

MARCH

**SUGAR SNAP PEAS/FROZEN PEAS
PODS**

**GRADE
2-3**

RECOMMENDED BOOK	"First Peas to the Table" by Susan Grigsby "Gregor Mendel: The Friar Who Grew Peas" by Cheryl Bardoe
NEEDED SUPPLIES	Peas (sugar snap peas, snow peas or green peas) Copies of monthly school lunch menu
NEEDED RESOURCES	"Get Movin' Energizer: Hit the Deck" "Build a Healthy Lunch" Poster "Build a Health Lunch" Handout "Lunch Safari" video
21ST CENTURY SKILL	Students will learn the importance of vegetables in a healthy diet. <ul style="list-style-type: none"> Practice preventive health behaviors. <ul style="list-style-type: none"> 2-3: Choose healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge about peas (plant part, type of vegetable, how to identify, where to find) Students will learn the importance of pod vegetables in a healthy diet. Students will learn to try a new vegetable. Students will learn that friends and educator eat peas.
PHYSICAL ACTIVITY	"Get Movin' Energizer: Hit the Deck"
RECAP FROM LAST LESSON	Did anyone ask their parent for pineapple and the grown-up served it? When did you ask for it? How did you eat it – canned, fresh, juice? Show me with your thumbs how your grown-up liked it. Did anyone ask for pineapple and get turned down? When would be a better time to ask your grown-up for pineapple? (Help children problem solve.)
FUN FACTS ABOUT PEAS	<ul style="list-style-type: none"> Today only 5% of peas grown are sold fresh. Most are canned. Peas have been around since ancient times. Some date back to 10,000 years ago. Sugar snap peas began in the 1960's by crossing green peas and snow peas. The third president of the United States of America, Thomas Jefferson, planted more than 30 kinds of peas in his garden in Monticello, VA. There are two types of peas: those with edible pods (sugar snap peas and snow peas) and those with inedible pods (green peas, also called sweet peas or garden peas). Sugar snap peas are edible pod peas that are called mange tout, a French term meaning "eat all." Sugar snap peas convert their sugar to starch just hours after harvest. Keep the peas cold to slow down the conversion of sugar to starch to help them stay sweet. Upscale restaurants rarely serve peas because they are difficult to eat. Etiquette rules in the U.S. say it is proper to eat peas with a fork, either scooping them or stabbing them. This isn't easy and peas can roll off the plate.

PODS FEATURED

**TASTING:
SUGAR SNAP PEAS/
FROZEN PEAS**



**ALTERNATIVE:
OKRA**



MARCH**SUGAR SNAP PEAS/ FROZEN PEAS**
PODS**GRADE**
2-3**WHAT YOU NEED TO KNOW ABOUT PEAS**

- Peas grow in Iowa. They may be eaten raw or cooked.
- Peas can be found in the grocery store fresh, canned or frozen.
- Peas are a member of the legume family, which includes plants with pods enclosing fleshy seeds. Peas do not take as long to cook as dried legumes, such as split peas and pinto beans.
- Sugar snap peas have an edible, crunchy pod with sweeter, full-sized peas inside.
- Fresh sugar snap pea pods should be firm, bright green and appear ready to burst.
- Keep unwashed sugar snap peas in the refrigerator for up to three days.
- Snow pea pods should be shiny and flat, with very small peas that are barely visible through the pod.

HEALTH CONNECTION

- Sugar snap peas, snow peas and green peas are excellent sources of Vitamin C, to help heal cuts and wounds and keep our immune system strong. Reinforce with defense shield (Cross arms out in front of chest.)
- Green peas are a good source of Vitamin A, to help keep our eyes healthy. Reinforce with super goggles (Make goggles with your hands over your eyes.)
- Green peas are a good source of fiber, to help you feel full longer and move food through your body. Reinforce by rubbing stomach.

PART OF THE PLANT

Seeds

DISCUSSION

Did/will you eat a healthy lunch today? How do you know? Or ask students: What is your favorite lunch? Optional: Have students draw their favorite lunch. Educators, share a memory of your favorite school lunch when you were a child.

You can eat a healthy lunch at school. Let's watch this video to learn more. Show "Lunch Safari" video (2:56). [Click here](#)

ACTIVITIES

Distribute copies of the monthly school lunch menu or place menu on a projector. Students can work in pairs, small group or individually to answer questions about the menu.

