

**Lesson Title:** Eat Your Peas, Louise**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. Encourage children to eat more fruits and vegetables. Give students the opportunity to follow a recipe to make veggie ranch dip and sample a variety of vegetables.

Content Standards:

K.RL. 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. K.MD.3 Classify objects and count the number of objects in each category. 1MD.4 Represent and interpret data.

Materials: Hard copy or online version of the book [Eat Your Peas, Louise](#) by PeGeen Snow, [How to Wash Your Hands Poster](#), [My Plate Poster](#), [Peas Images](#), [Assorted Veggies Coloring Sheet](#), [Three Ingredient Garden Veggie Dip Recipe](#), (**recipe may need to be doubled or tripled depending on number of students**), sour cream, ranch dressing packet, garden vegetable spreadable cream cheese, vegetables for dipping (peas, carrots, cucumbers, bell peppers), plastic plates, large mixing bowl, plastic knives and cutting boards, spoons, plastic bowls (1 per student), sticky notes, chart paper or board for bar graph, coloring utensils

Online Resources: [Eat Your Peas, Louise](#) by PeGeen Snow

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 vegetables washed and ready to go on plastic plates, with plastic knives, small bowls, and cutting boards for each group of students. Have the dip ingredients, a large mixing bowl, and mixing spoon ready to make the dip as a large group.

1. Lead a discussion on what students know about vegetables. Do they know what a vegetable is? Do they have any favorites? Tell the students that we will be reading (or listening) to a book about a vegetable that is round, green, and small. Do they know what it is? Read or have students listen to the book, [Eat Your Peas, Louise](#).
2. Ask the following questions. Why is it important for us to eat vegetables like peas? Do they know of any other vegetables that roll? What other shapes do vegetables come in?
3. Share the [Peas Images](#) with the students or project on the screen. Allow time for students to share what they noticed.
4. Share the [My Plate Poster](#) with the students. Talk about each section and why it's important for us to eat a variety of foods from the five food groups.
5. Tell the students that they will be making a veggie dip and trying four vegetables: peas, cucumbers, carrots, and peppers.
6. Share the [How to Wash Your Hands](#) poster with the students and have students wash their hands.
7. Pass out trays of pre-washed veggies, plastic knives, and cutting boards to each group. Demonstrate how to cut each type of vegetable. Have students work together to cut the vegetables and share them among their group using the plastic bowls from the culinary kit.

8. Read the [Three Ingredient Garden Veggie Dip Recipe](#) with the students. Call on helpers to help you mix up the dip. Pass out the [Assorted Veggies Coloring Sheet](#) for students to work on while you pass out dip.
9. Add a small amount of dip to each student's bowl. Students may enjoy their snack and then assist with clean-up.

Closing: Make a bar graph (on the board or chart paper) with sticky notes. Each student can write his/her name on a sticky note and place it under the vegetable he/she liked the best. Discuss the chart by asking counting and comparison questions about the data.

Enrichment: [The Five Fabulous Food Groups - SciShow Kids](#) [Discover MyPlate "Reach for theSky"](#)