



TEACHER INPUT SUGGESTIONS

1. Set up a cooking activity.

1. vegetable soup
2. vegetable stew
3. cold vegetable salad
4. veggie dip
5. spinach, tossed or Caesar's Salad

2. Set up a veggie display.

Have the students bring in vegetables.
Observe their size and texture.

3. Put some veggies in a box. Blindfold the students.
Have them guess the veggies by touch.

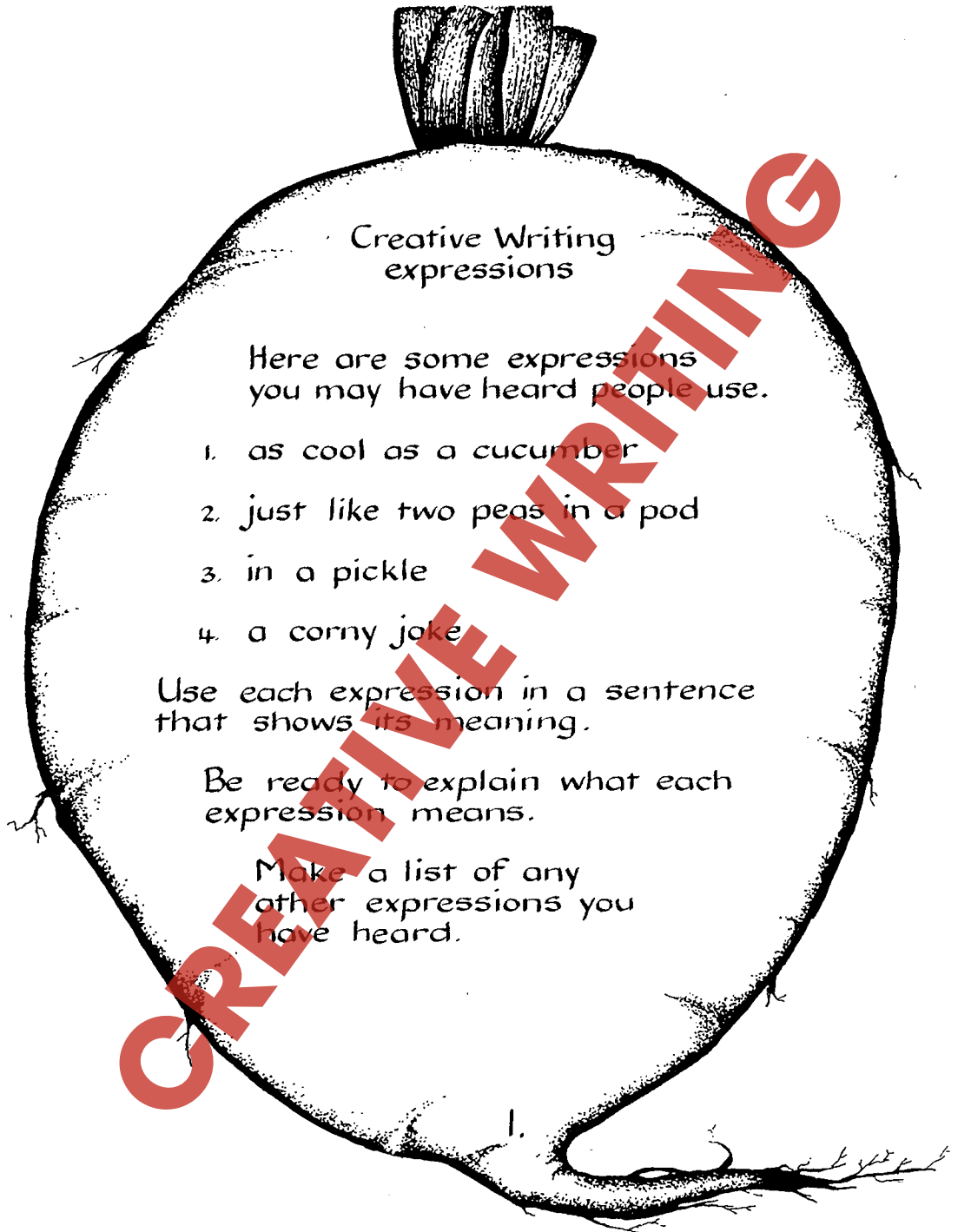
4. Observe the seeds from veggies.
(size, shape, which ones can we eat?)

