

Sugar Snap Peas

GRADE
K-1

Month: March

Time Required: 30 minutes

Alternative Tastings: Green Peas, Snow Peas, Okra

Lesson Goals

- Students will increase their knowledge of fruits and vegetables.
- Students will learn to try new fruits and vegetables and increase their preference for them.
- Students will learn that their peers like to eat fruits and vegetables.
- Students will learn how to ask their parents/caregivers for the fruits and vegetables tasted in class.

Lesson Objectives

- Students will be able to recognize peas as seeds.
- Students will be able to identify parts of a pea plant, including pods.

Materials

- | | |
|---|--|
| <input type="checkbox"/> 2 tbsp sesame or olive oil | <input type="checkbox"/> Tasting plates or cups |
| <input type="checkbox"/> 1 lb sugar snap peas, washed | <input type="checkbox"/> Serving utensil |
| <input type="checkbox"/> 1 tsp minced garlic (in a jar) | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> 1 tbsp reduced-sodium soy sauce or tamari (a gluten free alternative, but check label to verify) | <input type="checkbox"/> Hand towel |
| <input type="checkbox"/> 1 tsp chili oil (optional) | <input type="checkbox"/> Cleaning wipes |
| <input type="checkbox"/> Sesame seeds (optional) | <input type="checkbox"/> Electric skillet |
| <input type="checkbox"/> Cooler | <input type="checkbox"/> Power strip and extension cord |
| <input type="checkbox"/> Ice pack | <input type="checkbox"/> Printed: recipes and worksheet (below) |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Water bottle with water (for physical activity) |
| <input type="checkbox"/> Water bottle with water (for cleaning) | <input type="checkbox"/> Flashlight |

Preparation

- Wash the peas.

Recommended Books

“Eat Your Peas, Louise!” by Pegreen Snow

“Little Pea” by Amy Krouse Rosenthal

“Pick, Pull, Snap!: Where Once a Flower Bloomed” by Lola M Schaefer

Standards Connection

This lesson supports the following Iowa Core standards.

Health Education

[Standards 1, 2, 3, 4, 5, 7, 8](#)

Science

Kindergarten - [K-LS1-1](#)
LS1.C: Plant survival needs

First grade - [1-LS1-1](#)
LS1.A: Structure and function

Lesson Checklist

- Physical Activity
- Tasting
- Voting
- “Asking” Discussion
- Newsletters, Bingo cards, Stickers, Incentives
- Science Connection: Plant survival needs (K) & observing plant structures (1st)

Engage

1. Introduction: 5 minutes

The “Introduction” section is a time to introduce yourself, recap previous lessons, establish norms, or introduce the day's lesson.

As soon as you arrive in the classroom, immediately plug in the electric skillet and preheat. Explain to students how you'll cook the sugar snap peas and how to stay safe while using heat sources. Use the following instructions (the recipe is also attached):

Follow these cooking instructions:

1. Heat sesame oil in a skillet over medium heat or medium-low heat (this depends on how hot your electric skillet gets).
2. Add sugar snap peas to hot oil. Cook for 5-7 minutes, uncovered.
3. Add garlic and soy sauce or tamari, stir. Cook for another 1-2 minutes. Be careful not to burn the sauce; tamari and soy sauce burn quickly.
4. Remove from heat and toss in chili oil. Sprinkle with sesame seeds. Enjoy!

***Cooking Tips:

- Feel free to delegate responsibilities with the teacher. Have them stir the peas, while you work with the class. Or vice versa.
- Email the teacher ahead of time to let them know you plan on using a heat source and will need a table close to an outlet, if possible.
- If you notice students getting distracted by the noise, smells, sights of cooking, use that as a teaching moment. Pause and ask students to smell the air together. Or listen very quietly for any sizzling noises. These are good interruptions!

2. Engage Activity: 8 minutes

The “Engage Activity” section has two purposes: 1) to activate students' prior knowledge and 2) to engage every student.

