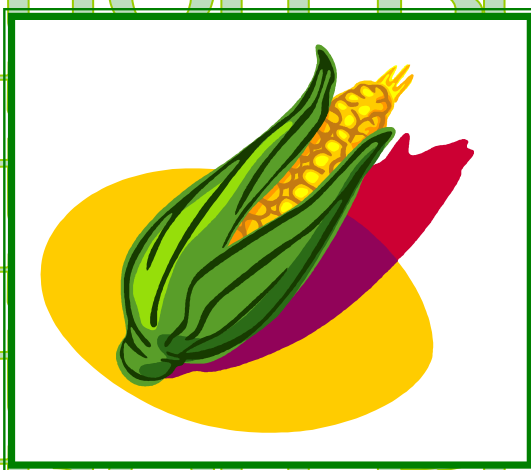


Food Group: Vegetables

Lesson 1



Worksheet: What Foods Are In The Vegetable Group?
Activity: Sample food from the vegetable group

1) Materials:

- Start and end worksheet for each child
- Worksheet “What Foods Are In The Vegetable Group?”
-One copy per child
- Crayons to color the worksheet*Depending on time limits*
- Samples of foods from the vegetable group: (including but not limited to) ***Remember to check for food allergies***

Spinach
Sweet Potato
Tomato juice
Beets
Peppers
Artichoke

Cucumber
Asparagus
Kidney Beans
Mushrooms
Eggplant
Zucchini

3) Activity:

Go through the worksheet together naming the foods in the vegetable group.
If time allows have them color the sheet.

As they name the foods allow them to sample them.

At the end have them complete the end portion of the first worksheet and collect to show evidence of their learning

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will learn about the vegetable group of the food pyramid today
- Hand out the start and end worksheet and have the children put their name on the top. Ask them to complete the start half (allow 1 minute to complete)
- Hand out the worksheet

4) Wrap-Up

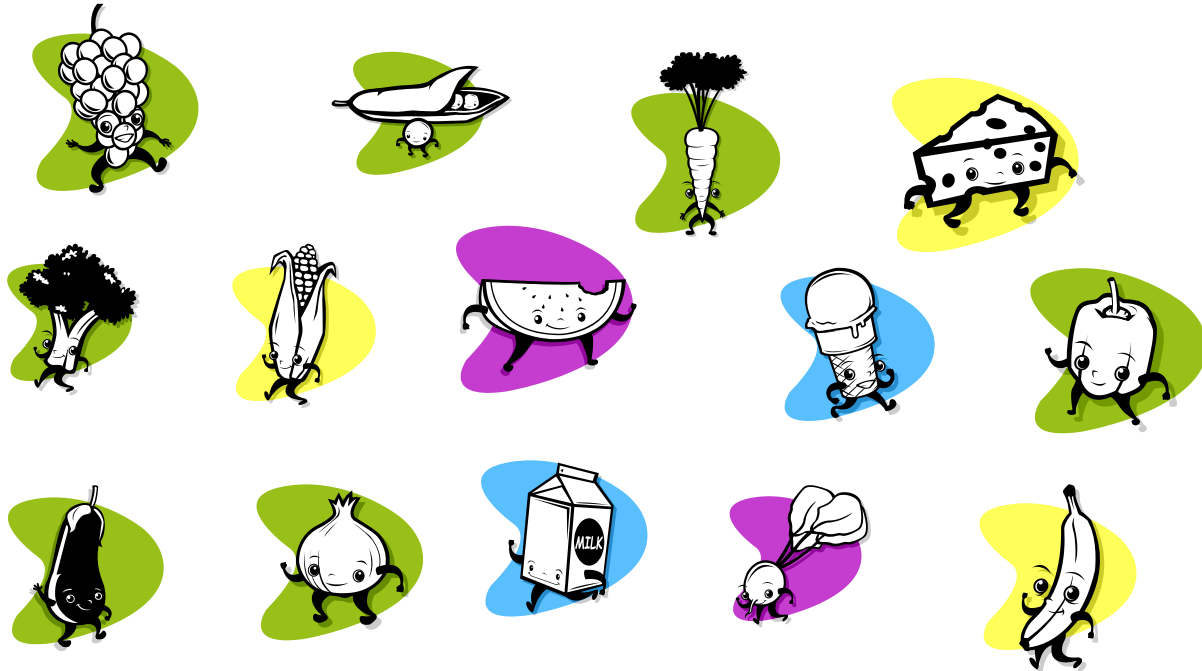
- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