5. Art Activities

print art, sketching vegetable arrangements, horn
of plenty filled with veggies, veggie robots,
veggie collage.

6. Have pattern cards of vegetable shapes. The students
can cut out the shapes from newsprint for their
vegetable booklets. They can make a cover from
construction paper.

7. Use the "Munch Bunch" series as related reading.
(Studio Publications, Ipswich Limited, England)



Creative Writing expressions

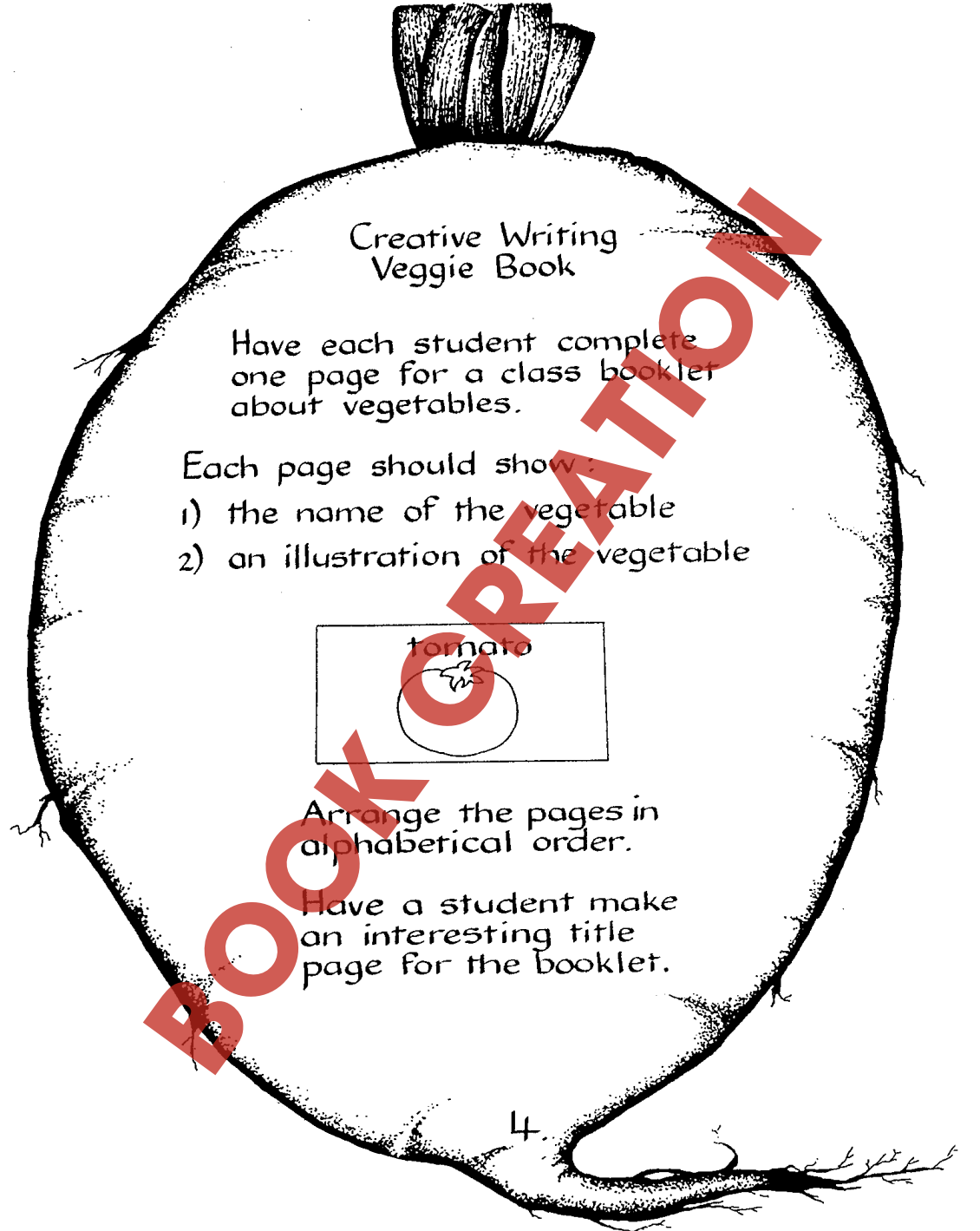
Here are some expressions you may have heard people use.

