

# The Ugly Vegetables

## Veggie Wrap Sandwich K-3

### Purpose

- \* This is a follow-up activity to reading *The Ugly Vegetables* by Grace Lin
- \* Learn about the nutrients in vegetables used in Chinese cooking
- \* Assemble a simple wrap sandwich
- \* Explain and demonstrate to students how to ask their parents to buy the ingredients for the Veggie Wrap sandwich.

California Health Education Standards

K.4.1.N Explain how to ask family members for healthy food options

2.4.1.N Demonstrate how to ask family members for healthy food options

### Materials

Download a free copy of *What Color is Your Food?* <http://www.ag.ndsu.edu/pubs/yf/foods/fn595w.htm>

Fruit and Vegetable Photo Cards of the vegetables

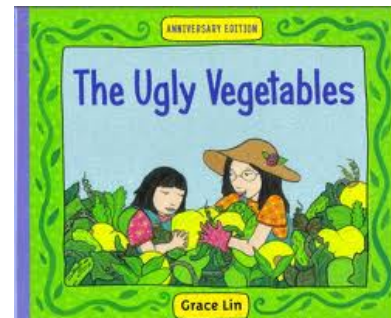
Adjectives to Describe Fruits and Vegetables Using the Five Senses

Assortment of Chinese vegetables:

- Bok Choy (chopped)
- Carrot (buy it already grated)
- Chinese parsley (Cilantro)
- Snow peas (sliced lengthwise)
- Daikon (chopped)
- Red radish (chopped)
- Napa cabbage (chopped)
- Chinese eggplant (chopped)
- Yard long beans (chopped)
- Spinach (chopped)
- Butter lettuce leaf

Paper plates, napkins, snack size baggies

Hoisin sauce



### Prep

Early in day or day before:

1. Wash vegetables.
2. Carefully separate butter lettuce leaves. Place one leaf with a small amount of vegetables into a snack size baggie.

### Lesson/Activity

1. Show students the selected Fruit and Vegetable Photo cards. Talk about the vitamins in each one. Which Chinese vegetable has the most vitamin C? Vitamin A?
2. Talk about the beautiful colors of the vegetables. Remind students to eat a variety of colorful fruits and vegetables each day. Orange, white, green, red, yellow blue and purple. Explain that the plant colors are made by the vegetables to protect them from viruses. When we eat colorful vegetables, the plant colors can help protect us from getting sick too.
3. Give each student one baggie full of vegetables.
4. Explain they will be making a Chinese wrap sandwich.
5. Have students empty contents onto a paper plate. How many vegetables can they name?

6. Have students close their eyes and smell the vegetables on the plate. Use descriptive words to describe what they smell. Use descriptive words to describe what they see. (see attachment page 3)
7. Instruct students to lay their lettuce leaf flat on the plate and place the chopped vegetables on top.
8. Add some Hoisin sauce. Hoison sauce is made from soy, garlic and chili and is used in Chinese cooking. For younger students you will have to pour the Hoisin sauce onto their wrap, older students can pour their own sauce onto their wrap. Caution students the sauce makes the vegetables a little spicy.
9. Depending on the size of the lettuce leaf, students can roll their vegetables and sauce into a wrap sandwich. For a complete easy meal, add cooked lean protein like chicken, beef or tofu and add some fresh fruit.

### **Discussion**

Ask students if they think their parents would buy the vegetables for the wrap? Why or why not? Discuss how they might ask family members to buy the ingredients. With you being the parent, have students role play this conversation pretending to be in the produce area of the grocery store.

### **Extension Activities**

1. Download from <http://www.gracelin.com/media/book/uvcolorpage.pdf> a coloring page from the Ugly Vegetables. Have students make a book of the Chinese vegetables they have eaten.
2. Purchase a sample of each vegetable to show in its whole state. Discuss the colors of each one. Encourage students to touch and smell.
3. Mystery Box. Place unusual Chinese vegetable in a covered box for students to feel and guess.
4. Ask your Food Service Manager for white "cafeteria hats" for students. Have students glue pictures of the Chinese vegetables onto their hat. They could also draw their own pictures on their hat and color.
5. If you can find the traditional Chinese vegetables in the recipe below, make the Ugly Vegetable Soup. **The Network will not reimburse for chicken or scallops!** Recipe follows.

## **UGLY VEGETABLE SOUP**

### **Ingredients**

1 can chicken broth  
 1 can water  
 5 dried scallops  
 4 oz. piece of chicken  
 Cornstarch  
 1/2 cup of chopped sheau hwang gua  
 1 cup chopped sy gua  
 1 cup torng hau  
 1 cup chiann tsay  
 1 cup kong shin tsay

### **pepper**

### **Directions**

Bring chicken broth, water and scallops to a boil in a large pot. While waiting, cut chicken up into bite size pieces and coat them with cornstarch. Wash all the vegetables. When broth begins to boil, put the chicken pieces in, one by one. When the chicken begins to look cooked, add the sheau hwang gua and the sy gua. Turn heat to low and let soup simmer for about 10 minutes. Then turn the soup to a high boil. Quickly add the torng hau, shian tray and kong shinn tsay and let them boil for 1 minute.

Add pepper to taste and serve. Serves 5.



# Adjectives to Describe Fruits and Vegetables

## Using the Five Senses

You can add your own adjectives too!



**See**



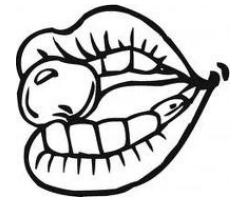
**Smell**



**Hear**



**Touch**



**Taste**

Green  
Red  
Orange  
Purple  
Yellow  
Brown  
Tan  
White  
Blue  
Light + color  
Dark + color  
Colorful  
Appealing  
Appetizing  
Shiny  
Small  
Medium  
Large  
Thick  
Thin  
Long  
Short  
Skinny  
Round

Sweet  
Sour  
Bitter  
Awful  
Spicy  
Fresh  
Delicious  
Fragrant  
Stale  
Stinky  
Clean

Crunchy  
Crisp  
Juicy  
Silent  
Snap  
Swish  
Crackle

Soft  
Hard  
Light  
Heavy  
Sticky  
Smooth  
Wet  
Firm  
Bumpy  
Dry  
Mushy  
Tough  
Rough  
Chewy

Sweet  
Sour  
Bitter  
Delicious  
Fresh  
Tangy  
Tart  
Tasteless  
Tasty  
Plain  
Mouthwatering  
Yummy  
Good  
Bad  
Refreshing



Tulare County Office of Education

Jim Vidak, County Superintendent of Schools