

**Harvest of the Month  
Taste Test and Teaching Points  
March 2008 Peas**



**Grades:** K-6th

**Unit:** Nutrition

**Title of Lesson:** Harvest of the Month (HOTM): **Peas**

**Standards:** Links to California Content Standards  
[www.harvestofthemonth.com/EdCorner/content-standards.asp](http://www.harvestofthemonth.com/EdCorner/content-standards.asp)  
 CDE Health Education Content Standards at [www.cde.ca.gov/ci/he/he/](http://www.cde.ca.gov/ci/he/he/)

**Objective:** Students will demonstrate increased knowledge of well being through various activities\* which expose the health benefits of produce thereby increasing their access to and information about fruits and vegetables.

*\*Various activities may include but are not limited to the following:*

*Sampling HOTM produce through taste-test*

*Compare and contrast produce*

*Classify fruit and vegetables through visual displays*

**Materials:**

- HOTM Support Materials found at [www.harvestofthemonth.com](http://www.harvestofthemonth.com) and [www.tcoe.org/nutrition](http://www.tcoe.org/nutrition)
- HOTM Taste-Test Teaching Points
- KWL student worksheet
- Link to HOTM Adventurous Activities-Math, Literature, History and Science / Peas <http://www.harvestofthemonth.com/EdCorner/adv-activities.asp#i>
- Tulare County Office of Education HOTM Calendar – “Daily Bites”
- Tulare County Office of Education HOTM Teacher Resource Guide
- California Department of Education: Fresh Fruit and Vegetable Photo Cards
- Produce samples prepared by school food service staff
- Stickers, “I Tasted **Peas** Today”  
[http://www.tcoe.org/NFAHC/HOTM/2009\\_03/Stickers.pdf](http://www.tcoe.org/NFAHC/HOTM/2009_03/Stickers.pdf)
- HOTM recipe card in English and Spanish

**More Resources:**

- Physical activity ideas for the classroom  
[www.bam.gov](http://www.bam.gov) [www.ncpe4me.com](http://www.ncpe4me.com)  
<http://www.take10.net/whatistake10.samplematerials.asp>
- [www.mypyramid.gov](http://www.mypyramid.gov)
- Diagram of nitrogen fixation [http://en.wikipedia.org/wiki/Nitrogen\\_fixation](http://en.wikipedia.org/wiki/Nitrogen_fixation)



### **Procedure:**

Preparation: The information used in the HOTM Daily Calendar and Teaching Points are derived from the HOTM Educator Newsletter. It is important to read the daily facts to your class prior to the taste test. For this reason, it is best if the taste test comes at the end of the month.

Activities: 20 minutes

1. Students complete KWL worksheet as a class or individually.
2. HOTM Teaching Points (interactive)
3. Taste produce
  - ❖ Kinesthetic strategies:
  - ❖ Engage senses: taste, touch, smell, see, hear
  - ❖ For more ideas engaging your students in healthy eating dialogues, visit [www.networkforahealthycalifornia.net](http://www.networkforahealthycalifornia.net) and order the free *Children's Power Play!* - School Idea and Resource Kit for 4<sup>th</sup> and 5<sup>th</sup> grades.



### **NOTE:**

- ***Produce should not be washed or prepped in the classroom.***
  - ***Have produce washed and prepped in school kitchen by certified food handler***
4. Concluding Activity
    - Distribute sticker and recipe card to each student
    - If time permits, questions/sharing

### Assessment:

1. Informal: during lesson (e.g., questions, pair-share)
2. Formal: beginning and end of lesson (e.g., KWL: *what do I know, what do I want to learn, what did I learn*)

### Literature Links

- **Elementary:** *Eat Your Peas, Louise!* by Pegreen Snow, *Farming & Food* by Jane Shuter, *The Pea Blossom* by Amy L. Poole, *Pick, Pull, Snap!* by Lola Schaefer and *The Very Smart Pea and The Princess-to-Be* by Mimi Grey.
- **Secondary:** *The Garden and Farm Books of Thomas Jefferson* by Robert Baron, *The Garden-Fresh Vegetable Cookbook* by Andrea Chesman and *Spill the Beans and Pass the Peanuts: Legumes* by Meredith Sayles Hughes.