

The Vegetables Group

The Mr. Broccoli Show

Topic

The Vegetables Group

Audience

Young Children

Suggested Time

20- 25 minutes

Knowledge Objectives

Primary Learning Objectives:

- ◆ The children will learn that the green section on MyPlate is the Vegetables Group.
- ◆ The children will name foods that belong in the Vegetables Group.

Secondary Learning Objectives:

- ◆ The children will state that it is good to eat vegetables of many colors.
- ◆ The children will state that vegetables provide us with nutrients to keep us healthy.

Behavioral Objectives

- ◆ The children will choose foods from the Vegetables Group they plan to eat at home.

Life Skills

- ◆ The children will make healthy lifestyle choices.

How This Activity Behaviorally Focused

- ◆ In the Mr. Broccoli show, the children name vegetables they like to eat for a snack at home.

Early Childhood Education Program Expectations Addressed

SOCIAL/EMOTIONAL DEVELOPMENT

Expectation 1: Outcome 1.5: Participates in discussions with teachers and friends

HEALTHY, SAFETY AND PHYSICAL EDUCATION

Expectation 1: Outcome 1.1: Identifies and differentiates among foods and food groups (e.g. fruits, vegetables, protein)

MP-Saurus Eats



Supplies Needed

- ◆ Kids MyPlate poster
Available through Learning ZoneXpress (item 410124)
667 E Vine Street
PO Box 1022
Owatonna, MN 55060 1-888-455-7003
Web: www.learningzonexpress.com
- ◆ Dinosaur hand puppet
Available through Dr. Debra Palmer
dpalmer@njaes.rutgers.edu
- ◆ Buddy Broccoli Garden Hero plush toy
Available through Learning ZoneXpress (Item 507502 – approx. 4 ½ inches round)
667 E Vine Street
PO Box 1022
Owatonna, MN 55060 1-888-455-7003
Web: www.learningzonexpress.com
- ◆ Laminated color copies of Vegetable Pictures #1, #2 and #3 from the end of this lesson - 2 sets per class you are teaching; one set will be provided to teacher to request posting in classroom
- ◆ Food picture cards or food models from the Vegetables Group that the children like to eat, like broccoli, sweet potato, soy beans, kidney beans, tomatoes, vegetable soup, potato, spinach, lettuce, green beans and corn.
Food Pictures available from: Your local Dairy Council or Utah University Coop
Extension: <http://utah.agclassroom.org/cart/details.cfm?ProdID=91&category=0>
- ◆ Mr. Broccoli Show, found at the end of this lesson
- ◆ Handout: Vegetables Home News #1, 1 per child
- ◆ Coloring Sheet: Vegetables Coloring Sheet, 1 per child

Background Information

See the Educator Pack. For more information, visit www.ChooseMyPlate.gov.

Before You Begin this Activity

1. Hang the Kids MyPlate poster in the front of the class.
2. If you have forgotten what to do to re-focus the children when they get restless, ask the teacher to remind you.

Lesson Opening, if this is not the first lesson taught

1. Put the MP-Saurus puppet on your hand. Tell the children that today you brought a friend with you named MP-Saurus. Have MP-Saurus say “Hi” to the children.
2. Ask the children to say “Hi” to MP-Saurus.
3. Have MP-Saurus ask the children to name the MyPlate poster. When they name it have him tell them how great they are! Remind the children about what they have learned so far.

Point to each food group on MyPlate that you have taught and ask them to raise their hands and tell them that when you point to them they should:

- Name it.
 - Name some foods that belong in it. If a child names an incorrect food say, “Good try, but _____ goes in the _____ group.”
4. Follow by pulling out food models or showing food pictures one by one and asking the children to tell you the name of the food and what food group it belongs in.

NOTE: During the opening and in all of the activities, if children call out answers before you choose them to answer the question, re-focus the class.