- What is on the menu for today?
- How many fruits and vegetables are offered today?
- Can you find your favorite vegetable? What is it? When will it be served?
- Find a dark green vegetable (e.g., broccoli, spinach). An orange vegetable (e.g., carrots, sweet potato).
- Find a fruit or vegetable we tasted in Pick a better snack.
- Find a cooked vegetable. Fresh vegetable. Fresh fruit.
- Is breakfast listed on the menu?
- Can you find peas? Sometimes peas are served at school. Today, we are going to taste a kind of pea called sugar snap pea.

Display the "Build a Healthy Lunch" poster and explain to students that all five food groups are offered at lunch. Students only need to take three of the five food groups for lunch, and one must be a fruit or vegetable. That way, students only take food they plan to eat and food is not wasted. (Note: Most schools practice offer v. serve, which allows students to choose their three food groups. Students may choose more than three.)

Or: Distribute the "Build a Healthy Lunch" handout to each student. Instruct students to trace the outside of each section of the tray as shown on the poster. Then have them draw their favorite lunch, choosing foods from at least three of the colors/food groups on the tray.

(Adapted from Iowa Department of Education "Build a Healthy Lunch" elementary lesson.)

MARCH**SUGAR SNAP PEAS/ FROZEN PEAS**
POD**GRADE**
2-3**TASTING**

Students will taste a sugar snap pea pod or a few frozen peas (thawed). Show students how to peel open their sugar snap pea pod. Stringless varieties of sugar snap peas are available, but most have stringy seams that need to be removed before eating. Use your fingers to snap off the stem and pull the string along the length of the pod.

Allow students to try the peas and pod separately if they wish. Students will vote: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks.

CLOSING DISCUSSION

What is the vegetable we tried today? What ways could you eat peas at meals or snacks? (eat fresh sugar snap peas, add snow peas to a rice dish, cook peas plain for a side dish, add peas to macaroni and cheese)

Where can you get peas? (grow them, school lunch, farmers' market, grocery store – produce section or canned and frozen aisles) What will you tell your grown-ups about peas?

TAKE-HOME MATERIALS

Pass out "Ask me about ...sugar snap peas" stickers. Send home the monthly parent newsletter and bingo card. Issue incentives for completed bingo cards from last month.

REFERENCES AND RESOURCES

[Click here](#) Iowa Department of Education's "Build a Healthy Lunch" Lesson

[Click here](#) Build a Healthy Lunch Activity Sheet

[Click here](#) Iowa Department of Education School Meals Program Support

[Click here](#) MyPlate Guide to School Lunch for Families

[Click here](#) National School Breakfast Week

[Click here](#) School Breakfast Infographic

[Click here](#) National Nutrition Month

[Click here](#) [Click here](#) Iowa State University Extension: Growing and Planting Peas

[Click here](#) Fruits and Veggies More Matters: Sugar Snap Peas Nutrition, Selection and Storage

[Click here](#) Fruits and Veggies More Matters: Peas Nutrition, Selection and Storage

[Click here](#) Fruits and Veggies More Matters: Snow Peas Nutrition, Selection and Storage

[Click here](#) Fruits and Veggies More Matters: Top 10 Ways to Enjoy Peas

[Click here](#) Yuma County Cooperative Extension: Sugar Snap Peas

[Click here](#) ACEF Chef and Child Foundation: Peas Classroom Activities

[Click here](#) SNAP-Ed Seasonal Produce Guide: Peas

OTHER WAYS TO EAT PEAS

Raw; cook from fresh, canned or frozen; pea guacamole; pea soup; wasabi/seasoned peas



Energizers for Grades K-2

Name of Activity: **Hit the Deck**
Grade Level: 2-5
Formation: Standing at desks
Equipment: 1 deck of cards