name: _____

Capsule 10
Vegetables

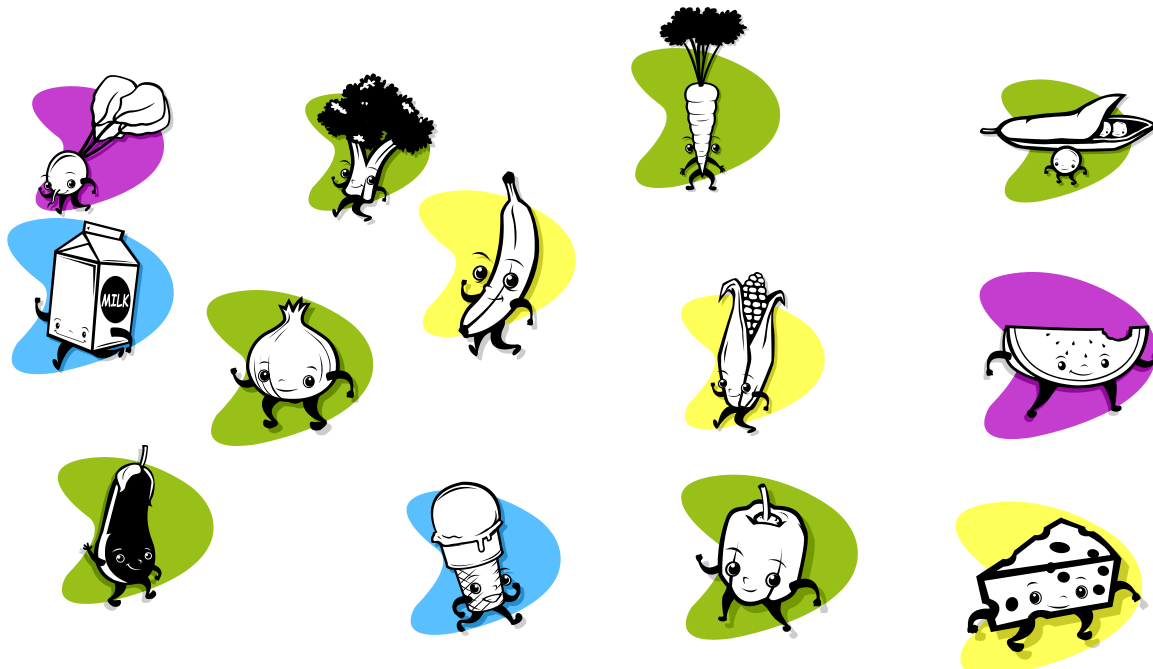
Start

Circle the pictures of the foods that are vegetables



end

Circle the pictures of the foods that are vegetables



What Foods Are In The Vegetable Group?