Activity

1. Introduce yourself and point to the Kids MyPlate poster. Tell the children that it is called MyPlate.
2. Put the MP-Saurus puppet on your hand. Tell the children that today you brought a friend with you named MP-Saurus. Ask the children to say “Hi” to MP-Saurus. Tell the children that today you are going to talk about foods from the green section on MyPlate.
3. Have MP-Saurus point to the green section on MyPlate. Ask the children to repeat “Green” after you. Tell the children that the foods placed in this section on MyPlate belong to the Vegetables Group. Ask the children to repeat “Vegetables”.
4. Repeat saying “Green, Vegetables” after you three more times. Have them repeat it louder each time.
5. Ask the children to say “Vegetables Group” out loud again with MP-Saurus. Hold up MP-Saurus and have him nod his head as if to say “Vegetables Group” along with the children.
6. Have MP-Saurus point to the Vegetables Group on the MyPlate poster. Ask the children to raise their hands if they can name some foods that belong in the Vegetables Group. Call on the children one by one. Help them as needed.

Answer: Broccoli, sweet potato, black eyed beans, tomatoes, potato, carrots, green beans and corn

7. Point to the black eyed beans shown in the Vegetables Group on the MyPlate poster. Ask the children if they know the other group that these beans belong to. If they need help, point to the Protein Group. Tell the children that some beans like these are special because they belong to both the Vegetables and Protein Groups.
8. Tell the class that MP-Saurus loves to eat different colored vegetables from the Vegetables Group. Show Vegetable Picture #1. Ask the children to raise their hands if they can name

the vegetables and to tell you the color of each in the picture. Call on the children one by one. Pause for a response. Help them as needed.

Answers: Broccoli, tomatoes, corn, carrots, red cabbage, potatoes, mushrooms, lettuce, kale, and spinach

9. Tell the children that you are going to put MP-Saurus away for a little while and that he will come back soon. Show the children the picture cards of foods and/or food models in the Vegetables Group one by one. Ask the children to raise their hands if they can name the vegetables and to tell you the color of each. Call on the children one by one. Help them as needed.

If a child names an incorrect food say, “Good try, but _____ goes in the _____ group. Can you try again?” Often young children repeat the name of the same food over and over. If two children in a row say the same food, ask the next child to name a different food he or she will eat and repeat, as needed, to get the children to name different foods.

10. To see if the children can recall this group, point to the green section on MyPlate. Ask one of the children in class what the name of this group is.

Answer: The green section on MyPlate stands for the Vegetables Group.

11. Ask the children to repeat “Vegetables Group” after you three more times. Have them repeat it louder each time.
12. Show Vegetable Picture #2. Tell the children that just like fruits, vegetables have something special in them called nutrients. Ask the children to say “nutrients” out loud with you. Tell them that different colored vegetables have different nutrients in them. Also tell them that nutrients keep us healthy. Ask them to repeat the word “nutrients” a few times.
13. Show Vegetable Picture #3. Tell the children that MP-Saurus has a very special friend named Mr. Broccoli.
14. Show the children the Mr. Broccoli puppet and tell them that he is going to talk to them about the Vegetables Group. Ask the children to clap and say “vegetable” every time Mr. Broccoli names a vegetable. Using the Mr. Broccoli puppet, read the *Mr. Broccoli Show*.
15. Put the MP-Saurus puppet back on your hand. To test the children, ask them if bread is in the Vegetables Group.

Answer: No, bread is not a food in the Vegetables Group.

16. Ask the children if carrots are a food in the Vegetables Group.

Answer: Yes, carrots are a food in the Vegetables Group.

17. Repeat steps 15 and 16 using different examples of foods from the Vegetables Group and foods not found in the Vegetables Group.

18. Ask the children why we should eat vegetables.

Answer: Vegetables give us nutrients that keep us healthy.

19. Give the teacher the Vegetables Home News #1 handouts. Ask the teacher to send them home with the children so that they can keep the fun going at home! Give the teacher the Vegetables Lesson Coloring Sheet. Ask the teacher to use it in the classroom or send them home with the children. Also, ask the teacher:

- If it would be okay to display the MP-Saurus pictures around the classroom until the next class.
- If this is not the first lesson, remember to pick up the pictures from the last lesson.

