



**KINDERGARTEN**  
**LESSON: Vegetables**  
**SC STANDARD: Literacy Standards**

## 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

### STORY:

- Read the story about Boss learning to eat more vegetables

### WRAPPING UP:

- Remind students that all vegetables are GO foods and review how to eat more vegetables during the day

## 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 also 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!

## STORY

- The story for today's lesson is about Boss learning the important and health benefits of eating more vegetables with his friends

## WRAPPING UP

- Ask the students if they would like to share what they learned by listening to the story.



## 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!