

S is for Spinach 1.

Eating the Alphabet



For the Classroom:

- Group structure - whole group
- Location - on carpet, then at seats
- Approximate time - 15 minutes to start, ongoing

Common Core and Georgia Standards of Excellence:

- CCSS.ELA-LITERACY.L.1.1.A. Print all upper- and lowercase letters.
- CCSS.ELA-LITERACY.RF.2.3.C. Decode regularly spelled two-syllable words.
- CCSS.ELA-LITERACY.RI.K.4
- With prompting and support, ask and answer questions about unknown words in a text.

Materials:

- “Eating the Alphabet” by Lois Ehlert (or similar book)
- Pencils (1 per child)
- Crayons (1 set per small group)

Reproducibles:

- “Eating the Alphabet” sheet (1 set of all 3 pages stapled, for each child)



Directions:

1. Explain to children that the featured vegetable for the month is Spinach. Clap out the word with students to determine that there are two syllables in the word. Decode the word together, spelling each syllable.
2. Read “Eating the Alphabet” by Lois Ehlert (or a similar book) aloud. Ask students to show you a silent thumbs up each time they hear a fruit or vegetable they have tasted before. Pause on the page with turnips to check your spelling and to see who has tasted turnips before.
3. Have children return to their seats and distribute the “Eating the Alphabet” set of sheets to each child. Explain that for each fruit or vegetable they eat that month, they can write and/or draw that vegetable on the letter that it starts with.
4. Each morning, read the cafeteria menu for the day and add any fruits or vegetables to children’s “Eating the Alphabet” sheets. Additionally, ask children about any other fruits or vegetables they ate at home that they may want to add. At the end of the month, children can take their sheets home to continue with their families.

Lesson Created by Jenna Mobley for Georgia Organics