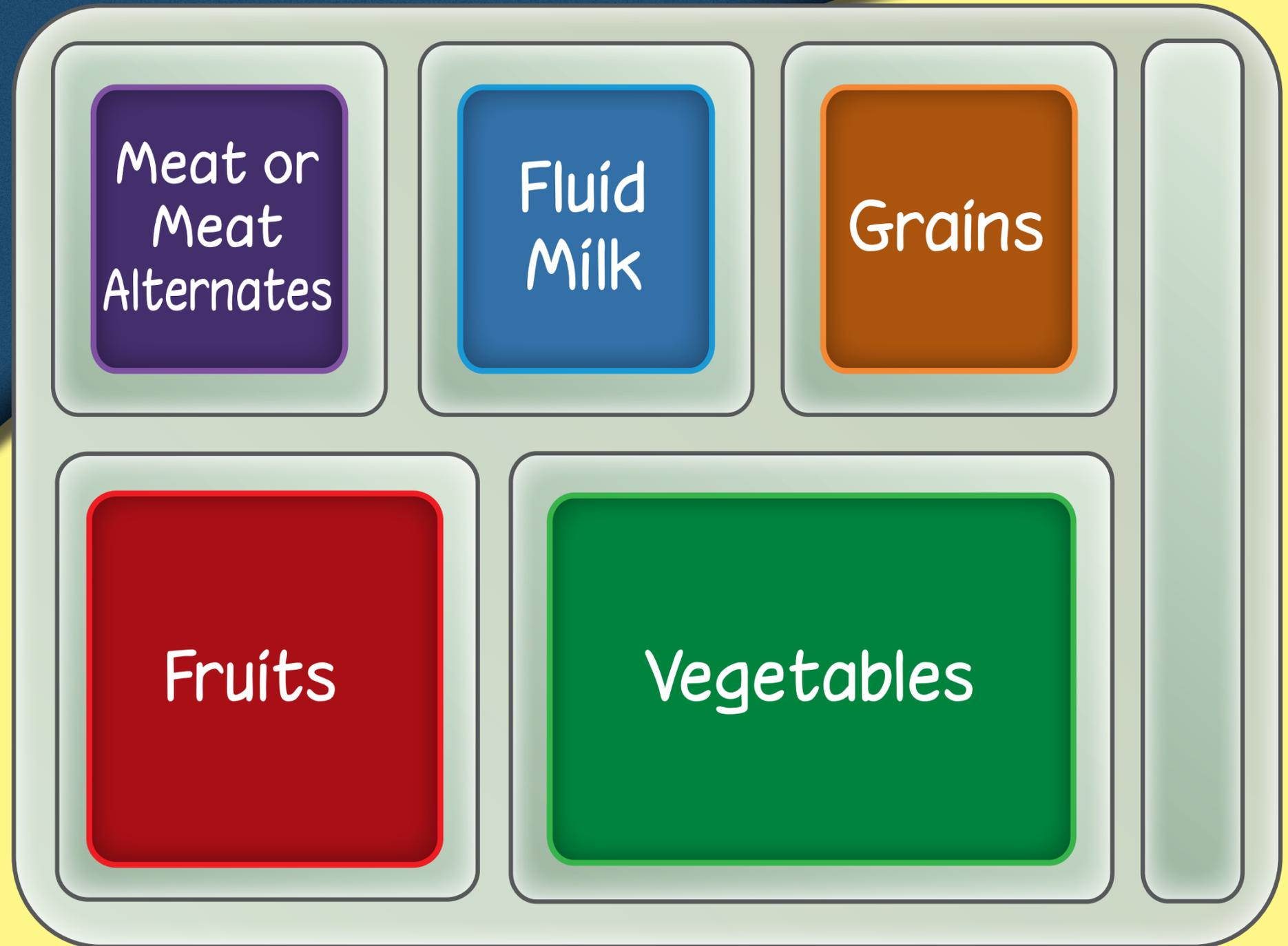
Rules/Directions:

1. Teacher places deck of cards in front of the class.
2. Have one student select a card and students will do the corresponding activity for each suit.
3. Would be helpful to write corresponding activities on the board for each suit:
 - Heart: touch elbow to knee or crunches for 20 seconds
 - Diamond: jog in place or march in place for 20 seconds
 - Club: modified push up or cabbage patch for 20 seconds
 - Spade: jumping jacks or scissors for 20 seconds
4. Provide other students opportunity to pick a card from the deck and repeat activity.

Variations:

1. Place activities on chart paper so that activity can be done outside.
2. Choose 3 or 4 cards of each suit instead of using entire deck to save time.
3. This activity is easy for a substitute teacher to follow.

Build a Healthy Lunch!



Choose at least 3 colors, make sure to take a fruit or vegetable to make a school lunch!

“Build a Healthy Lunch” Handout