Word Bank

Spinach
Sweet Potato
Tomato Juice

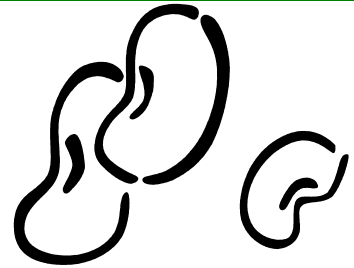
Beets
Bell Peppers
Artichoke

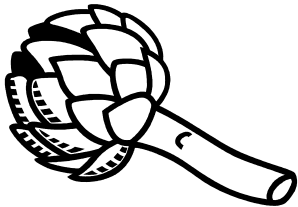
Cucumber
Asparagus
Kidney Beans

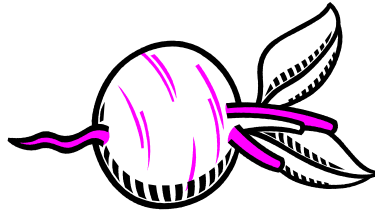
Mushrooms
Eggplant
Zucchini

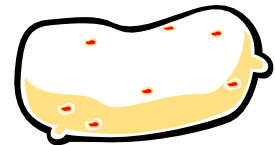




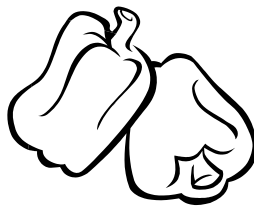




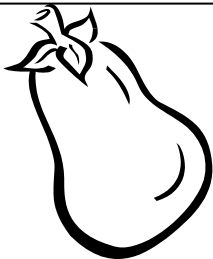


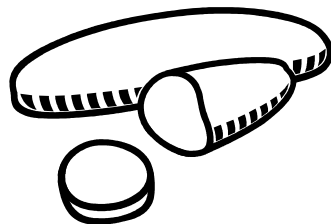


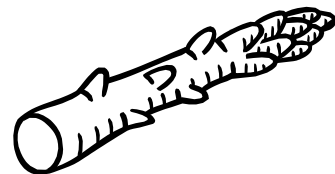












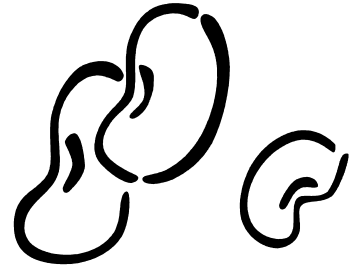
Worksheet Key



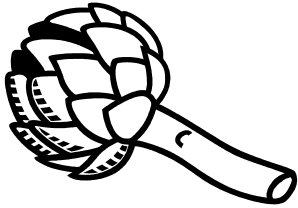
Spinach



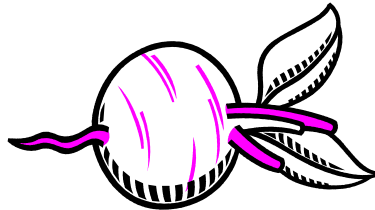
Zucchini



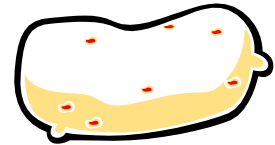
Kidney Beans



Artichoke



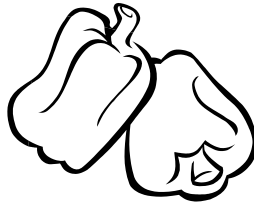
Beets



Sweet Potato



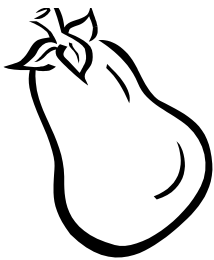
Mushrooms



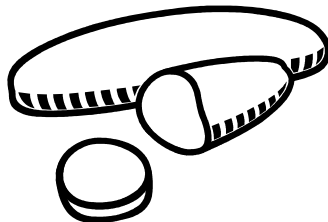
Bell Peppers



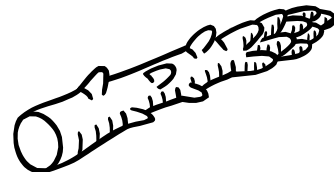
Tomato Juice



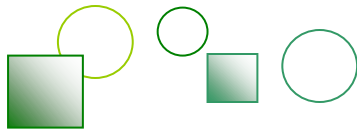
Eggplant



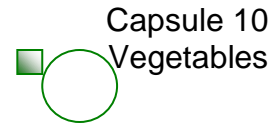
Cucumber



Asparagus



Evaluation & Report Form



Chapter: _____ **Report Filled Out By:** _____

Type of site: _____

Target Group: (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

_____ Entire School

_____ Church group

_____ Specific grade level (what grade)

_____ Community partner

_____ After school group

_____ One on One Mentorship

_____ Other: _____

Audience:

New Nutrition Buddies

(If unknown include all Buddies as new)

Number in age group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

Returning Nutrition Buddies

(If unknown include all Buddies as new)

Number in Age Group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

_____ Total number of youth that participated

_____ Percentage of youth who receive reduced or free lunches (must be at least 50%)

_____ Family Audience Taught (if applicable)

Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule based on the start/end sheets.

Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session. 0-little to no knowledge – 10-know it all!

Beginning _____

Completion _____

Comments:

Comments:

List any comments you have on this capsule and/or ways it could be improved:

Please send completed forms to MN FCCLA PO Box 131386 Roseville MN 55113