

# 10 Minute Lesson Template

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<b>Lesson Title:</b>	<b>Dark Greens and Oranges are Good for Me</b>
<b>Grade Group:</b>	K-3
<b>Topic:</b>	<b>Dark Green and Orange Vegetables</b>
<b>Curriculum Standard:</b>	<b>Illinois Physical Development and Health Curriculum Standards</b> Goal 23 C

## Lesson Background

*This is for the teacher's own knowledge, reasoning to topic, how it relates to nutrition and student health*

This lesson is designed to teach students about the importance of eating dark green and orange vegetables. Orange and dark green vegetables are a good source of vitamin A, vitamin C, fiber, potassium, fiber and many other nutrients but are still very low in calories and fat. These vegetables helps protect against certain types of cancer, reduce the risk for type 2 diabetes, and reduce the risk for stroke and other types of heart disease.

## Lesson Objectives

*Only need 1 or 2*

Students will be able identify dark green and orange vegetables.

## Classroom Activity

### Lesson Description

*Brief overview for teacher's own knowledge*

Through teacher-guided discussion, students will talk about all the different dark green and orange vegetables.

## Lesson

*This should read like a script with instructions for what teacher should say and do*

Do you know how many different vegetables there are? Explain to the students that some of the vegetables are of the dark green and orange colors. Ask if they can name any vegetables that are dark green or orange. Ask them if they can name different ways they have eaten them. Tell them that these colored vegetables are good for them because they contain nutrients that keep them healthy. Such as carrots are good for the eyes which helps you see better, broccoli helps heal cuts and wounds, sweet potatoes help build strong teeth and bones, and spinach is important for good heart health.

**Activity**

*This can be short, just to reinforce concept with students, or it can be the majority of the lesson*

Read the vegetables below aloud. Ask the students which ones they have eaten and make a list on the board.

<b>Dark Green Vegetables</b>	<b>Orange Vegetables</b>
Bok Choy	Acorn Squash
Broccoli	Butternut Squash
Collard Greens	Carrots
Dark Green Leafy Lettuce	Hubbard Squash
Kale	Pumpkin
Mustard Greens	Sweet Potatoes
Romaine Lettuce	
Watercress	
Spinach	
Turnip Greens	

**Closing**

*Teacher should sum up what was learned for students*

Dark Green and Orange vegetables are rich in nutrients and low in calories and fat. They are very important to eat for good health.

**Cafeteria Connection**

*How can what was discussed in the lesson be reinforced in the cafeteria serving line?*

On the board have them name as many dark green or orange vegetables the students have had for lunch at school.

**Home Activity**

*How can the lesson be extended back home – this can be a short activity suggestion or it can offer a suggestion for a follow up lesson to be taught*

Instruct students to work with a family member on this activity. First, ask them find a fresh dark green or orange vegetable at local market they have never had at home. Next, have them determine in what way they want to eat this vegetable such as a salad, on a vegetable pizza, in a smoothie, with a dipping sauce, cooked or raw.

*Complete lesson should fit on one page, front and back.*