

Tops or Bottoms 5.

The Vegetables You Eat

SPINACH
to WIN it!

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:

- S1L1a. Develop models to identify the parts of a plant—root, stem, leaf, and flower.

Materials:

- “The Vegetables We Eat” by Gail Gibbons
- Pencils (1 per child)
- Crayons (1 set per small group)

Reproducibles:

- “The Vegetables I Eat” sheet (1 per child)



Directions:

1. Read “The Vegetables We Eat” by Gail Gibbons (pages 7-19) 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 spinach to see who has tasted spinach before.
2. Have children return to seats and distribute “The Vegetables I Eat” sheet to each child. Explain that for each fruit or vegetable they eat that month, they can write and/or draw that vegetable on the square showing the part of the plant.
3. Each morning, read the cafeteria menu for the day and add any fruits or vegetables to children’s “The Vegetables I Eat” sheets. Additionally, ask children of 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 family.

Lesson written by Jenna Mobley for Georgia Organics

 **GEORGIA ORGANICS**

Grades K-2

Science

 15 min

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