



TEACHING INSTRUCTIONS:

Black-eyed peas

Keep peas out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass bowl with peas or bag

Ask - **How does it look, feel, and smell? What can we do with them so we can eat them?**

Show photos of where and how black-eyed peas grow.

Teach black-eyed peas chant

I (gesture to self) **say Black-eyed** (gesture to children) **you say Peas!**
(continue gesture to self for blacked-eyed and to children for peas)

Black-eyed Peas : Black-eyed Peas

I love yummy black-eyed peas!

Black-eyed Peas : Black-eyed Peas

Let's cook some black-eyed peas!

Black-eyed Peas : Black-eyed Peas

Let's eat some black-eyed peas!

(hands in pleading position) **Pretty, Pretty, Pretty P L E A S E !**

Tip toe like quiet little mice to table and count blacked-peas on plate. Build anticipation for eating by counting and ask who likes blackeyed peas? Now eat. Discuss how it tastes, feels in mouth and smells.

Perform chant again.

Show take-home sheets: Nutrition Super Star
Black-eyed peas recipe

Ask - showing bowl or bag - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Broccoli

Keep vegetable out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole broccoli

Ask - **How does it look, feel, and smell?**
Show photos of where and how broccoli is grow.

Teach broccoli song

(stand and gesture to self) **I love a casserole**

(Gesture to others) **You can put it in a** (form big round bowl with arms) **bowl**

(Rock from side to side) **Chicken and rice is nice -**

(gesture with pointer finger in the air and other hand on hip) **with a little**

(use high pitched wobbly voice) **BROCCOLI !**

Tip toe like quiet little mice to table and taste broccoli casserole.

Discuss how it tastes, feels in mouth and smells.

Discuss eating or not eating the rind.

Sing song again.

Show take-home sheets: Nutrition Super Star

USDA My favorite vegetables

Broccoli Casserole recipe

Ask - showing bowl or bag - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Kiwi

Keep fruit out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole fruit

Ask - **How does it look, feel, and smell? How do you think it looks inside?**

Show a kiwi that has been cut in halve vertically and horizontally. Discuss shapes oval and circle.

Show pics of where and how kiwis grow.

Teach kiwi song - Sung to the tune of Twinkle Twinkle Little Star

Kiwi, kiwi you're so yummy. I (gesture to self) **like you in my tummy** (gesture to tummy). Repeat.

Tip toe like quiet little mice to table and taste fresh kiwi cut into slices cut in 1/2 resembling a rainbow or quarters.

Discuss how it tastes, feels in mouth and smells.
Discuss eating or not eating the rind.

Sing song again.

Show take-home sheets: Nutrition Super Star
USDA My favorite fruits

Ask - showing bowl or bag - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Mango

Keep fruit out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole fruit

Ask - **How does it look, feel, and smell? How do you think it looks inside?**

Show a Mango that has been cut. Discuss the color, texture and one big seed inside. Show photo of where and how Mangos grow.

Teach mango song - Sung to the tune of B I N G O

A mango is a lovely fruit all smooth and green outside O

(Make card with MANGO and uncover letters as sung)

M-A-N-G-O M-A-N-G-O M-A-N-G-O

I (gesture to self) LOVE to eat a mango!

A mango is a lovely fruit all sweet and orange inside O

M-A-N-G-O M-A-N-G-O M-A-N-G-O

I (gesture to self) LOVE to eat a mango!

Tip toe like quiet little mice to table and taste fresh mango cut into cubes. Discuss how it tastes, feels in mouth and smells.

Sing song again.

Show take-home sheets: Nutrition Super Star
How to cut a mango

Ask - showing whole fruit - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Pears

Keep fruit out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole fruit

Ask - **How does it look, feel, and smell? How do you think it looks inside?**

Discuss shape,color,texture, scent & where it grows. Show photos of where it grows.

