

**Lesson Title:** Ruby Plants a Radish**Time:** 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)**Grade Band:** 2nd-3rd**Objective(s):** Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Have students listen to and discuss a tall tale. Give students the opportunity to work with a group to follow a recipe in order to create and eat a healthy radish salad.**Content Standards:**

2.RL.10 3.RL.10 By the end of the year, read and comprehend a variety of literary texts. 2.RI.10 By the end of the year, read and comprehend a variety of informational text. 3.RI.10 Read and comprehend grade level informational texts. 1.2.1 Describe healthy behaviors that affect personal health. 1.5.1 Describe why it is important to participate in healthy behaviors.

Materials: Hard copy or online version of the book [Ruby Plants a Radish](#) by Kate Petty, [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Fresh Radish Salad recipe](#), [Radish Images](#), [Radish Activity Sheet](#), (**recipe may need to be adjusted depending on the number of students**), radishes, fresh dill, fresh parsley, olive oil, lemon juice, salt, pepper, plastic plates, cutting boards and plastic knives, large mixing bowl, medium sized mixing bowl, whisk, large spoon, measuring spoons and cups, small bowls and forks (1 per student), pencils

Online Resources: [Ruby Plants a Radish](#) by Kate Petty

Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have the radishes, dill and parsley washed and ready to go (for each group) on plates with plastic knives, cutting boards, forks, and small bowls.

1. Share the short story [Ruby Plants a Radish](#) with the students. After the story, have students share what they learned about radishes and how they grow.
2. Share the [Radish Images](#). Explain to the students that they will be following a recipe that uses radishes and other ingredients to make a salad.
3. Display the [My Plate Poster](#) and have students identify which category they think radishes belong in.
4. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
5. Pass out copies of the [Fresh Radish Salad recipe](#) to each group (or project on the screen) along with radishes, dill, parsley, plastic knives, and cutting boards. Read the recipe together, then demonstrate for students how to cut the radishes, dill, and parsley.
6. When the radishes and herbs are cut up, have each group add their portions to the large mixing bowl.
7. As each group finishes, give each student a [Radish Activity Sheet](#) to work on while waiting.
8. When all groups have added their vegetables and herbs to the large bowl, call on volunteers to help measure out the ingredients for the dressing into the medium sized mixing bowl. Mix the dressing and add to the large bowl and mix well.
9. Call one group at a time to the teacher's table to get a serving of salad and a fork. Students may enjoy their salad, return their bowls and forks to the teacher's station, and continue working on the activity sheet.

Closing: Have students share what they learned and/or their favorite part of the lesson.

Enrichment:

▶ **10 Crisp Facts About Radishes You Didn't Know!** 🌱

▶ **Watch a Seed Sprout! | Squeaks Grows a Garden! | SciShow Kids**