

APRIL**ASPARAGUS**
STEM VEGETABLES**GRADE**
K-1

RECOMMENDED BOOK	<u>Up, Down, and Around</u> by Katherine Ayres <u>Inch by Inch: The Garden Song</u> by David Mallett
NEEDED SUPPLIES	Asparagus, rhubarb and celery to compare (Optional: lemon-flavored dip)
NEEDED RESOURCES	“Plant Parts Pantomime” “Parts of Plant” worksheet
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 <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of asparagus (how to recognize, how to eat, how to prepare). Students will learn that asparagus helps them fight off infection and are good for their bodies. Students will learn that friends and educator eat asparagus and other stem vegetables. 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 have oranges/clementines with their family at home? Show me with your thumbs how they liked oranges? How can you get your family to eat more fruits and vegetables? (Have your family set a goal together for the week. Look through the weekly grocery store flyers to find the specials.)
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 (demonstrate with a ruler). There are green, white and purple varieties. The green variety is the most popular.
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 students healthy and to heal cuts and scrapes (cross arms to reinforce the super defense shield) Good source of Vitamin A, to help our eyes, especially our night vision (reinforce with super goggles on the eyes)

STEM VEGETABLES
FEATURED TASTING:
ASPARAGUS**ALTERNATIVES:**
CELERY**RHUBARB**

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ACTIVITIES	Compare different stem vegetables: asparagus, rhubarb, and celery. Discuss similarities and differences in color, length, texture, and in how it is eaten. Ask students about other possible comparisons. "Parts of Plant" worksheet
SENSES CONNECTION	See: Green stem with top Touch: Smooth stem; bumpy, softer tip (sometimes a purple color in tip, which means good quality) Smell: Grassy Taste: Slightly bitter, green tasting (This will vary from person to person. Ask the kids!) Sound: Crunch, snappy
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? Do you think that you could ask your grown-up if you can be their "produce picker" at the grocery store or farmers market? Can you grow asparagus in your garden?
TAKE HOME MATERIALS	Pass out "Ask me about...asparagus" stickers. Send home the parent newsletter.
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.



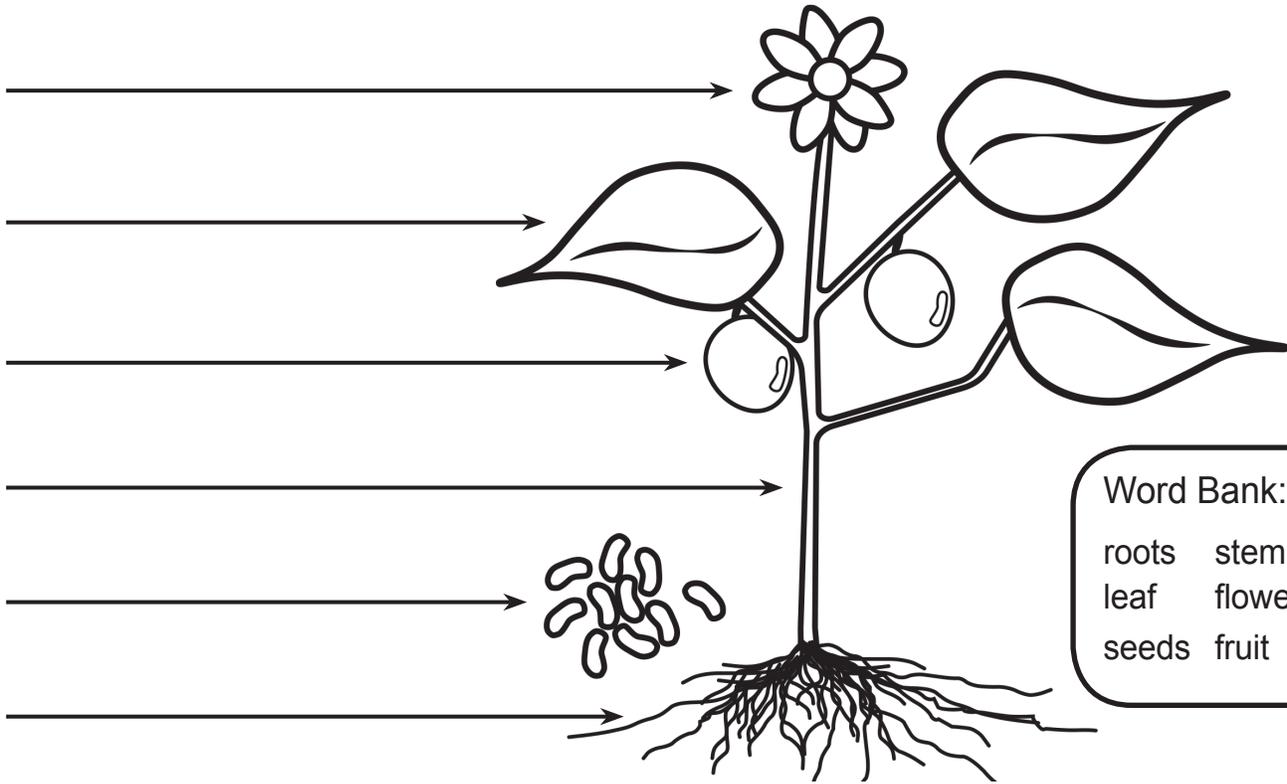
Name: _____



Parts of a Plant

Parts of a Plant

Label the six different plant parts.



Word Bank:

roots stem
leaf flower
seeds fruit



Draw your own plant. Be creative with your plant!

My Plant

Pick a **better** snack™

