

# Nutrition Lesson

*The Nutrition Lesson is the first out of five garden lesson plans. This lesson will be used to remind the students of their schoolyard garden and will discuss what they would like to plant in their schoolyard garden.*

## Lesson Summary

1. Students will understand why vegetables and fruit are an important part of their diet.
2. Through pretend play, students will understand why their bodies should get plenty of exercise.
3. Students will identify healthy and unhealthy foods by grouping pictures of food on a chart.

Eating a diet full of vegetables and fruit and getting plenty of exercise each day are important for growing strong bones and muscles, while giving your body and brain the vitamins and nutrients they need to grow.

### Ask the Students

- What kind of vegetables and fruit do you like to eat?
- Are there any vegetable and fruit you have not tried, but would like to try?
- What kind of vegetable and fruit would you like to grow in your schoolyard garden?
- What are some foods that are unhealthy, and should be eaten only every once in a while?

### Exercise in the Garden

Remind the students that gardening is a great way to get their bodies moving. Have the students stand up and work in their pretend garden with you (Repeat each exercise twice):

- Bend at the knees and till the soil, dig a hole for the seed.
- Squat really low and reach to plant the seed.
- Stand up, using your fingers to act like rain and water your seed.
- Use your arms to reach and pull the pretend weeds out of the garden.

## Activity: Sorting Healthy and Unhealthy Foods

### Materials:

- magazine photos of fruits and vegetables
- photos of unhealthy foods
- large sheet of paper
- tape

Stand in front of the classroom with the paper divided into a healthy and unhealthy column. Show the students one-by-one your cut out pictures of food. Ask the students to show by “thumbs up” which food is healthy or “thumbs down” for unhealthy food. When finished, reward the students with a quick game of Freeze dance or Hokey Pokey.

### Review Questions

1. **Why should we eat our fruits and vegetables?** Gives us energy to grow and play, and keeps us healthy
2. **Why should we exercise our bodies?** Keeps our bones and muscles strong
3. **What are some healthy foods you can have for snack?** Carrots, apples, nuts
4. **Why is gardening great exercise?** Your body is moving when you are pulling weeds, watering, planting and harvesting

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### Reading in the Garden

Choose one of the recommended children’s books to read to the class. What connections can you help students make between the book and students nutrition choices?

*I Will Never Not Ever Eat a Tomato*  
by Lauren Child

*Mrs. McNosh and the Great Big Squash*  
by Sarah Weeks

*The Monster Health Book* by Edward Miller

*The Vegetables We Eat* by Gail Gibbons

*Rah Rah Radishes* by April Pulley Sayre

*Good Enough To Eat* by Lizzy Rockwell

*Eating the Alphabet* by Lois Ehlert



**KANSAS CITY  
COMMUNITY  
GARDENS**

6917 Kensington Ave.  
Kansas City, MO 64132