

Snackivity: Vegetables



Preparation: 30 minutes

Length of Activity: 30 minutes

Materials:

- Paper plates
- Small bowls
- Spoons
- Paper towels
- MyPlate diagram
- Grater

Ingredients:

Gather a variety of vegetables,

Examples include:

- broccoli, zucchini, bell peppers, celery, cucumber, carrots, radishes, snap peas, asparagus, spinach, mushrooms.

For tzatziki sauce:

- 1 cup Greek yogurt, plain
- 1 cucumber, seeded, grated and drained
- 1 teaspoon lemon juice and lemon zest
- 2 Tablespoons chopped fresh dill

Before the activity

1. Rinse and cut the vegetables into small, bite-sized pieces. For example: Cut the broccoli into small florets, the zucchini into thin slices, the red peppers into thin strips, and carrots and celery into small pieces
2. Place vegetables on a tray or into small bowls.

Introduction

1. Discuss MyPlate with students. Ask students if they remember the five food groups discussed yesterday. Give students hints about today's topic.

Ex: they come in multiple different colors, you can grow them in a garden or on a farm, they are full of vitamins and minerals.

2. Introduce today's topic of vegetables. Describe vegetables that are high in certain vitamins and what they do for our bodies.

Carrots- Vitamin A, help our eyes see at night

Spinach- Vitamin B, help turn food into energy

Bell Peppers- Vitamin C, helps skin heal after a cut

Mushroom-Vitamin D, helps your bones be strong
(Technically a fungi, but falls into veg for MyPlate)

For tzatziki sauce:

If time allows, have children participate in making the sauce.

1. In a medium bowl, whisk together the yogurt, cucumber, lemon juice and zest, and dill.
2. Whisk until all ingredients are incorporated and serve.

Activity: Veggie Smiley Faces

1. Arrange bowls of vegetables so everyone can see and reach them. Explain why foods should be washed before we eat them and assure students all vegetables have already been washed.



2. Have students wash their hands prior to touching the foods. Use the rule, "if you touch it, you must take it." Explain importance of this rule and how it helps reduce the spread of germs.

3. Encourage children to use a wide variety of vegetables, at least one vegetable they've never tried before.

4. Allow children to try the tzatziki sauce and add to vegetable plate if they wish.

After the Activity:

-Ask students to count the different number of vegetables on their plate.

-Ask students which vegetables on their plate they have eaten before, and which ones they tried for the first time.

-Put all vegetable waste in the composting bins.

-Store any unused fresh vegetables in the refrigerator.

- Store any leftover tzatziki sauce in refrigerator and remember to label and date the container.

Vegetable Riddles and Jokes:

I grow underneath the ground.

I can be eaten raw or coked.

I help keep eyes healthy

I am the color orange

I am a ... CARROT

I am green.

I taste good raw, streamed, sautéed, or roasted.

My closest vegetable cousin is a cauliflower.

I look like a miniature tree.

I am ... BROCCOLI.

What kind of vegetable likes to look at animals? A zoo-chini

What is the coolest vegetable? A rad-ish

What does corn say when it feels embarrassed? "Aw, shucks"