

3RD GRADE
LESSON: Vegetables
SC STANDARD: 3.NSF.1

VEGETABLES

OBJECTIVES:

- Explain the various types of vegetables and how they grow
- Discuss how to incorporate more vegetables into your meals and diet

LET'S GET STARTED:

- Explain that there are different types of vegetables and how they each individually grow
- Explain that there are different seasons that vegetables will thrive in and grow their best in
- Discuss how to incorporate more vegetables into your diet and meals during the day

ACTIVITY:

- This activity will help students develop an understanding for fractions through comprehensive word problems

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:

- 3.NSF.1 Develop an understanding of fractions (i.e., denominators 2, 3, 4, 6, 8, 10) as numbers.
- 3.NSF.1.d A fraction can be represented using set, area, and linear models.

MATERIALS:

- "Word Problems With Fractions" Worksheet
- Boss' Backpack Bulletin
- Pencils

LET'S GET STARTED!

- Begin by discussing the various types of vegetables and how they each grow in nature. Follow up by explaining that vegetables have certain seasons that they grow best in.
- If the MyPlate lesson has already been taught, quickly remind them that vegetables are one of the food groups that they see on the MyPlate chart. If not, explain that vegetables are in their own food group, and that they should eat about 2-3 cups of vegetables daily in order to stay healthy!

DIALOGUE BOX

- Can anyone tell me what kinds of vegetables you eat at home?
- What are your favorite kinds of vegetables?
- Well, vegetables have many different kinds of healthy benefits, like vitamins and minerals, and they can also be low in calories which will keep you slim and allow you to pretty much eat them any time you want.
- Not only are vegetables healthy for you, but they are also part of the Go foods! Remember, Go foods are the foods you can eat any day, all day, and they have the most nutrients in them.
- A few examples of Go vegetables are cucumber, squash, carrots, beets, mushrooms, and spinach.
- Although they are all considered vegetables, they all have unique ways of where and how they grow!
- Potatoes, sweet potatoes, carrots, beet, and parsnips are all called "root vegetables" because they grow under the ground, and in order to eat them, they have to be dug up from the dirt.
- Spinach, lettuce, 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 a "vine." Vines are plants with thick stems that climb up other surfaces, like a wall or a gate.
- Avocados are a very unique one because they are the only vegetables that grow on trees!
- Not only do vegetables grow in different ways, but they also have certain times of the year, or seasons, that they grow best in.
- During the fall and winter, root vegetables thrive and grow very well. The reason they are able to grow in colder weather is because of the fact that they grow under ground, so they are not affected by the cooler weather unlike other vegetables.
- Summer is the best time for the vegetables that grow on vines, like the tomatoes and cucumbers.
- The unique avocado grows best from the spring all the way to the fall, but not during the winter!

DIALOGUE BOX

- During the spring months, this is when most of the green vegetables, like broccoli, asparagus, spinach, and kale, will grow the best! They may not be completely ready to eat in the start of the spring, but they begin growing so that they can be consumed during the summer!
- Incorporating vegetables in to your meals is extremely important. Teach students how to eat more vegetables during the day, and ways that they can add these healthy vegetables to their meals.
- Eating vegetables is very important to your body and keeping you as healthy as you can be.
- There are many different ways to add these vegetables to your meals during the day. Some ways you can do this is by adding some tomato or spinach to a sandwich, adding mushrooms and peppers to a salad, or dipping carrots and celery into some hummus or fat free ranch dressing.
- These are just a few ways that you can add vegetables to your meals, but there are plenty more ideas on how to incorporate more vegetables in to your diet!

ACTIVITY

- This activity will help students develop an understanding for fractions through comprehensive word problems.

DIALOGUE BOX

- Now that we've learned about vegetables let's help our friends Boss make a vegetable stir-fry! Does anyone know what kind of meal a vegetable stir fry is?
- In order to help Boss we are going to practice understanding fractions! Does everyone remember what fractions are?

WRAPPING UP

- Ask students if they would like to review some of the information that they learned about vegetables before moving on.
- Review the different ways they can eat more vegetables during the day, and ask them what kind of vegetable they plan on trying this week at home.
- Hand out Boss' Backpack Bulletin for them to do this week, and with the weekly goal on it.

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!



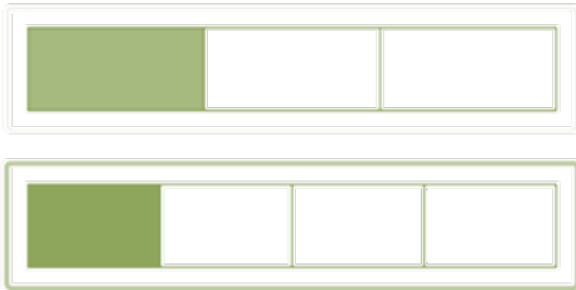
WORD PROBLEMS WITH FRACTIONS

Boss needs your help making a delicious vegetable stir-fry! For his recipe he needs to cut up lots of vegetables. Help him figure out how he needs to slice the vegetables using fractions!

1. Boss slices a cucumber into 4 thin, equally sized pieces. He adds 1 piece to the stir-fry.

Which model shows the fraction of the cucumber added to the stir-fry?

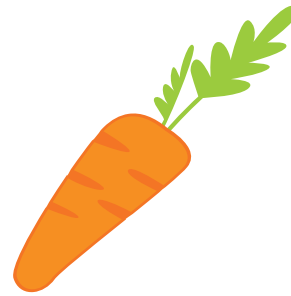
Circle the correct model



2. Boss buys a carrot and slices it into 5 equal slices

Complete the sentence using a fraction

Each slice is _____ of the carrot



3. Boss slices a tomato into 6 equal pieces, he then puts 4 pieces into the stir-fry

Complete the sentence using fractions

Boss added _____ of the tomato slices in the stir-fry



4. Boss cuts a head of broccoli into 4 equal pieces, then he accidentally drops 3 pieces on the floor!
What is the fraction of broccoli pieces dropped on the floor?



Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal for this week is to eat more vegetables and try to add more of them to your lunch and dinner! There is also a recipe for a simple vegetable soup at the bottom of the Bulletin!

Don't forget that all vegetables are GO foods and that you can never get too many of them in your diet! Try your best to have 2-3 (or more!) during the day!



Some of the vegetables you tried this week:

How I added more of them to my 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!