

MARCH

SUGAR SNAP PEAS/FROZEN PEAS PODS

**GRADE
K-1**

RECOMMENDED BOOK	<p>"Eat Your Peas, Louise!" by Pegreen Snow</p> <p>"Little Pea" by Amy Krouse Rosenthal</p> <p>"Pick, Pull, Snap!: Where Once a Flower Bloomed" by Lola M Schaefer</p>
NEEDED SUPPLIES	<p>Peas (sugar snap peas, snow peas or green peas)</p> <p>School lunch tray</p> <p>Lunch menu items on strips of paper or food models</p>
NEEDED RESOURCES	<p>"Get Movin' Energizer: Wiggles"</p> <p>"Build a Healthy Lunch" poster to cut</p> <p>"Build a Healthy Lunch" poster to display</p> <p>"Lunch Safari" video</p>
21ST CENTURY SKILL	<p>Students will learn the importance of vegetables in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors. <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will learn about peas (health benefits, how to recognize, how to eat, where to find). Students will learn that peas are vegetables and taste peas. Students will learn that friends and educators eat vegetables.
PHYSICAL ACTIVITY	<p>"Get Movin' Energizer: Wiggles"</p>
RECAP FROM LAST LESSON	<p>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.)</p>
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 1960s 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



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.

DISCUSSION

What did/will you eat for lunch today? Ask students to write their answers on paper and trade papers with a classmate. Or, ask students to think about their answer, and then verbally share with a partner. Call on a few volunteers to report out. Another option: Ask all students to stand. Tell students who did/will eat school lunch to pat their heads. Tell students who did/will eat a lunch from home to put their hands on their hips.

It looks like some of you are going to eat a school lunch today and some brought lunch from home. Either way, it's important to choose healthy foods for lunch.

When you go through the lunch line at school, you will find nutritious foods. Your school wants you to eat healthy so you feel well and do your best in class. Isn't it great that school lunch is available for every student!

ACTIVITIES

[Click here](#) Go on a healthy lunch hunt. Watch the "Lunch Safari" video (2:56).

Let's practice building a healthy lunch right now. Prior to the lesson, cut out the colored food group blocks from the "Build a Healthy Lunch" poster. Tape the cut-outs onto an actual lunch tray. Pass out a strip of paper (or food model) with the name of a food item from the day's lunch menu to each student. (Several students will have the same food item.) Have students come to the front of the class and place the paper on the lunch tray in the proper food group. Help students identify food groups as needed.

Encourage students to look for the "Build a Healthy Lunch" poster the next time they are in the cafeteria. If practiced at your school, explain that 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. Students may take all the food groups offered if they want to try everything.

Today we are going to taste and learn about a vegetable that you can find at lunch – peas! (Point out peas if listed on the monthly lunch menu.) Teach the students about sugar snap peas; snow peas; or fresh, canned and frozen green peas.

MARCH**SUGAR SNAP PEAS/ FROZEN PEAS**
POD**GRADE**
K-1**SENSES CONNECTION**

See: What color is it? What shape is the the pod? Does it look like anything you have seen before?

Touch: How does the the pod feel? (smooth, maybe with some bumps, cold)

Smell: What does the sugar snap pea smell like? Anything you have had before?

Taste: Will it taste sweet/sour? Juicy/Dry?

Hear: Is it going to be crunchy? Encourage students to listen quietly for the crunch as everyone bites into their sugar snap peas at once.

TASTING

What do you think is on the inside? 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.

Students will taste a sugar snap pea pod or a few frozen green peas (thawed). 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 family newsletter.

REFERENCES AND RESOURCES

[Click here](#) Iowa Department of Education: Build Healthy Lunch Lessons, Activities, Signage and Promotion

[Click here](#) National Nutrition Month

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

[Click here](#) National School Breakfast Week

[Click here](#) School Breakfast Infographic

[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](#) 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

<i>Name of Activity:</i>	Wiggles
<i>Grade Level:</i>	K-5
<i>Formation:</i>	Standing at desks
<i>Equipment:</i>	None