At the carpet, *Today we're trying snap peas. Let's all say that name together (choral response): snap peas. Peas are seeds, just like the garbanzo beans we tried in January. We've learned that seeds need two things to sprout and grow; they need warmth and water. What do seeds need? (choral response): warmth and water. Great, now let's act out how seeds sprout with our bodies.*

Story in Motion - Story of A (Pea!) Seed: *Show me what a tiny pea seed looks like (crouch down).*

- **Water:** *I'm going to come around and give water to these baby seeds (mist water bottle above students' heads).*
- **Sunshine:** *We also need warmth from sunshine to grow. I'm going to come around and shine some sun on you (shine flashlight on their arms or toes, sweeping over the entire class).*
- **Sprout:** *Now, wiggle like seeds getting ready to burst! Start wiggling slow, and a little faster and faster! When I clap my hands, let's sprout out of our seeds, just a little bit. Ready, grow (clap)!*
- **Seedling:** *I'm going to give you a little more water and a little more sun. When I clap my hands you are going to grow into a tiny seedling; you'll be halfway to a full-grown plant. Ready, grow (clap)!*
- **Plant:** *You are very thirsty plants, let me give you some more water! And some more sun! This last time I clap my hands you are going to grow into a full sized plant. Ready? (clap)*
- Repeat the sequence faster (1-2 more times)

Transition: *Now when I clap my hands again, we are no longer going to be pea plants. We are going to be students back in our classroom and return to our seats (clap).*

Explore

3. Experiential Learning: 8 minutes

This is a time for students to familiarize themselves with what you'll be tasting. The best way to do this is through a hands-on or exploratory activity.

Have students sit at their desks (opportunity for 3 deep breaths).

Snap Pea Dissection Instructions: *We're going to explore and dissect a snap pea before we taste our stir fry. You will each get one snap pea and a worksheet. Remember, we will use our senses to explore the snap pea as we dissect it - look at it, touch it, smell it, and listen to it - but don't eat it. With teacher or student helpers, pass out snap peas, worksheets and hand sanitizer to all students.*

Draw & Label: *First, we'll draw a picture of the pea pod - let's say that together: pod. Using a doc-cam, draw a picture of the pea pod while students do this on their papers; describe the shapes as you draw it. The pod is a special part of a snap pea plant that we can eat. The pod protects the seeds. Let's label it together (label 'pods' as a class, spelling the word together).*

Guessing & Dissecting: *Many little peas grow inside one pod. We're going to guess how many peas are inside this pod before we open it up and look inside. Think in your head and then hold up your fingers to show me your guess (verbalize students' guesses as they show the class). Let's guess there are 4 peas in this pod; I'm going to draw 4 peas (show the class as you draw 4 peas inside the pod on the doc-cam). Now you do the same thing - guess how many peas are inside your pea pod, write that number on your paper and draw that many inside your pod. Let's label the peas together (label "peas" as a class, spelling the word together). Next, we will use our fingers to carefully pull the pod apart to observe how many peas are on the inside. Students begin dissecting and discussing their observations.*

***Cooking tips:

- While students are doing this activity, check in on the peas. While students continue working, start prepping samples to be passed out once the activity is done.
- Have another lesson and don't have time to wash the skillet? Simply squirt water into the hot skillet to cool it down, then wipe it clean with a rag. Do not wait more than 4 hours before washing with soap.

4. Tasting Activity: 4 minutes

The "Tasting Activity" section is when students get to try the fruit or vegetable. Don't forget to review your food tasting norms (for example, "don't yuck my yum").

Before you pass out any samples, be sure to review your brave tasting rules (for example, don't yuck my yum, we all try together, etc.). As students receive their samples, ask them to use their senses while they wait. Taste the fresh sugar snap pea together, and then taste the stir fry.

Reflect

5. Voting Activity: 2 minutes

This is a time for students to give their opinion on what they tried!

As students taste the stir fry, have them vote with their thumbs. Observe their voting and offer positive reinforcement regarding the Brave Taster Rules. If a student dislikes the tasting, perhaps ask what they would change about it.

6. Reflection: 3 minutes

Reflection is one of the most important processes for students to process and retain new information or experiences. Give students an opportunity to reflect on what they've learned or tried in your lesson. This is an excellent place for students to practice the "Asking Discussion".

Choral Response:

I'm going ask a question and you're going to quietly think to yourself. When I say the magic word, "peas," you can say your answer aloud. Let's practice...

- *What month is it? (March)*
- *Whose class am I in?*
- *What food did we try today? (Sugar Snap Peas)*
- *What do peas grow in? (Pods)*
- *What are two things plants need to grow? (Water and sunshine)*

Asking Discussion:

Raise your hand if you're excited to go home and tell your family about tasting sugar snap peas.

