

Recommended Grade Level:

Pre-K-2

Season:

All

Indoor/Outdoor

A Garden's Food Groups

Description:

Students will learn about the food groups and explore those from the garden by using a game that matches descriptions of healthy produce, pictures and words.

Background:

It's important to connect what grows in the garden to children's daily lives. This lesson helps them make the connection from garden to tummy to yummy.

Materials:

Food Groups in the Garden Game: Produce pictures, words and descriptions

Preparation:

Determine if this activity will be completed as a class or in small groups and make copies and cut out the Plant Part Game pieces.

Activity:

1. Begin by asking students what they know about food groups and allow time to share. Review the food groups with the students:

- **Fruits:** Fruits have vitamins, minerals and fiber that are important for our bodies. Fruits may be fresh, frozen, canned or dried. You should fill half of your plate with fruits and vegetables at every meal.
- **Vegetables:** Just like fruit, vegetables have vitamins, minerals and fiber that are important for our bodies. Vegetables may be raw or cooked, frozen, canned or dried. You should fill half of your plate with fruits and vegetables at every meal.
- **Grains:** Grains include bread, pasta, oatmeal and rice. Whole grains have fiber and other important nutrients. When eating grains, always choose whole-grain (such as whole-wheat) products.
- **Dairy:** Dairy products are made from milk. Dairy products like milk, yogurt and cheese have calcium, protein and other important nutrients. Make sure to pick fat-free or low-fat dairy products.
- **Protein:** Foods made from meat, poultry, seafood, nuts, seeds and beans are in the protein food group. When eating meat, choose skinless poultry (like chicken) or fish.

2. Tell students that they will be learning more about food groups that come from the garden by playing a game called the Food Groups in the Garden. Give each student one produce card. Read the clues and have the students guess the produce. The students will hold up their picture when they think it matches the description being read.
 - a. Students who can read can work in a small group and match the picture with the name for each food as each description is read. Another alternative is to give each student one card (either produce name, produce picture or produce clue) and allow them to move around the room trying to match the three elements of their produce.
3. After the game is played, bring students together to sort the produce into fruit, vegetable, grains and protein groups.

Tying It Together:

1. What garden foods are in the vegetable group?
Green beans, potatoes, onions
2. What garden foods are in the fruit group?
Apples, oranges, strawberries
3. What garden foods are in the protein group?
Beans, peas, nuts
4. What foods are in the grain group?
Wheat, rice, quinoa
5. Why is it important to eat foods from all of these different groups?
Our bodies need nutrients from all the food groups to grow and be healthy. Eating foods from the garden helps us get the nutrients we need.
6. What would happen if you only ate one type of food group?
You would not get all of the nutrients that you need to grow and be healthy.

National Standards:

CCSS.ELA: Speaking and listening: Comprehension and collaboration.

CCSS.ELA: Speaking and listening: Presentation of knowledge and ideas.

CCSS.ELA: Language: Vocabulary acquisition and use.

NHES: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Lesson Extensions:

Language Arts: Play Fruit and Vegetable Bingo.

www.wholekidsfoundation.org/downloads/hands-on/WKF-VeggieBingo1.pdf

Literature Connections:

Plants Feed Me by Lizzy Rockwell

Growing Vegetable Soup by Lois Ehlert

People Need Plants! by Mary Dodson Wade

Plants We Eat by Jennifer Colby

Rah, Rah, Radishes: A Vegetable Chant by April Pulley Sayre

Food Groups in the Garden Game

Produce Photos



Produce Names

| | | |
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| Corn | Potato | Wheat |
| Quinoa | Green Beans | Peas |
| Carrots | Celery | Spinach |
| Tomato | Nuts | Black-Eyed Peas |