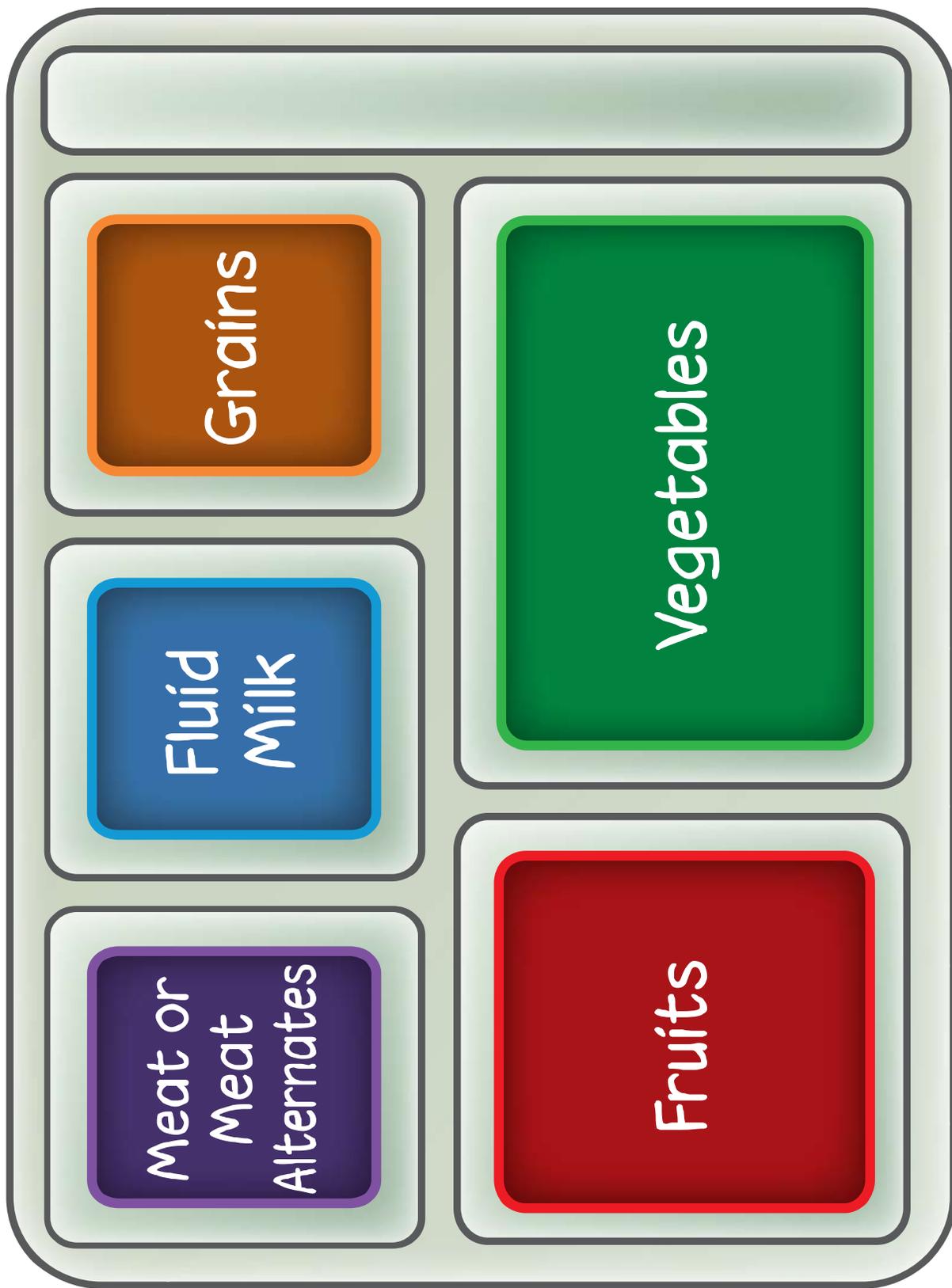
Rules/Directions:

1. Jog in place while doing the following activities.
2. On teacher's signal, the students begin to wiggle their fingers.
3. Then their fingers and wrists.
4. Then their fingers, wrists, and forearms.
5. Then their fingers, wrists, forearms, and elbows.
6. Then their fingers, wrists, forearms, elbows, and shoulders.
7. Then their fingers, wrists, forearms, elbows, shoulders, and rib cage.
8. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, and hips.
9. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, hips, and knees.
10. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees, and head.

