

4TH GRADE LESSON: Vegetables SC STANDARD: 4.NSF.3



It's your world.

VEGETABLES

OBJECTIVES:

- Understand the different types of vegetables and how they grow
- Discuss how different vegetables grow in different ways and different seasons
- 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
- Discuss the different seasons and what types of vegetables grow best in each season
- Understand that different vegetables offer different types of vitamins and minerals
- Talk about how to incorporate more vegetables into your meals

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:

- 4.NSF.3 Develop an understanding of addition and subtraction of fractions (i.e., denominators 2, 3, 4, 5, 6, 8, 10, 12, 25, 100) based on unit fractions.

MATERIALS:

- "Fraction Word problem" Worksheet
- Boss' Backpack Bulletin
- 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 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 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!

ACTIVITY

- The activity for this lesson 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!



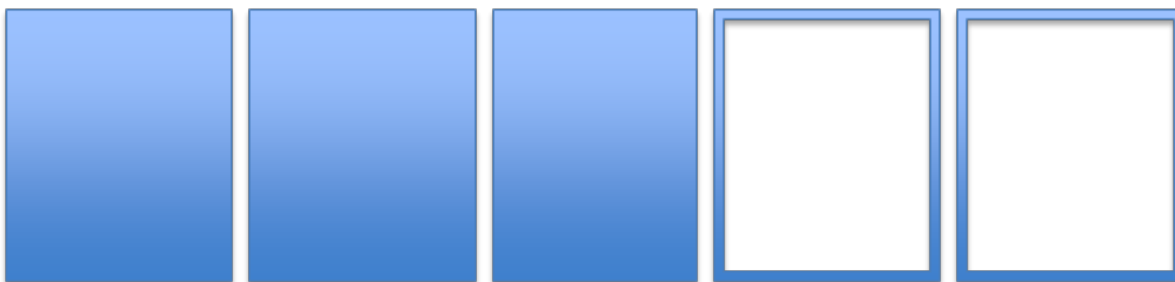
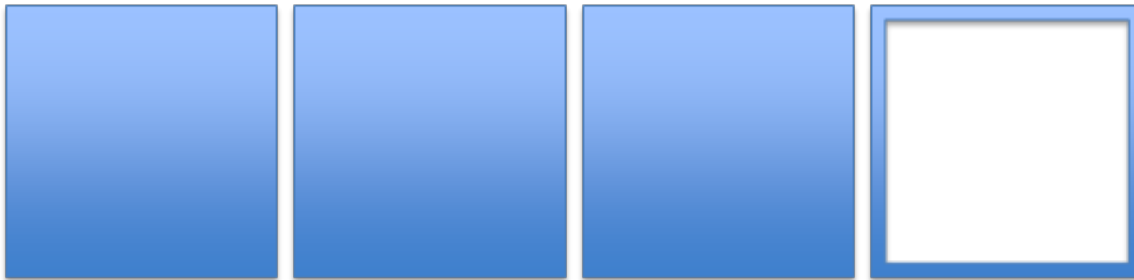
WORD PROBLEMS WITH FRACTIONS

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. In order to begin making the stir-fry, Boss pours $\frac{2}{3}$ cup of vegetable oil into a measuring cup. He then pours $\frac{1}{3}$ of the oil into the frying pan. How much oil is then left in the measuring cup?

2. The stir-fry recipe calls for $\frac{1}{5}$ cup of tomatoes, $\frac{1}{5}$ cup of broccoli and $\frac{2}{5}$ cup of cucumbers. How many total cups of vegetables does the stir-fry recipe call for?

3. Boss adds $\frac{2}{4}$ pieces of onion to a bowl that already has $\frac{1}{4}$ pieces of onion. Which picture below represents the fraction of onions that are now in the bowl? Circle the correct picture.



4. Boss adds $\frac{1}{4}$ cups of rice to a bowl that already has $\frac{2}{4}$ cups of rice. How many cups of rice are now in the bowl?

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!