

2ND GRADE
LESSON: Vegetables
SC STANDARD: 2.RL.5.2



It's your world.

VEGETABLES

OBJECTIVES:

- Understand the different types of vegetables and how they grow
- Learn how to incorporate more vegetables into your daily meals

LET'S GET STARTED:

- Explain that there are different types of vegetables
- Understand how certain vegetables grow
- Briefly discuss the different seasons and what types of vegetables grow best in each season
- Talk about how to incorporate more vegetables into your meals

ACTIVITY:

- Read the story about Boss and his friends having dinner. Have the students make predictions before and during the reading

WRAPPING UP:

- Remind students that all vegetables are GO foods and review how to eat more vegetables during the day
- Hand out Boss' Backpack Bulletin with the weekly goal and recipe of the week

SC STANDARDS:

- 2.RL.5.2 Make predictions before and during reading; confirm or modify thinking

MATERIALS:

- "How Do Vegetables Grow?" Worksheet
- Boss' Backpack Bulletin
- Boss' Word Search
- Paper and Pencils

LET'S GET STARTED!

- Start by discussing the different types of vegetable, as well as how they grow in nature. Explain that there are certain vegetables that grow best during certain seasons.
- If the MyPlate lesson has already been taught, remind students that vegetables are a food group that can be seen on the MyPlate chart. If not, explain vegetables are a food group of their own and the students should get about 2-3 cups of vegetables daily.

DIALOGUE BOX

- Who eats vegetables?
- Well, today we are going to talk about vegetables and how they grow!
- There are many different kinds of vegetables that provide nutrients, vitamins, and minerals for your body! Not only are vegetables super healthy for you, but they are all GO foods! Does anyone remember what GO foods are?
- Some examples of vegetables are potatoes, carrots, spinach, squash, beets, cucumbers, and mushrooms!
- Although these are all considered vegetables, they all grow in unique ways!
- Potatoes, sweet potatoes, carrots, beets, and parsnips have a special name, known as "root vegetables." Root vegetables grow under the ground and have to be dug up in order to eat them!
- Lettuce, spinach, cabbage, broccoli, asparagus, cauliflower, and mushrooms are all vegetables that grow above the ground where you can see them!
- Cucumbers, peas, squash, tomatoes, peppers, and even pumpkins all grow on "vines." Vines are plants that have thick stems that climb up other surfaces, such as a wall or a fence.
- Avocados are unique because they are the only vegetable that grows on a tree!
- Not only do vegetables grow differently, they also have certain times of the year, or season, in which they grow best!
- Fall and winter are the seasons during which root vegetables grow best. They are able to grow during the colder seasons because they are underground protected from the weather, unlike the other vegetables that grow above the ground. Vegetables like winter squash and pumpkins also grow well during this time.
- Summer is the best time to plant a lot of the vine vegetables like tomatoes, peppers, cucumbers, and summer squash.
- Avocados, the only vegetable that grows on a tree, grow only from spring to fall, not during the winter!
- During the spring is when most of the green vegetables are at their best, like spinach, asparagus, broccoli, and even kale.
- Incorporating more vegetables into your meals during the day is very important!
- Teach students how to eat more vegetables during the day and the ways that they can be added to meals

DIALOGUE BOX

- In order to stay healthy, it is important to eat more vegetables daily.
- Examples of ways to incorporate more vegetables into your meals are adding spinach tomatoes to a sandwich, adding peppers and spinach to your eggs at breakfast, eating carrots as a snack, or roasting vegetables for a side with your dinner!
- These are just a few of the different ideas for adding vegetables to your meals, but there are plenty more ideas that you can try as well!

BOSS' FUN FACTS

Scientifically speaking, a tomato is technically a fruit because when it grows it has seeds on the inside. However, many people think of tomatoes as vegetables because they are not sweet like true fruits, but actually taste savory. This can also be applied to eggplant, peppers, and even pumpkins!

ACTIVITY

- The activity for this lesson is reading a story. Before the story is read, give the students an overview and ask them to write down some predictions about the story. Half way through the story, stop and see if they want to modify any of their predictions.

DIALOGUE BOX

- I am going to read you a story about Boss and his friends. They are getting together to eat an Italian dinner of spaghetti and salad and will talk about vegetables.
- On your piece of paper make some predictions of things that you think will happen in the story. Halfway through the story stop.
- Read the story until you get to the ** spot

DIALOGUE BOX

- We are about halfway through the story. Were any of your predictions true? Would you like to modify any of your predictions before we finish the story?
- Now that we are done with the story, raise your hand if any of your predictions were true.
- Raise your hand if you had to change any of your predictions after hearing the first half of the story.

WRAPPING UP

- Review lessons learned about vegetables
- Hand out Boss' Backpack Bulletin for the vegetables lesson with the weekly goal and a recipe to try at home this week.