Produce Descriptions

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| <p>When you eat this vegetable, you're eating a tuber, which is a swollen underground stem. These are delicious when baked. They grow under the ground.</p> | <p>These long, skinny vegetable pods grow on a vine. They are usually green, but can be different colors. They have Vitamin C.</p> | <p>When you eat this green vegetable, you're eating the leaves of a flowering plant. A famous cartoon character likes to eat this.</p> |
| <p>When you eat this vegetable, you're eating roots that farmers dug out of the ground. It can be yellow, purple, red or white but orange is the common color.</p> | <p>When you eat this vegetable, you're eating the part of the plant that attaches the leaves to the stem. This vegetable is light green. You have seen it spread with peanut butter or dipped in ranch dressing.</p> | <p>This grows on a vine, and people think of it as a vegetable. It's typically red. It's found in ketchup, salsa and pizza sauce. It's high in Vitamin C, which helps protect us from disease.</p> |
| <p>When you eat this vegetable, you're eating seeds. The varieties we eat are usually yellow or white and come canned, frozen and straight off the cob.</p> | <p>When you eat this plant, you're eating a seed. It has protein. These vegetables come packaged in a shell and are used in many different foods.</p> | <p>When you eat this grain, you're eating seeds that have been milled to produce flour or polished to remove the hull. This grain grows in a field and looks like tall grass.</p> |
| <p>When you eat these, you're eating a fruit from the legume group, but most people think it is a vegetable. These grow in a pod. They have potassium that helps to control the water and minerals in your body.</p> | <p>When you eat these, you're eating a legume. It has protein that helps your bones, muscles, skin and blood. In Southern states, these are eaten for good luck.</p> | <p>When you eat this grain, you're eating a seed that has fiber and protein. It is used by many people as an alternative to rice or pasta.</p> |

Answer Key

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| <p>When you eat this vegetable, you're eating a tuber, which is a swollen underground stem. These are delicious when baked. They grow under the ground.</p> <p>Potato <i>Vegetable group</i></p> | <p>These long, skinny vegetable pods grow on a vine. They are usually green, but can be different colors. They have Vitamin C.</p> <p>Green Beans <i>Vegetable group</i></p> | <p>When you eat this green vegetable, you're eating the leaves of a flowering plant. A famous cartoon character likes to eat this.</p> <p>Spinach <i>Vegetable group</i></p> |
| <p>When you eat this vegetable, you're eating roots that farmers dug out of the ground. It can be yellow, purple, red or white but orange is the common color.</p> <p>Carrot <i>Vegetable group</i></p> | <p>When you eat this vegetable, you're eating the part of the plant that attaches the leaves to the stem. This vegetable is light green. You have seen it spread with peanut butter or dipped in ranch dressing.</p> <p>Celery <i>Vegetable group</i></p> | <p>This grows on a vine, and people think of it as a vegetable. It's typically red. It's found in ketchup, salsa and pizza sauce. It's high in Vitamin C, which helps protect us from disease.</p> <p>Tomato <i>Fruit group</i></p> |
| <p>When you eat this vegetable, you're eating seeds. The varieties we eat are usually yellow or white and come canned, frozen and straight off the cob.</p> <p>Corn <i>Vegetable group</i></p> | <p>When you eat this plant, you're eating a seed. It has protein. These vegetables come packaged in a shell and are used in many different foods.</p> <p>Peanut <i>Protein group</i></p> | <p>When you eat this grain, you're eating seeds that have been milled to produce flour or polished to remove the hull. This grain grows in a field and looks like tall grass.</p> <p>Wheat <i>Grain group</i></p> |
| <p>When you eat these, you're eating a fruit from the legume group, but most people think it is a vegetable. These grow in a pod. They have potassium that helps to control the water and minerals in your body.</p> <p>Peas <i>Protein group</i></p> | <p>When you eat these, you're eating a legume. It has protein that helps your bones, muscles, skin and blood. In Southern states, these are eaten for good luck.</p> <p>Black-Eyed Peas <i>Protein group</i></p> | <p>When you eat this grain, you're eating a seed that has fiber and protein. It is used by many people as an alternative to rice or pasta.</p> <p>Quinoa <i>Grain group</i></p> |