

THEMATIC UNIT

Food and Nutrition

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Teacher Created Resources, Inc.

6421 Industry Way

Westminster, CA 92683

www.teachercreated.com

ISBN: 978-1-57690-373-5

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Reprinted, 2010

Made in U.S.A.

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Growing Vegetable Soup

by Lois Ehlert

Summary

It is time to grow vegetable soup. The tools are ready and the seeds and sprouts are planted. Water and sunlight help the plants grow. After weeding and watching the plants, it is time to pick them or dig them up. The plants are taken home where they are washed, cut up, and placed in a pot of water. Soon it is time to taste the vegetable soup. It is the best ever!

The outline below is a suggested plan for using the various activities that are presented in this unit. You should adapt these ideas to fit your own classroom situation.

Sample Plan

Lesson 1

- Prepare the Food Pyramid Bulletin Board (pages 68-75).
- Discuss the vegetables on display (page 6, Setting the Stage #3).
- Read *Growing Vegetable Soup*.

Lesson 2

- Review the story with sentence strips (page 8).
- Place the story vegetables in alphabetical order (page 9).
- Make a vegetable graph (page 11).

Lesson 3

- Sample fresh vegetables (page 6, Enjoying the Book #3).
- Use descriptions to tell about vegetables (page 9).
- Learn how we taste bitter, sour, salty, and sweet (page 52).

Lesson 4

- Make Vegetable Sculptures (page 10).
- Create some Fancy Treats with fresh vegetables (page 12).
- Send a note home for families to send vegetables for making soup (page 13).

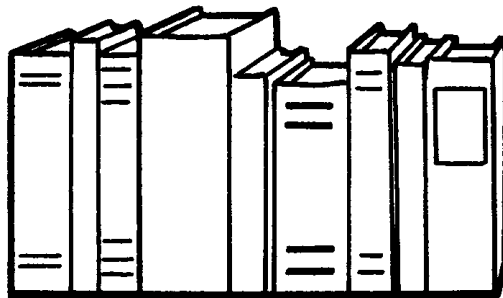
Lesson 5

- Make vegetable soup (page 12).
- Write a class recipe for making soup (page 9).
- Learn about the difference between fruits and vegetables. Complete the coloring activity on page 14.

Overview of Activities

Setting the Stage

1. Prepare a special space or table area in your classroom for your *Food and Nutrition* unit. Find food-related books and materials (see the Bibliography on pages 79 and 80, as well as other resources found on page 78). A library media specialist may serve as a good resource for locating additional materials.



2. Set the mood in the classroom with a Food Pyramid Bulletin Board. See pages 68 to 75 for complete patterns and directions.
3. Display and label a variety of fresh vegetables on a special table. After a day or two, remove the labels and let the children match the labels with the correct vegetables.
4. Take the children on a field trip to a grocery store or farmer's market where they can see fresh vegetables up close. Make arrangements for the produce manager to show the vegetables to the class and to share some interesting facts about each one.
5. Plant a class vegetable garden. Some ideas for planting and tending a garden are provided on pages 48 and 49.

Enjoying the Book

1. Introduce the book *Growing Vegetable Soup* by calling attention to the display of vegetables. Ask the children to name each vegetable and then name the food group to which it belongs.
2. Cut apart the sentence strips on page 8 to review the story events. Make enough sets so that each pair of children or a small group of children can put the strips in correct story order.
3. Experience a variety of fresh vegetables. Discuss the vegetables named in the story *Growing Vegetable Soup*. Let the children examine the vegetables and use all their senses to describe them (including tasting the vegetables). Afterwards, have the children draw a picture of one of the vegetables and write a descriptive sentence about it.

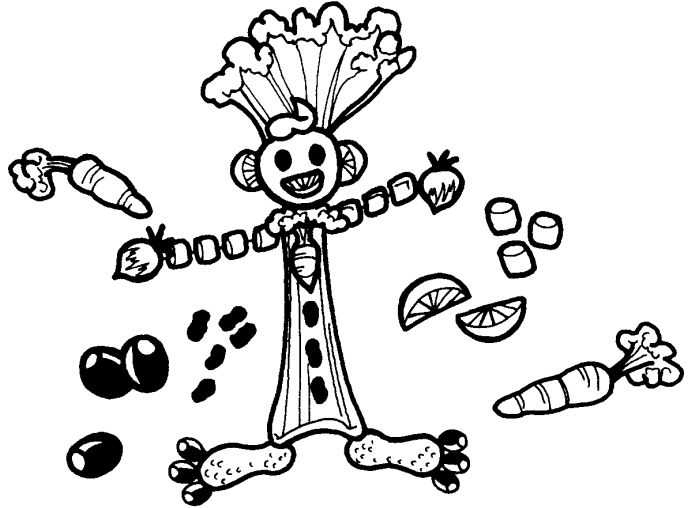
**My celery is green and
bumpy and tastes crunchy.**






Overview of Activities *(cont.)*

Enjoying the Book *(cont.)*

4. Make vegetable sculptures (see page 10 for complete directions). Attach smaller vegetables to zucchini, potatoes, squash, eggplant, and carrots to make funny and amazing creatures. Ask the children to name their sculptures and identify the vegetables they used. Share the pictures from the book *Play with Your Food* by Joost Bliffers. The children will certainly enjoy the whimsical creatures depicted.
5. Cook some vegetables or eat them raw. Let the children taste a variety of vegetables from fresh to frozen vegetables and canned vegetables.
6. Construct a class graph of vegetable favorites. See page 11 for more information and how-tos on this project. To make a permanent, reusable graph see the directions on page 17 (Extending the Book, #3).



Vegetable	Votes				
tomato 					
green bean 					
carrot 					

Extending the Book

1. Learn the differences between fruits and vegetables. Find out which vegetables are often referred to as fruits although they are actually vegetables. A coloring and visual discrimination activity can be found on page 14 to help the children learn about fruits and vegetables.
2. Read the book *Eating the Alphabet: Fruits & Vegetables from A to Z* by Lois Ehlert. Have the children identify all the fruits and vegetables pictured. Divide the children into groups and let them create their own fruit and vegetable alphabet books.
3. For a culminating activity, make vegetable soup. Send a note home to parents asking for donations of specific vegetables. A sample note for you to use can be found on page 13.

Sentence Strips

Use these sentence strips to review the story. Let the children work as partners or in small groups to complete the activities.

Activities

1. Enlarge and copy the sentence strips (below). Cut apart the strips and glue each one onto an oaktag sentence strip. Place the cards in scrambled order on a chalktray or in a pocket chart. Have the children arrange the cards in correct story order.
2. Make copies of the sentence strips below (one set per child or teams of two children). Glue each strip to the bottom of a separate sheet of paper. Have the children then illustrate the sentences and make big books.
3. Reproduce the sentence strips and cut them apart. Then cut apart the words on each sentence strip, taking care to keep each sentence strip's words separate. Glue each word onto half of a 5" x 8" (13 cm x 20 cm) index card. Place each mixed-up sentence in a pocket chart, chalktray, or on a flat surface. Direct the children to put the words in correct sentence order.

Sentences

We are going to grow vegetable soup.

Our tools are ready and we plant the vegetable seeds.

The sun and water help the vegetables grow.

We watch and weed the vegetables.

The vegetables are ready to be harvested.

We take the vegetables home and wash them.

The vegetables are cut up and put into a pot of water.

The vegetables cook into the best soup ever.