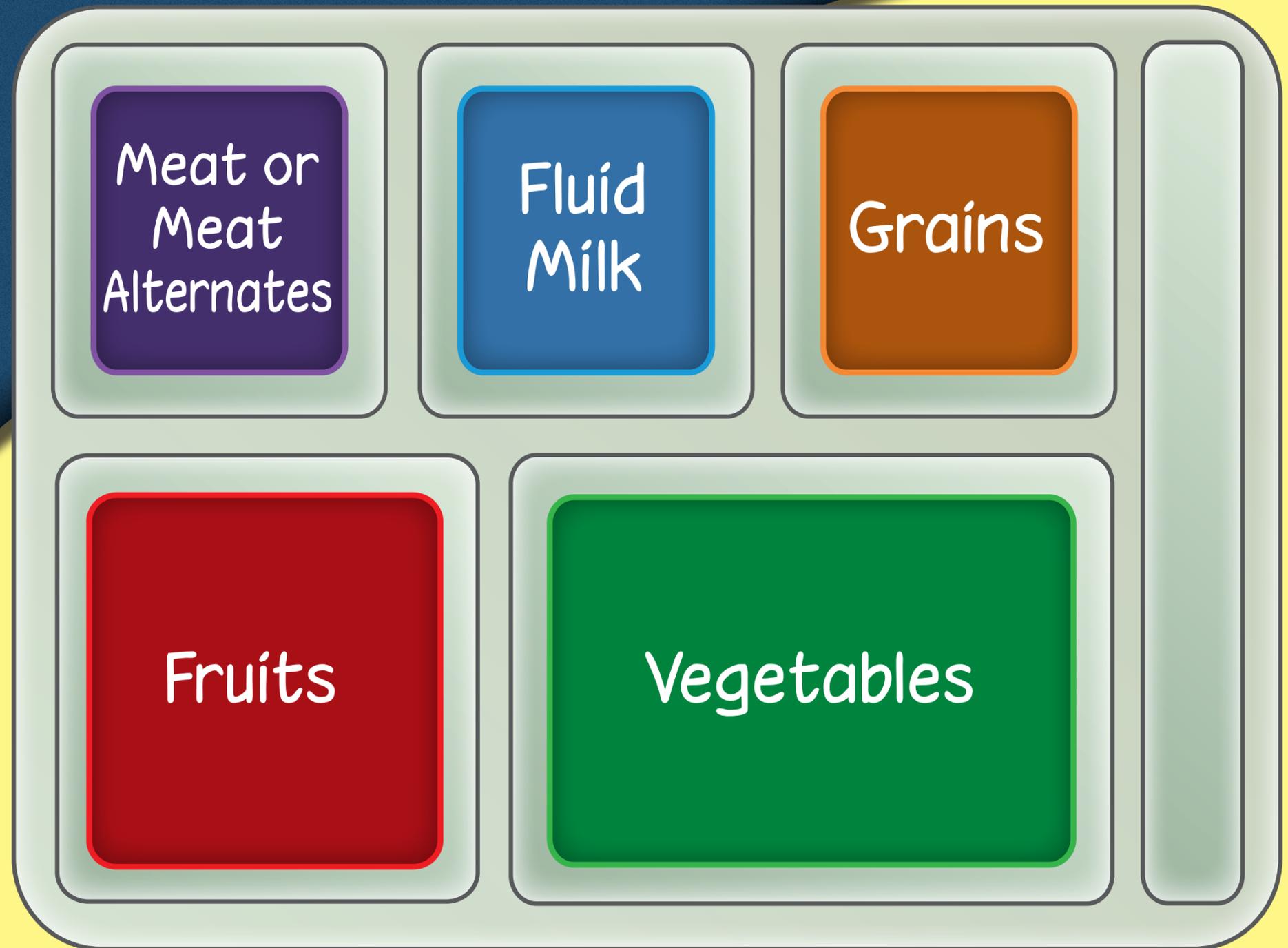
Variations:

1. Start from toes and work your way up (toes, knees, hips, etc.).
2. Repeat activity without jogging as cool down.

Build a Healthy Lunch



Build a Healthy Lunch!



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