

Leader's Guide

The Vegetables We Eat by Gail Gibbons

This book is available from www.amazon.com

Objectives:

In addition to the overall objectives for Book in a Bag, children will:

- Identify the eight groups of vegetables.
- Learn where vegetables can be grown.
- Learn how vegetables reach the market place.

Lesson Outline:

1. Review supporting materials and *The Vegetables We Eat*
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.

Questions to Facilitate Discussion:

- Name one way that a vegetable can be prepared. (raw, frozen, dried, canned, juice, etc.)
- Spinach is an example of which vegetable group: Leaf or Bulb? (Leaf Vegetables)
- Tomatoes, cucumbers and pumpkins are part of which vegetable group: Root or Fruit? (Fruit Vegetables)
- What is a seedling? (Starter plant.)
- Where can people in cities grow vegetables? (Containers, Community Gardens, Green Houses etc.)
- How do vegetables travel to the grocery store? (Boat, Truck, Train etc.)
- Where can you buy vegetables in your community? (Grocery Store, Farmers Market, Supermarket, etc.)

Other Related Children's Books:

Eating Pairs: Counting Fruits and Vegetables by Twos by Sarah L. Schuette

From the Garden: A Counting Book About Growing Food by Michael Dahl

Growing Vegetable Soup by Lois Ehlert

Oliver's Vegetables by Vivian French

Tops and Bottoms by Janet Stevens