

APRIL

ASPARAGUS

STEM VEGETABLES

GRADE
2-3

RECOMMENDED BOOK	<u>The Mighty Asparagus</u> by Vladimir Radunsky <u>The Vegetables We Eat</u> by Gail Gibbons
NEEDED SUPPLIES	Asparagus, optional: lemon-flavored dip
NEEDED RESOURCES	“Plant Parts Pantomime”, “Parts of Plant” worksheet, “Eating from the Garden” word search, local farmers’ market dates
21ST CENTURY SKILL	Students will learn that eating vegetables is a way to be healthy and want to include them in a healthy diet. <ul style="list-style-type: none"> Practice preventative health behaviors 2-3: Choose healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of asparagus (plant part, how to recognize, how to eat, how to prepare). Students will learn that asparagus helps them fight off infection and is good for their bodies. Students will learn that friends and educator eat asparagus. Students will try new fruits and vegetables.
WHAT YOU NEED TO KNOW ABOUT ASPARAGUS	<ul style="list-style-type: none"> Asparagus grows in Iowa in the spring. Asparagus is a perennial (meaning it grows back year after year) plant member of the lily family. The plant can grow for 15 years and can be harvested after three years. After two to three months of harvesting, the plant looks like a fern and then goes to a dormant stage.
RECAP FROM LAST LESSON	Did anyone ask their grown-up for a fruit or vegetable and it was served? Did anyone ask for a fruit or vegetable and get turned down? (If child is comfortable sharing, help the child problem solve with group input.) Did anyone have oranges with their family at home? Show me with your thumbs how they liked oranges?
PHYSICAL ACTIVITY	“Plant Parts Pantomime”
FUN FACTS ABOUTS ASPARAGUS	<ul style="list-style-type: none"> Believed to have originated in Greece 2,500 years ago. The name asparagus is from a Greek word meaning short or sprout. A spear can grow 10 inches in 24 hours (illustrate with a ruler). There are green, white and purple varieties. The green variety is the most popular.
PART OF PLANT	Stem
DISCUSSION	Asparagus grows straight out of the ground. It is harvested by slicing the plant near the ground. Before eating, snap off the bottom part of the stem as it is woody. The top and bottom of the stalk of the asparagus can be eaten, but the end with the tip tastes best.
HEALTH CONNECTION	<ul style="list-style-type: none"> Good source of Vitamin C, to keep you healthy and heal cuts and scrapes (cross arms to reinforce the super defense shield) Good source of Vitamin A, to help your eyes, especially at night (reinforce with super goggles on the eyes)

STEM VEGETABLES
FEATURED TASTING:
ASPARAGUS



ALTERNATIVES:
CELERY



RHUBARB



ACTIVITIES	Select two or three students. Have students draw a plant on the board (they can choose any plant, real or imaginary) with all six parts: roots, stem, leaves, flower, seed, and fruit. Ask students to label the parts. Use the "Parts of Plant" worksheet with all students. "Eating From the Garden" word search
TASTING	Taste raw asparagus. Bend the spear and snap off the bottom portion. Eat the tender half with the tip. Explain that asparagus is usually eaten cooked, so if you don't care for it raw, try it cooked at home or school. Child will vote with their thumbs as to preference for raw asparagus. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat asparagus again? What are some other ways you could you eat asparagus? (roasted in the oven with olive oil, grilled, steamed, in pasta, raw on top of a cracker)
CLOSING DISCUSSION	What is the name of the vegetable we just tasted? Tell your grown-up you like asparagus. Where can you get asparagus? At a farmers' market? (Educator: look up market dates.) When you purchase asparagus, you buy a bundle of asparagus spears. Look in the grocery store's fresh fruit and vegetable section. Do you think you would be able to help your grown-up find asparagus in the produce section? Who will ask their grown-ups for asparagus?
TAKE-HOME MATERIALS	Hand out "Ask me about...asparagus" stickers. Send home the parent newsletter. Discuss the Bingo card for the month. Hand out incentives for completed bingo cards from last month.
REFERENCES AND RESOURCES	http://www.cde.ca.gov/ls/nu/he/documents/ntgocomplete.pdf (Lesson 1 Nutrition and Gardening) http://www.harvestofthemonth.cdph.ca.gov/download/Spring/Asparagus/Asparagus%20-%20Educator's%20Newsletter_Final.pdf https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/asparagus http://www.iowaagriculture.gov/AgDiversification/pdf/asparagusbrochure3.pdf



Plant Parts Pantomime

(Express or represent (something) by extravagant and exaggerated mime.)

