

**Lesson Title:** Cucumber Exploration**Time:** 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)**Grade Band:** K-1st

**Objective(s):** Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students will learn about cucumbers through a variety of learning activities: listening to and discussing a story about how fruits and vegetables grow, looking at pictures of cucumber plants, tasting cucumbers, and preparing and eating Everything But the Bagel Cucumbers.

**Content Standards:**

K.RL. 10 1.RL.10 By the end of the year read and comprehend a variety of literary text. Pre-K -Grade 2 1.2.1 Describe healthy behaviors that affect personal health. K.RI.10 1.RI.10 By the end of the year read and comprehend a variety of informational text. K-LS1-1 Describe patterns of what plants and animals (including humans) need to survive.

**Materials:** Hard copy or online version of the book [Up, Down, and Around](#) by Katherine Ayres, [Cucumber Images](#), [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Everything But the Bagel Cucumbers recipe](#), (**recipe may need to be doubled or tripled depending on number of students**), [Vegetables Word search](#), [Cucumber Coloring Sheet](#), two variety of cucumbers (pickling and slicing), Neufchâtel cheese or regular cream cheese, Everything But the Bagel Seasoning, garlic powder, onion powder, garlic salt, plastic knives and cutting boards, small bowls and spoons (1 for each student), coloring utensils

**Online Resources:** [Up, Down, and Around](#) by Katherine Ayres

**Instructional Outline:** Students should be in groups of 4 to 5 for the preparation portion of the lesson. This activity can be done as a whole class with students working with their group, or one group at a time at the teacher's station. Before beginning the lesson, have some cucumber slices ready for the students to sample. Have the cucumbers you're using for the recipe pre-washed and ready to go and separated on plates for each group. Have the cream cheese softened and the other ingredients ready for use.

1. Show the students the two different cucumber varieties and ask students to share what they know. Do they know the name? Do they know how they grow or what they are used for? Have they ever tasted one? Ask any other questions that come to mind.
2. Share the [Cucumber Images](#) with the students. Have students share anything they notice.
3. Share the [How to Wash Your Hands](#) poster with the students and have everyone wash their hands. Pass around slices for students to sample.
4. Read or have students listen to the book, [Up, Down, and Around](#). Have students share something interesting they learned with their group.
5. Share the [My Plate Poster](#) and ask students where cucumbers belong on the poster.
6. Project on the screen or share copies of the [Everything But the Bagel Cucumbers recipe](#) with the students. Read the recipe together. Pass out supplies to each group and complete each step one at a time. (If doing one group at a time, have students work on one or both of the following activities at their seat.)  
[Vegetables Word Search](#) [Cucumber Coloring Sheet](#)
7. Have students enjoy their snack and then assist with clean-up.

**Closing:** Have students draw a picture or share in their groups their favorite part of the activity and/or what they learned about cucumbers.

**Enrichment:** [What Are Pickles? Sci Show Kids](#)

