

## Healthy Food of the Month Peas

### Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

**Audience:** Kindergarten

### Optional Craft, Activity or Snack:

- *Harvesting Peas*
- *Book "Night of the Veggie Monster" by George McClements*

### Materials:

- *"Night of the Veggie Monster"*
- *Picture of Peas*

### Lesson:

Leader: The healthy food that we are learning about this month is peas. Who likes peas?  
Does anyone know how peas grow?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!  
Let's get ready to go out to the garden. Let's put on our gardening shoes and a nice big floppy hat to protect us from the sun and a pair of gloves to protect our hands from any prickly plants we may find. Grab your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a vegetable garden looking for peas. When you open your eyes we will pretend to be in that garden.  
Ready? Close your eyes.....can everyone imagine it being a hot sunny day and we are standing in a garden with vegetables growing all around us? Okay, open your eyes. Look how pretty this garden is!!!

Do you remember what we are looking for?

Who know what peas look like when they are growing in the garden?  
(Use picture here) You cannot see any of the peas because they grow inside of a peapod. The peapod looks like a very big bean. So let's see if we can find the peas.

Oh! I think I see the peas over there! Let's go.

Everyone pick a peapod from the plant. Now crack open the side of the pod and you will see the peas. Let's eat one. Delicious!

Let's start picking. Gently pull the pods off the plant and put them in your basket. We will leave the rest of the peas on the plant until we need them.

Leader: Let's go in the house and get it ready to eat. Who knows some great ways to eat peas? (Brainstorm some ideas; cooked, in salads, in casseroles, and in soups).

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!  
Remember to eat your peas!