20. Say goodbye to the class.

Terms for Children & Educators

Nutrients: something special found in fruits that keep us healthy

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Mr. Broccoli Show

Hi, boys and girls. My name is Mr. Broccoli! (Children should clap and say “vegetable.”)

Can anyone tell me which MyPlate food group I come from? Pause for a response. Help them as needed.

Answer: Broccoli belongs to the Vegetables Group

That’s right! I’m from the Vegetables Group! Where is the Vegetables Group on the poster? Pause for a response. Help them as needed.

Answer: The green section on MyPlate

Do you like to eat me on pizza or with chicken? Or do you dunk me in dip before you gobble me up? Rub your tummy if you do. Yummy!

Some of the other veggies in my group are carrots (children should clap and say “vegetable”), corn (children should clap and say “vegetable”), and lettuce (children should clap and say “vegetable”). Can you think of some more veggies in the Vegetables Group? I bet you can! Tell me what they are. Pause for a response. Help them as needed.

Answers may include: yams, spinach, potatoes, kidney beans, soy beans, green beans, lettuce, tomatoes and vegetable soup

Did you know that everyone in my group has something in them called nutrients that keep us healthy? That’s right!

Can you say “nutrients” out loud with me?

Great!

My friends in the Vegetables Group come in lots of different colors. What color am I? Pause for a response. Help them as needed.

Answer: Green

Wonderful! Can you name some other vegetables that are green? Pause for responses. Help them if necessary.

Answers: green peppers, celery, spinach, lettuce, green beans and cucumbers

Can anyone tell me the colors of the rainbow?

(Teach them the name Roy G. Biv if they don't already know it and go over the colors.) Red, Orange, Yellow, Green, Blue, Indigo and Violet. (Indigo is a dark blue purple color.) Show rainbow picture.

Not all vegetables are green like me. Some vegetables are orange, yellow, red, white, or even purple! Like the colors of the rainbow.

Now, name one vegetable that is orange. Pause for responses. Repeat 2-3 times. Help them if necessary.

Examples include: pumpkin, sweet potatoes and carrot

Now, name one vegetable that is yellow. Pause for responses. Repeat 2-3 times. Help them if necessary.

Examples include: yellow peppers and yellow zucchini squash

Now, name one vegetable that is red. Pause for responses. Repeat 2-3 times. Help them if necessary.

Examples include: red peppers, red onions, tomatoes and beets

Now, name one vegetable that is white. Pause for responses. Repeat 2-3 times. Help them if necessary.

Examples include: cauliflower, turnips, onions, garlic and mushrooms

Now, name one vegetable that is purple. Pause for responses. Repeat 2-3 times. Help them if necessary.

Examples include: eggplant, purple onions, purple cabbage and purple carrots

Choose all different colored vegetables to eat. Different colored veggies have different nutrients in them.

Can you tell me a vegetable you will eat at home today for a snack and its color?

Pause for responses. If they need help, point to the Vegetables Group foods on the MyPlate poster. If a child names an incorrect food say, "Good try, but _____ goes in the _____ group. Can you try again?" Often young children repeat the name of the same food over and over. If two children in a row say the same food, ask the next child to name a different food he or she will eat and repeat, as needed, to get the children to name different foods.

Now before I go, I have a veggie riddle I'd like you to solve.

It's sometimes a vegetable, brown, red, or beige;
But this vegetable groupie gets restless some days;
When it gets tired giving nutrients to one and all;
It moves to the protein group to make us all strong and tall.

Which of my vegetable friends sometimes acts like a protein?

Pause for a response. Help them as needed.

Answer: Beans

That's right! Beans! (Children should clap and say "vegetable.")

I hope that when you see me or my other vegetable friends on your plate, you will say hello, and take a bite!