Teach pear song - Sung to the tune of Here We Go Round The Mulberry Bush

Pears grow up in the air, (gesture picking)

you pick them from a tree, (gesture wash and eat)

wash them off and eat them up.

One for you (point to friend) **and one for me.** (point to self)

Tip toe like quiet little mice to table and taste fresh pears.

Sing song again.

Show take-home sheets: Nutrition Super Star

Ask - showing whole fruit - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Pineapple

Keep fruit out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole fruit

Ask - **How does it look, feel, and smell? How do you think it looks inside?**

Show a pineapple that has been cut. Discuss the color, texture and no seeds inside. Show photo of where and how pineapples grow.

Teach pineapple song - Sung to the tune of Twinkle Twinkle Little Star

Pineapple, Pineapple Yellow and Sweet

Pineapple I (gesture to self) **like to eat!**

Repeat.

Tip toe like quiet little mice to table and taste pineapple cut into cubes (may use canned). Discuss how it tastes, feels in mouth and smells.

Sing song again.

Show take-home sheets: Nutrition Super Star
How to cut a pineapple

Ask - showing whole fruit - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Strawberry

Keep fruit out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole fruit

Ask - **How does it look, feel, and smell? How do you think it looks inside?**

Show a strawberry that has been cut. Discuss the color, texture and no seeds inside (seeds on outside). Show photo of where and how strawberries grow.

Teach strawberry chant

Strawberries up (gesture up), **strawberries down** (gesture down)

Strawberries drive all over town (gesture steering with big wheel).

To the store, let's get more! (gesture Come On)

**Strawberries up, strawberries down,
strawberries drive all over town.**

WAIT A MINUTE - (hand on hip, finger in air)

STRAWBERRIES DON'T DRIVE! Laugh

Tip toe like quiet little mice to table and taste strawberries and vanilla yogurt.
Discuss how it tastes, feels in mouth and smells.

Sing song again.

Show take-home sheets: Nutrition Super Star

Ask - showing whole fruit - **What is this?** Record number correct (Post test)





TEACHING INSTRUCTIONS:

Sweet Potato

Keep potato out of sight until in circle

Ask - **Do you know what this is?** (Pre Test record number children correct)
Pass whole sweet potato

Ask - **How does it look, feel, and smell? How do you think it looks inside?**

Ask - **What do you wear out side when it is cold? A jacket - that's right. A Sweet potato wears a jacket too because it is cold where they grow.**

Show the photos of where a sweet potato grows. They grow where it is cold and dark - under the ground.

Ask - **How do you think we get them out of the ground? We can use something like a shovel called a hoe.**

Show photo of sweet potatoes growing in a row and how they were dug up with a hoe.

Discuss how other fruits have grown - on tree, on ground and now under the ground.

Lesson continued on second page





TEACHING INSTRUCTIONS:

Sweet Potato lesson continued

Teach sweet potato chant

Sweet potato Sweet potato in a row

I'm (gesture to self) going get you with my (pretend hoeing) hoe hoe hoe

First we dig'em, (pretend washing) wash em and bake em in their jacket

Jump up now we're go'na make some racket (stand and dance)

Do the Sweet potato dance!

Do the Sweet potato dance!

Do the Sweet potato dance!

Sweet potatoes turn around (turn around and tuck in ball and close eyes to go back into dark ground) and go back into the ground!

Tip toe like quiet little mice to table and taste sweet potato(baked in jacket). Discuss how it tastes, feels in mouth and smells. (Ask if they want cinnamon. Ask if they want it on top of or beside potato).

Sing song again.

