

Pre-K Growing a Vegetable Soup



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Overview:

The class will be read "Growing Vegetable Soup" by Lois Ehlert then make vegetable soup. The class will make a chart, predicting whether or not they will like the soup before they try it, then reporting whether or not they liked the soup after they try it. They will compare and contrast the results.

Georgia Early Learning and Development Standards:

- PDM2: The child will participate in activities related to nutrition.
- SED2: The child will engage in self-expression.
- CLL5: The child will acquire meaning from a variety of materials read to him/her

Objectives:

- Students will respond to comprehension questions after listening to "Growing Vegetable Soup"
- Students will help make vegetable soup, while exploring characteristics of vegetables
- The class will compare and contrast their responses from a taste test chart

Materials:

- Growing Vegetable Soup by Lois Ehlert. A copy of the book can be found here https://www.amazon.com/Growing-Vegetable-Soup-Voyager-Books/dp/0152325808/ref=sr_1_1?ie=UTF8&qid=1495326797&sr=8-1&keywords=growing+vegetable+soup
- Slow cooker
- Low-sodium vegetable broth
- A variety of vegetables from the book (fresh, frozen or canned without added salt): peas, tomatoes, corn, green beans, zucchini, carrots, broccoli, onions, peppers, cabbage, potatoes)
- Pea pod, or picture of a pea pod (optional: other legumes, or pictures of other legumes)
- Optional: can add pre-soaked or canned beans as an additional legume, for example, kidney beans and/or garbanzo beans (chickpeas)
- Bowls/spoons for tasting
- Large paper or poster board, and a marker

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Lesson Plan:

- Engage (whole group): 15 minutes
 - Read “Growing Vegetable Soup”
 - Check for comprehension (provide hints and assistance as needed):
 - “Which character said they were going to make vegetable soup?”
(Dad)
 - “What do they put into the ground to grow the vegetables?”
(Seeds)
 - “What do the seeds need to grow into plants?”
(Water, sunshine)
 - “Can you name some vegetables that they grew?”
(Peas, tomatoes, potatoes, corn, green beans, carrots, zucchini, onion, peppers, cabbage, broccoli)
 - “Which vegetables did they have to dig up because they grow underground?”
(potatoes, carrots)
 - “What do they do with the vegetables?”
(make soup)
- Explore/Explain (whole group): 15 minutes
 - Assist all children with washing their hands
 - In an unheated (unplugged) slow cooker or in a large bowl, allow children to take turns adding vegetables and broth for the soup as you identify each vegetable, and discuss some characteristics (such as color or shape) and if it grows above or below the ground. (Do not add peas yet)
 - Explain that there are lots of types of vegetables we can grow and eat, and that there are different groups of vegetables that have similar characteristics. One group of vegetables is called legumes.
 - Legumes are vegetables that grow inside a pod. Show pea pod. Peas, beans, and lentils are all legumes, because they grow in a similar way. Add peas to the pot or bowl.
 - Plug in slow cooker and keep on high for a few hours. Keep slow cooker out of reach of children.

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- Extend (whole group): 15 minutes
 - Create a chart, and ask the children “Do you think you will like the soup?” Record their responses. Discuss.
 - Allow the students to taste the soup (teacher taste test first to ensure it is not too hot). Use this as an opportunity to encourage children to try new foods, without pressuring them. If needed, discuss how to politely decline by saying “no thank you”.
 - Create another column on the chart, and ask the children “Did you like the soup?” Record their responses. Discuss.
 - Compare and contrast.