I hope to be on your plate soon. Until then, bye!

Return to #15 in the lesson



Vegetables 1



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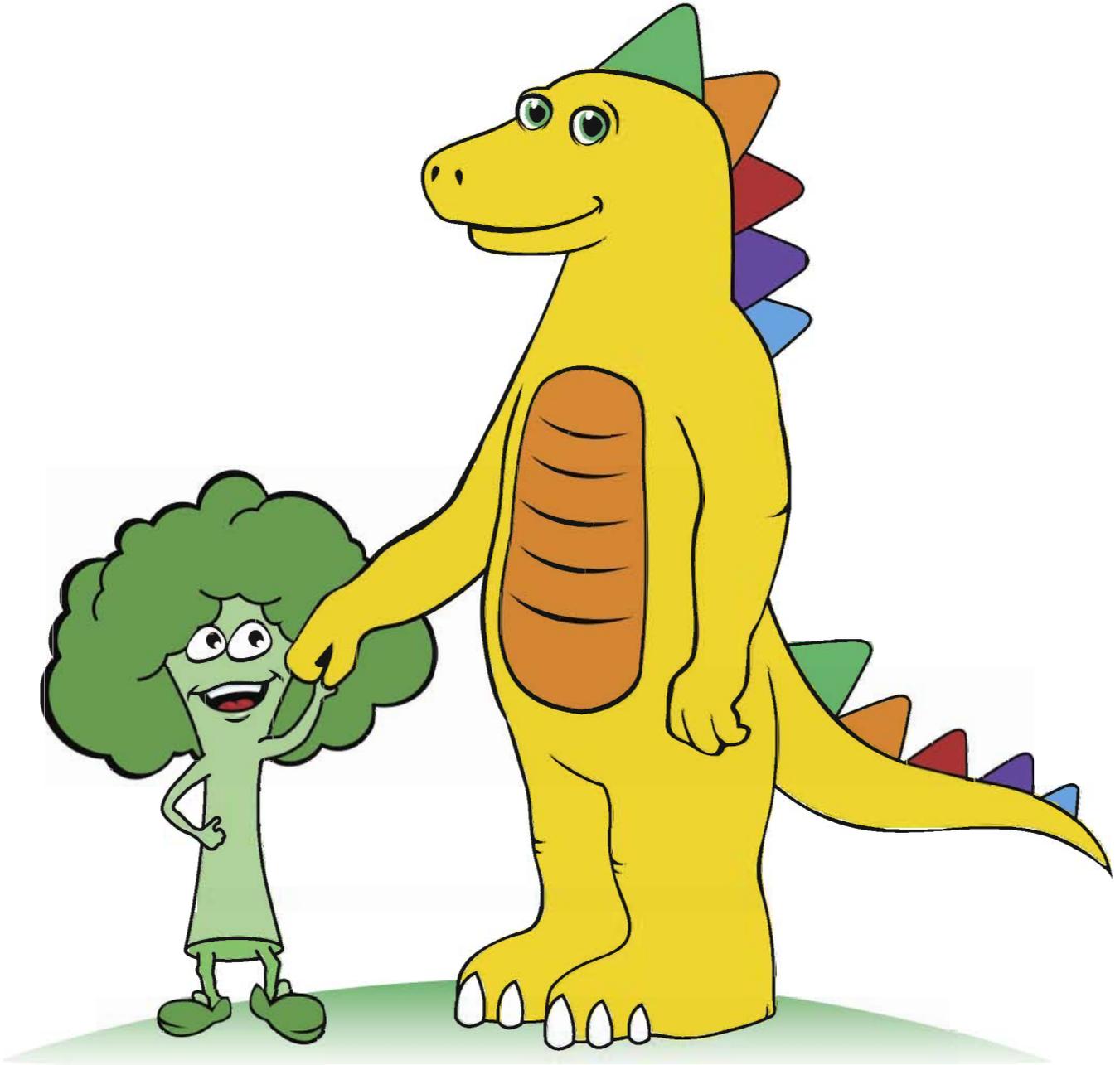