“I am a farmer and you are all seeds getting ready to be planted in the garden. Curl up on the floor like a seed nice and tight. A seed has all of the parts it needs to grow into a plant. It just needs healthy soil, warm sunshine and enough water. You are nice and warm in the soil. Can you feel the rain coming down from the sky? You are ready to start growing. Your roots grow down into the ground first to soak up the water. Wiggle your toes and begin to stretch out your legs. Now it is time for your stem to pop up out of the soil. Stand straight and tall with your hands at your sides. Next stretch your arm out to the sun. These are your leaves and will make sunshine into food for all of the plant parts. Your flower grows next, lift your smiling face (flower) to the sun. Your flower starts to make new seeds and on some plants these seeds are protected by a fruit. Wrap your arms in a circle up over your head to make the fruit of the plant.”

Everything starts all over.

There are new seeds (curl up in a ball).

The seeds grow new roots (wiggle feet and legs).

Stems pop up (stand straight).

Leaves stretch out (reach out arms).

Flowers smile to the sun (look up and smile).

Fruits grow from the flowers (wrap hands around head)
and protect new seeds (crouch down to a ball).

*Repeat as many times as you like. Vary the speed by slowing down or speeding up the process.

“Did you know that you can eat vegetables that are all of the plant parts?”

Just not on every plant. Tell students or have student tell vegetable examples of each plant part.

Seeds- corn, beans, peas

Roots- potatoes, carrots, radishes, parsnip, beets, turnips

Stems- celery, rhubarb, asparagus

Leaves- spinach, lettuce, greens, cabbage

Flowers- broccoli, cabbage, artichoke

Fruits/ pods- tomato, squash, eggplant, snap peas, okra

For a challenge

Call out the name of a vegetable and have students show what part we eat by acting out seed, root, stem, leaf, flower, or fruit.



Name: _____



Parts of a Plant

Parts of a Plant

Draw a line to match each plant part.

Fruit

Seed

Flower

Leaves

Stems

Roots



Draw your own plant. Be creative with your plant!

My Plant

Pick a better snack™



Word Search

Eating From the Garden

PHOTOSYNTHESIS
LEAVES

CHLOROPHYLL
VEGETABLE

ROOT
GARDEN

STEM
SUNLIGHT

FRUIT
SOIL

FLOWER
SEED

W G C L J X V W F Q F H O S F
D S M I N P S Y Y N G S Q V B
S I H K E E K G O N L X F X U
X K L O V L D A F L S B S I Z
X Q G A J E G R Y T L B L J S
F J E K V Q G D L A K L I O S
X L E W Y M M E T S Y M T D V
P H O T O S Y N T H E S I S A
O T P W J D A I P A U U T R K
C L Z K E Y U O T O B N H T N
J P G E B R R H F Q A L D L T
T O S R F O V U D K G I E F E
A M A P L O T C B J R G Q R H
F L Q H V T R L U H E H J B K
G V C K X M Y V V I J T Y Z X

Eating From the Garden

Word Search Answer Key (Garden Detective News)

PHOTOSYNTHESIS
LEAVES

CHLOROPHYLL
VEGETABLE

ROOT
GARDEN

STEM
SUNLIGHT

FRUIT
SOIL

FLOWER
SEED

W G C L J X V W F Q F H O S F
D S M I N P S Y Y N G S Q V B
S I H K E E K G O N L X F X U
X K L O V L D A F L S B S I Z
X Q G A J E G R Y T L B L J S
F J E K V Q G D L A K L I O S
X L E W Y M M E T S Y M T D V
P H O T O S Y N T H E S I S A
O T P W J D A I P A U U T R K
C L Z K E Y U O T O B N H T N
J P G E B R R H F Q A L D L T
T O S R F O V U D K G I E F E
A M A P L O T C B J R G Q R H
F L Q H V T R L U H E H J B K
G V C K X M Y V V I J T Y Z X