- *Ask a student with a raised hand: if you wanted to try this at home, how might you ask your grown-ups?*
- *You might also ask additional questions like, where could you buy sugar snap peas?*

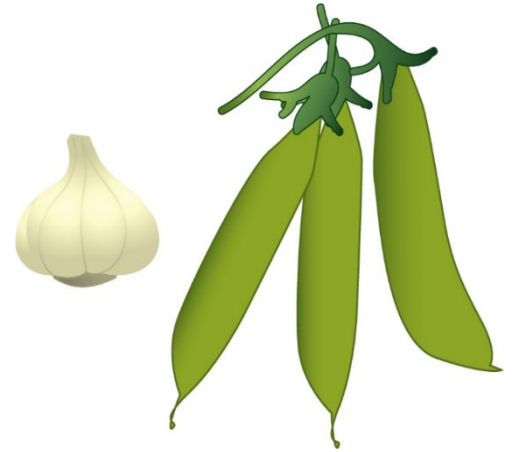
*Share printed copies of Sugar Snap Pea Stir Fry recipe for students to take home.

Leave newsletters, incentives, stickers, and BINGO sheets with the teachers to pass out.

Sugar Snap Pea Stir Fry

Ingredients:

- 2 tbsp. sesame oil (olive oil will work too)
- 1 lb. sugar snap peas
- 1 tsp. minced garlic
- 1 tbsp. reduced-sodium soy sauce (or tamari – check for gluten free)
- 1 tsp. chili oil (optional)
- Sesame seeds (optional)



Directions:

1. Heat sesame oil in a skillet over medium heat.
2. Add sugar snap peas to hot oil. Cook for 5-7 minutes, uncovered.
3. Add garlic and soy sauce or tamari, stir. Cook for another 1-2 minutes. Be careful not to burn the sauce; tamari and soy sauce burn quickly.
4. Remove from heat and toss in chili oil. Sprinkle with sesame seeds. Enjoy!

This institution is an equal opportunity provider.

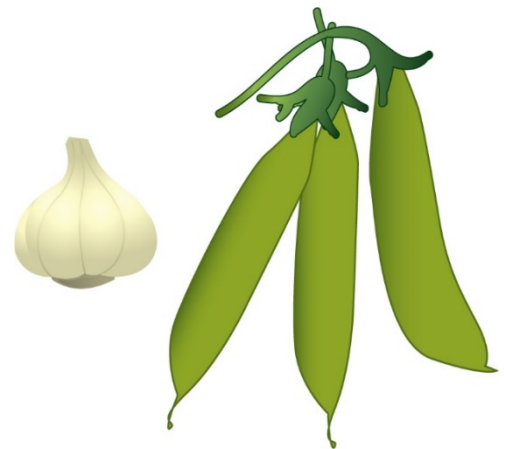
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. September 2020



Sugar Snap Pea Stir Fry

Ingredients:

- 2 tbsp. sesame oil (olive oil will work too)
- 1 lb. sugar snap peas
- 1 tsp. minced garlic
- 1 tbsp. reduced-sodium soy sauce (or tamari – check for gluten free)
- 1 tsp. chili oil (optional)
- Sesame seeds (optional)



Directions:

1. Heat sesame oil in a skillet over medium heat.
2. Add sugar snap peas to hot oil. Cook for 5-7 minutes, uncovered.
3. Add garlic and soy sauce or tamari, stir. Cook for another 1-2 minutes. Be careful not to burn the sauce; tamari and soy sauce burn quickly.
4. Remove from heat and toss in chili oil. Sprinkle with sesame seeds. Enjoy!

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. September 2020



Sugar Snap Peas!

Draw and label a picture of the pea pod here:

I think there are _____ peas inside the pea pod.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. September 2020



Pick a **better** snack™ Lesson

Sugar Snap Peas!

Draw and label a picture of the pea pod here:

I think there are _____ peas inside the pea pod.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. September 2020



Additional Materials

Physical Activity

[“Get Movin’ Engergizer: Wiggles”](#) (page 10)

More ideas for physical activity are available at <https://idph.iowa.gov/inn/play-your-way/brain-breaks>.

What You Need to Know About Sugar Snap 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.

Facts About Sugar Snap Peas

- 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.

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.

References and Resources

<https://www.extension.iastate.edu/news/ask-isu-extension-garden-experts-about-growing-peas>

<https://snaped.fns.usda.gov/seasonal-produce-guide/peas>

https://educateiowa.gov/pk-12/nutrition-programs/school-meals/communication-tools#Program_Promotion

<https://www.eatright.org/food/resources/national-nutrition-month>; <https://schoolnutrition.org/>

This institution is an equal opportunity provider.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services.

September 2020