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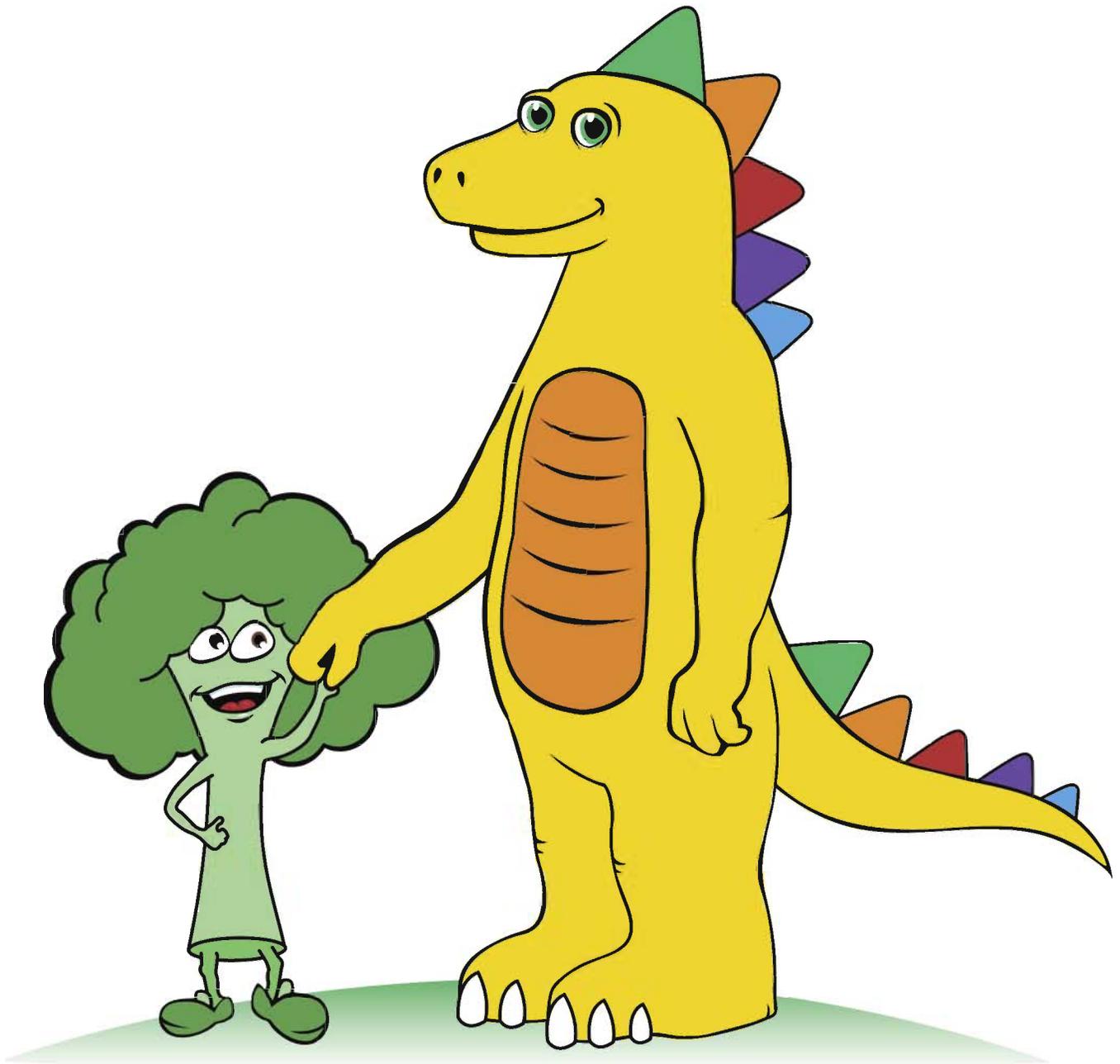