DIALOGUE BOX

- Can anyone remember some of the important facts about vegetables that we discussed in today's lesson?
- One important thing to remember is that vegetables are all GO foods and can be eaten all of the time! It is also important to try to incorporate more vegetables into your daily meals.
- This week, your goal is to try to eat more vegetables. Write down all the vegetables you eat this week. There is even a recipe for vegetable soup for you and your family to try!

TWO ADDITIONAL ACTIVITIES

- An additional activity for this lesson is a matching game where the students match a certain vegetable with how it grows in nature; for example, a picture of a tomato would be matched with the word "vine vegetable."
- Another activity for this lesson is a word search with some of the vegetables we talked about during the lesson. Distribute Boss' Word Search to students and tell them the circle, underline, or highlight the words they find.



BOSS AND HIS BUDDIES ITALIAN DINNER

Once a month, Boss and three of his buddies have a dinner where they pick somewhere to order dinner from, and have it at someone's house while they finish their homework for that day! This week is Boss' turn to pick the place. He chose an Italian restaurant where they had all kind of choices! They had vegetable lasagna, spaghetti, salads, and even pasta with grilled chicken on top! They each picked what they wanted for dinner that night, and Boss' parents kindly went to pick the food up for them! When His parents got back home, Boss and his friends had already begun their math homework. When they got to a stopping point in their homework, they all got up, went to the kitchen, and made their plates! That night, Boss and his buddies all chose to have spaghetti, which also came with a salad for everyone as well! The salad was covered with all kinds of delicious vegetables; it had tomatoes, olives, cucumbers, carrots, broccoli, mushrooms, and even some beans! All of Boss' friends got some spaghetti and their salads, but Boss decided he didn't want any of the salad. His friend asked, "Boss why don't you want any of this salad to go with your spaghetti?" Boss replied, "I don't know. I really like the spaghetti but do not like the salad as much! I think I'll skip eating my vegetables today!" **Boss' friend Will said, "Boss, this salad has all kinds of really healthy vegetables on it that have all dots of vitamins and minerals that will help you feel energized and help your mind and body stay healthy! Eating vegetables during the day is very important to keep a healthy body!" Boss said, "But I don't like vegetables that much Will". Will replied by saying, "Not everyone likes to eat their vegetables Boss, but vegetables have nutrients that you cannot get from any other food! Vegetables can help you grow strong muscles and bones, prevent you from getting sick by boosting your immune system, and help parts of your body function better, like your eyes, vision, digestive system, and even your skin! There are so many benefits from eating your vegetables daily!" Boss sat there staring at the salad and said, "I guess you are right. I did not know that vegetables were that important to your mind and body! If I had known that vegetables can help your body in all those different types of ways, I would be eating more vegetables! Now that you have told me all of this about vegetables, I think I will have some salad after all!" Boss friends were so excited that Boss was willing to try the salad, even though vegetables were not his favorite things to eat! Will said, "Sometimes we have to eat certain things that we may not like that much to keep our body healthy!" Boss and his buddies got their plates, walked back over to the kitchen table, and finished their homework for the next day!

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal for this week is to eat more vegetables, and try to incorporate more vegetables into your meals during the day! There is also a recipe for vegetable soup at the bottom of this weeks Bulletin!

Don't forget, all vegetables are GO foods that you can eat all the time and that vegetables are their own food group on MyPlate. You should have 2-3 cups of them every day!



Some of the vegetables you tried this week:

How did you add more vegetables to your daily meals:

Boss' Vegetable Soup Recipe (Serves 4)

Ingredients:

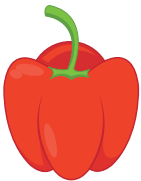
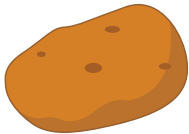
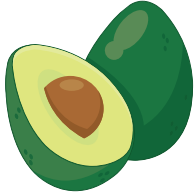
- 5 cups of water
- 2 large carrots, diced
- 1 celery stick, diced
- 1 small white or yellow onion, chopped
- 1 parsnip, diced
- 1 potato, diced
- 1 yellow squash, diced
- 1 tablespoon of soy sauce

Directions:

1. Place all of the ingredients into a pan and cover with the water.
2. Bring water to a boil over medium-high heat and stir it occasionally.
3. Cover the pan and reduce the heat to a medium to low temperature and simmer for 30-40 minutes, or until vegetables are cooked and tender.
4. Add soy sauce to the soup and enjoy!

HOW DO VEGETABLES GROW?

Draw a line to match the vegetable on the left side of the worksheet to how it grows on the right side of the worksheet. Some vegetable might have more than one match.



