery stalks are stems of plants.*

Question #4: *When you eat lettuce, what part of a plant are you eating?*

Answer: *Leaves*

Question #5: *Who likes carrots? Where are carrots grown?*

Answer: *underground- they are the root of a plant*

Question #6: *What other vegetable from our list grows underground?*

Answer: *potatoes- these vegetables are also roots*

Question #7: *Who likes red or green peppers? Where do peppers grow?*

Answer: *on vines*

Question #8: *What other fruits and vegetables grow on vines?*

Answer: *kiwis and tomatoes; squash and cucumbers*

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Have students draw a farm scene illustrating various fruits and vegetables growing on the farm. Hang the pictures in the classroom or in the school cafeteria.