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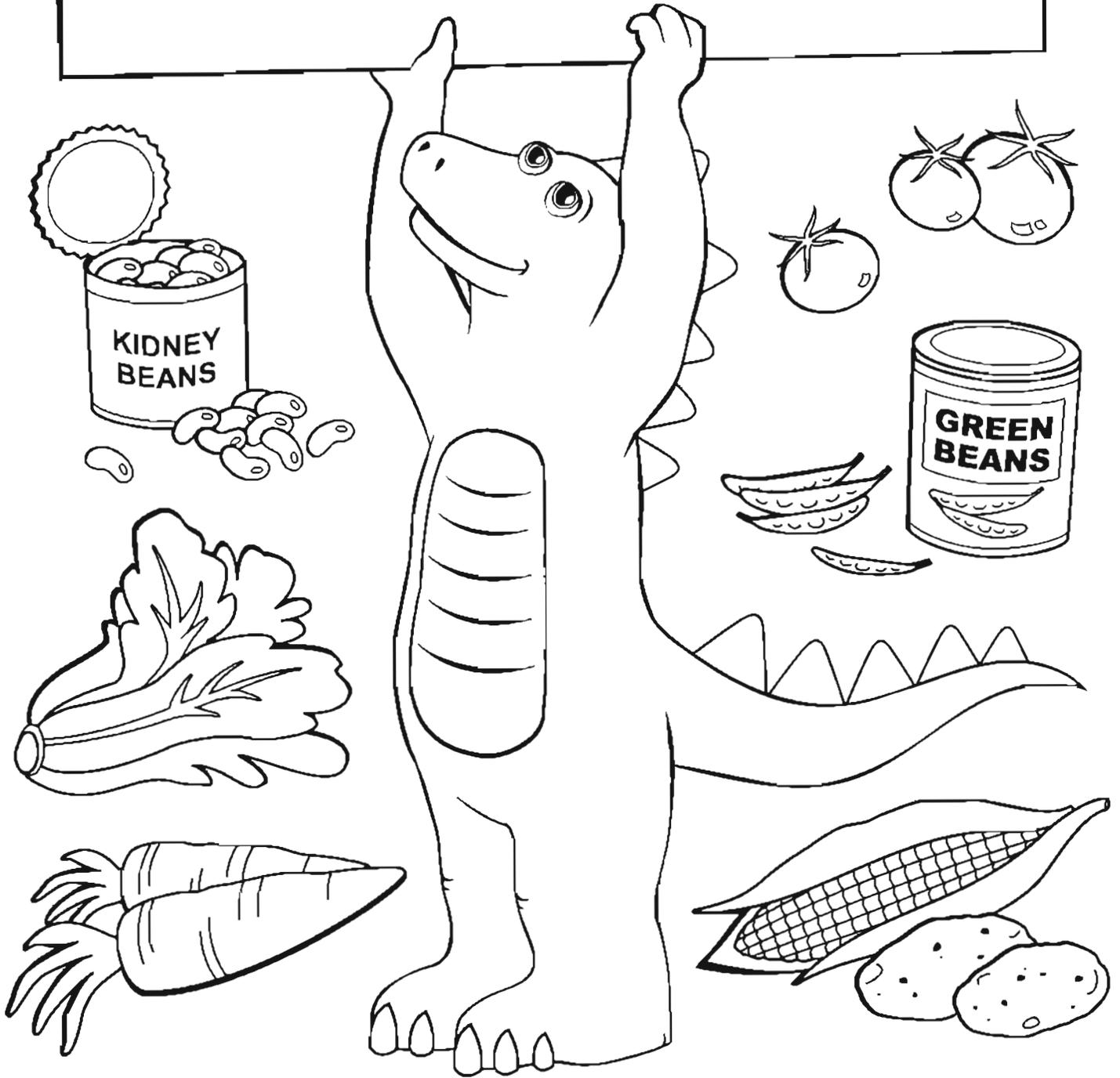