VINE VEGETABLES

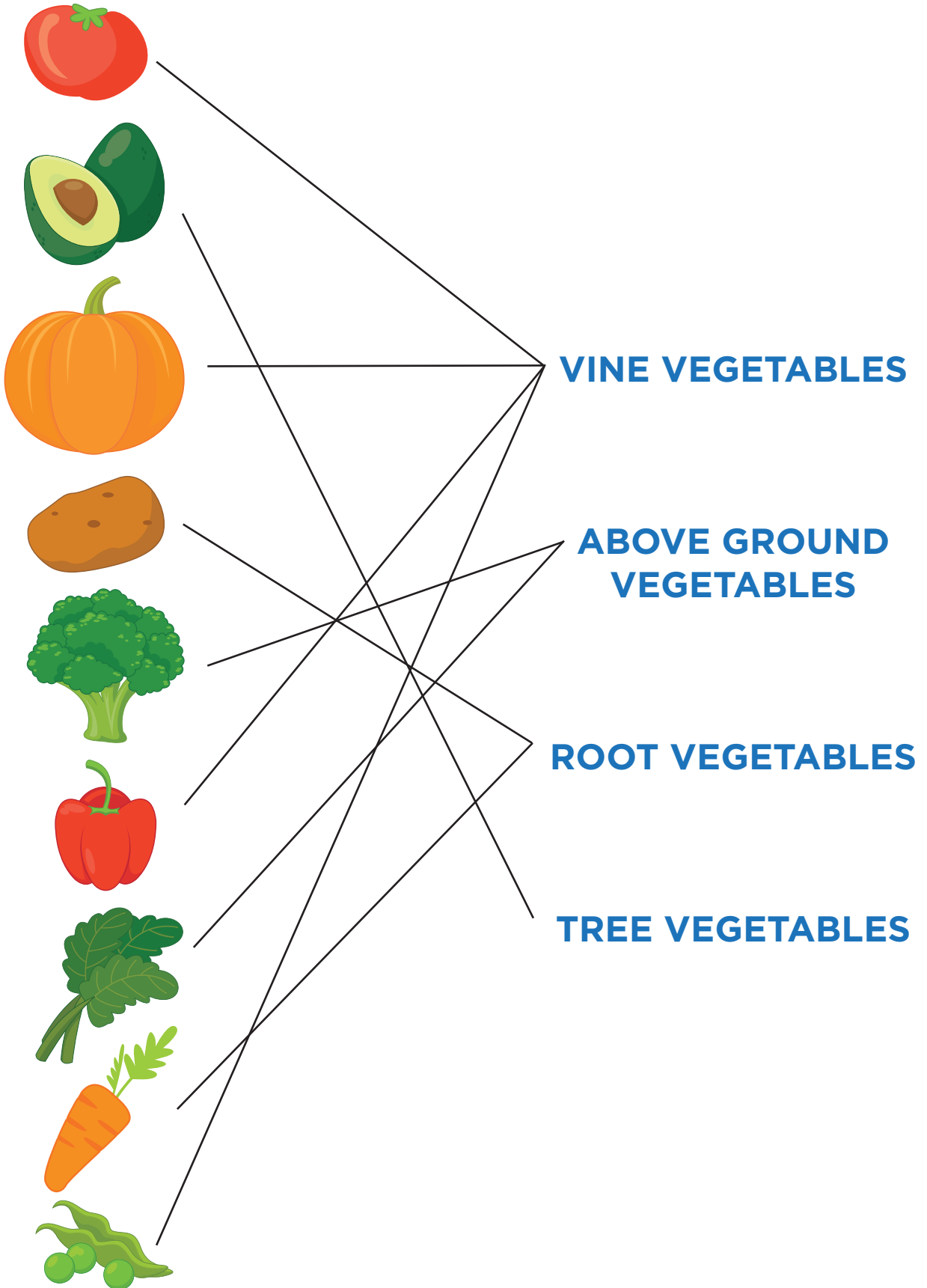
**ABOVE GROUND
VEGETABLES**

ROOT VEGETABLES

TREE VEGETABLES

TEACHER ANSWER KEY: HOW DO VEGETABLES GROW?

Draw a line to match the vegetable on the left side of the worksheet to how it grows on the right side of the worksheet. Some vegetable might have more than one match.



BOSS' WORD SEARCH

S P O T A T O

B P C V L C D

P E I X U O Q

Y E E N S R W

B T A T A N I

E W D S V C A

C A R R O T H

Word Bank

Beet
Peas
Spinach
Carrot
Potato
Corn



TEACHER ANSWER KEY: BOSS' WORD SEARCH

S P O T A T O
B P C V L C D
P E I X U O Q
Y E E N S R W
B T A T A N I
E W D S V C A
C A R R O T H

Word Bank

Beet
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Spinach
Carrot
Potato
Corn