Show take-home sheets: Nutrition Super Star

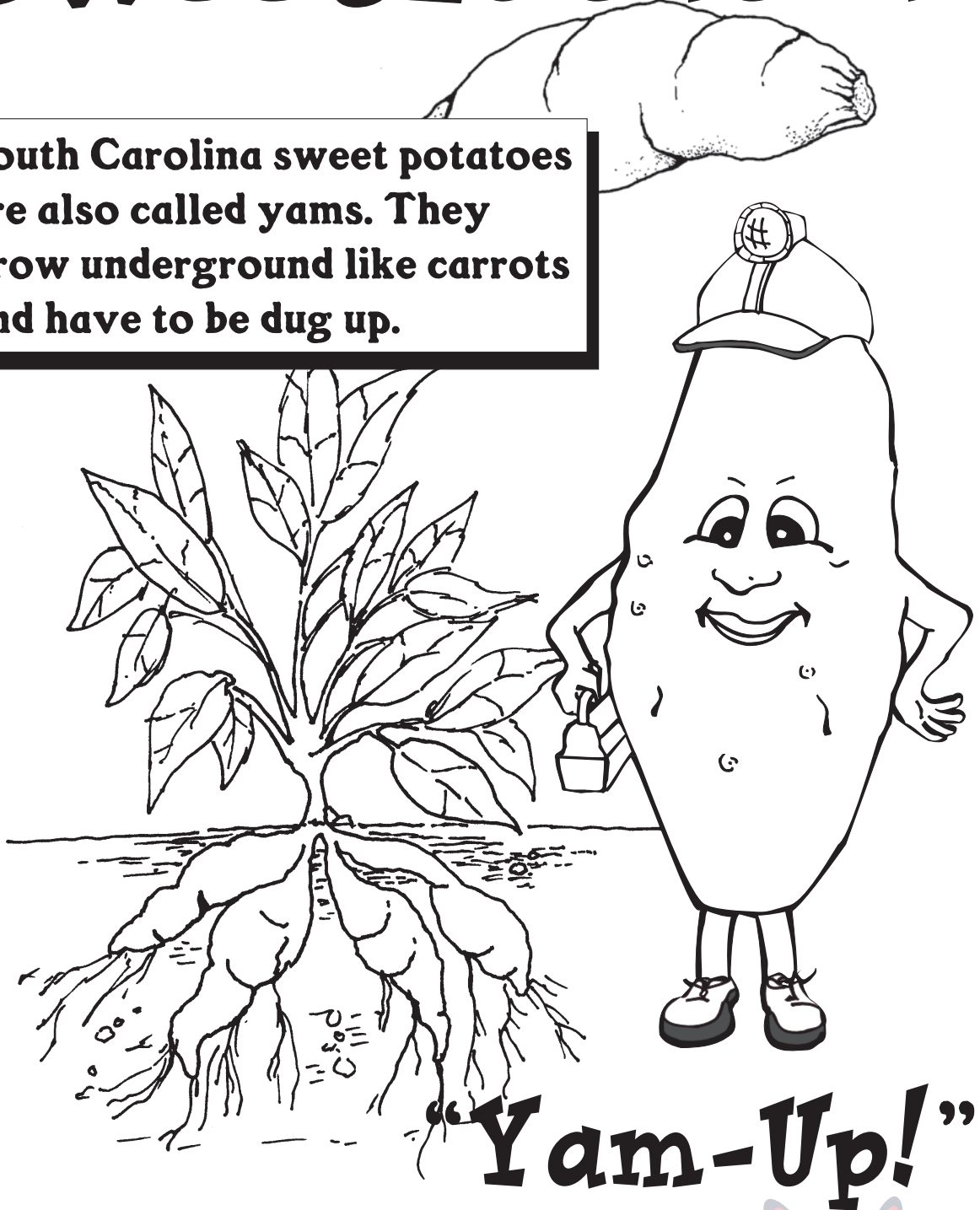
Sweet Potato coloring sheet

Ask - showing whole fruit - **What is this?** Record number correct (Post test)



Sweet Potatoes

South Carolina sweet potatoes are also called yams. They grow underground like carrots and have to be dug up.



“Yam-Up!”



South Carolina Department of Health
and Environmental Control