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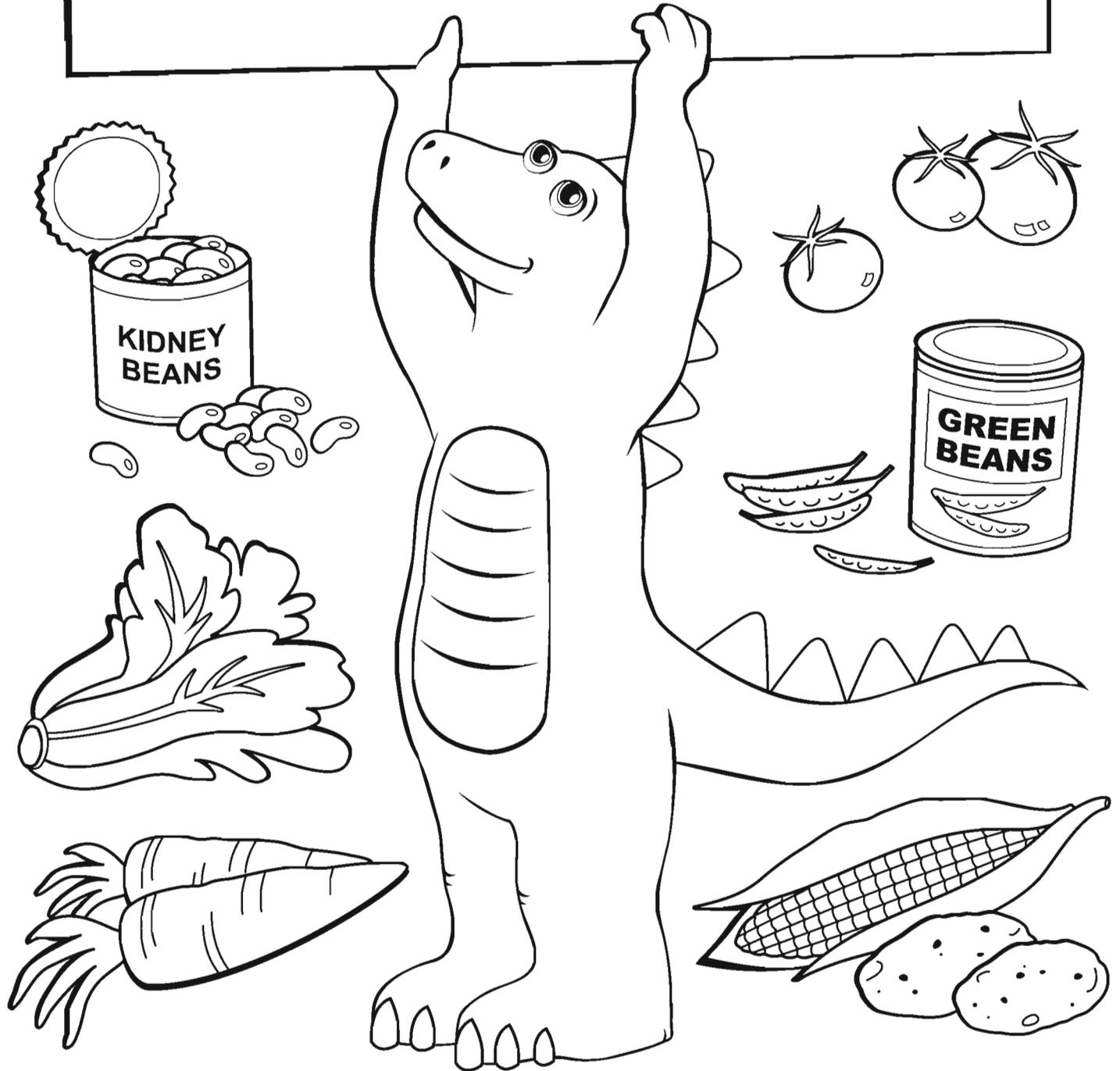
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