

Teaching Points Grades 3-4

Peas



Reasons to Eat Peas

- ❖ One half cup of cooked peas are an excellent source of vitamin A and vitamin K.
- ❖ A good source of vitamin C and fiber.
- ❖ Peas have protein. Protein is an important part of all living things.
- ❖ Vitamin K helps transport calcium throughout the body. Calcium is needed to make our bones grow strong. Vitamin K also helps our cuts stop bleeding. This is called clotting.
- ❖ Peas are a good source of fiber and iron. Fiber helps move food through our bodies and iron helps transport oxygen throughout our bodies so we can run and play.

What's in a Name?

- ❖ In Spanish, peas are chícharos.
- ❖ Peas are a member of the legume family.
- ❖ A legume is a plant that has a pod or shell with plump seeds inside.
- ❖ Some examples of legumes we eat are green beans, split peas, green peas, black-eyed peas and pinto beans.
- ❖ There are two main kinds of peas: green and edible-pod. Green peas have inedible pods and sweet, full-sized seeds. Most edible-pod peas have seeds that are not yet fully developed. (inedible = not eaten)
- ❖ Varieties of green peas are English peas and garden peas.
- ❖ Varieties of edible-pod peas are snow peas, and sugar snap peas.

Eat Your Colors

- ❖ Fruits and vegetables come in colors such as red, yellow/orange, white, green and blue/purple. Try to eat many different colors every day.
- ❖ Peas are in the green color group.
- ❖ Green fruits and vegetables help keep your eyes healthy and help keep your bones and teeth strong.
- ❖ Can you name some other green fruits and vegetables (asparagus, cactus leaf, honeydew melons, spinach, kiwi etc.)?

Just the Facts

- ❖ Edible pod peas were specifically developed so that the pods' fibers go in one direction, allowing them to be chewed.
- ❖ Thomas Jefferson, our third president, loved green peas. They were one of his favorite. He grew them on his farm.
- ❖ Today, most peas are grown to be canned or frozen. Only 5 percent are eaten fresh.

A Pod in Pea History

- ❖ Carbonized peas have been found that are 10,000 years old!
- ❖ Early pea varieties have been found among the ruins of Troy and in Egyptian tombs.
- ❖ In 1492 Christopher Columbus planted peas in the New World-Santo Domingo. It didn't take long for the native people there to like them too.
- ❖ Peas are easy to grow. They were planted by early settlers when they arrived in America and by pioneers traveling west to California and Oregon.

Home Grown Facts

- ❖ Green peas are among the top ten commonly eaten vegetables by California children. They eat them fresh, frozen or canned.
- ❖ Edible pod peas are grown year-round in San Luis Obispo and Santa Barbara counties.

How Do Peas Grow?

- ❖ Peas do not need much to grow in cool weather, just sunlight, cool weather and a little water.
- ❖ Peas are a vine crop, having a weak stem. Vines need a support to grow on.
- ❖ Today, we also have peas that grow like a bush that do not need support

Adventurous Activities

- ❖ Measure length and width of green peas.
- ❖ Weigh whole green peas.
- ❖ Take metric measurements.
- ❖ Convert to standard measurements.
- ❖ Shell peas and calculate average number in one pod.
- ❖ Guess how many peas in one half cup. Shell peas to find the answer.
- ❖ Weigh shelled peas (grams) to calculate the number of peas in one pound.

Cafeteria Connections

- ❖ Organize a poster contest to promote a monthly theme, campaign or event such as:
 - National School Breakfast Week
 - National Nutrition Month
 - National Agriculture Week
 - Read Across America
- ❖ Work with an upper grade class to help promote the contest.
- ❖ Create different categories for artwork (e.g., grade levels, themes, advertisements).
- ❖ Display poster artwork in cafeteria throughout the month.

Student Advocates

- ❖ National school breakfast week takes place in March, which is also National Nutrition Month. Promote these events at your school and encourage your classmates to start the day with a nutritious breakfast.
 - Invite classmates or another classroom to a breakfast challenge
 - Each morning, record in journals what you ate for breakfast
 - Graph daily how many students in class ate breakfast
 - At the end of the school day, record in journals how you felt during the day
 - Record entries for one week
 - Analyze breakfast meals (either by food groups or by nutrients consumed)
 - Compare with the journal entries describing how you felt



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