1. as cool as a cucumber
2. just like two peas in a pod
3. in a pickle
4. a corny joke

Use each expression in a sentence that shows its meaning.

Be ready to explain what each expression means.

Make a list of any other expressions you have heard.



Creative Writing Veggie Book

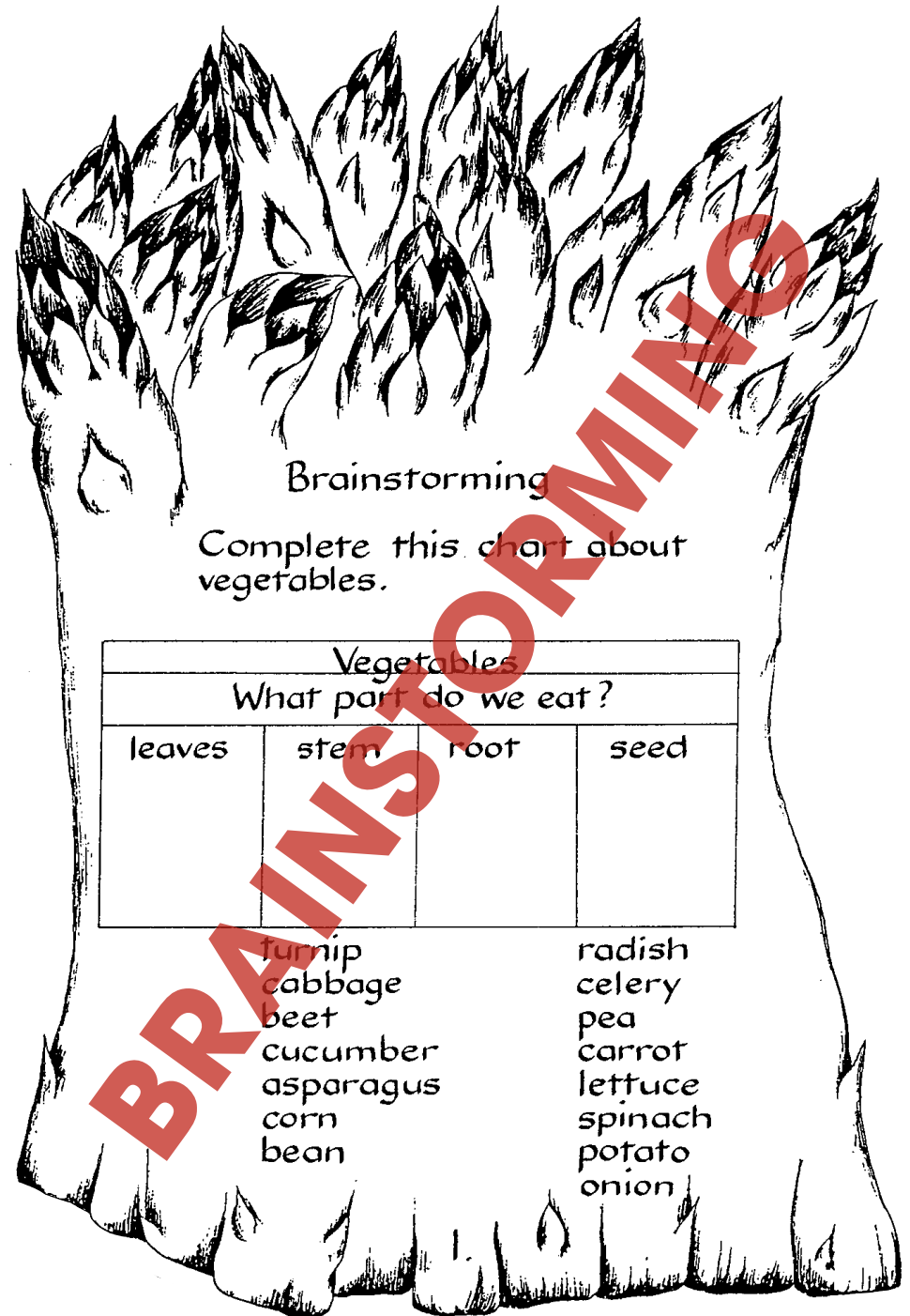
Have each student complete one page for a class booklet about vegetables.

- Each page should show:
- 1) the name of the vegetable
 - 2) an illustration of the vegetable



Arrange the pages in alphabetical order.

Have a student make an interesting title page for the booklet.



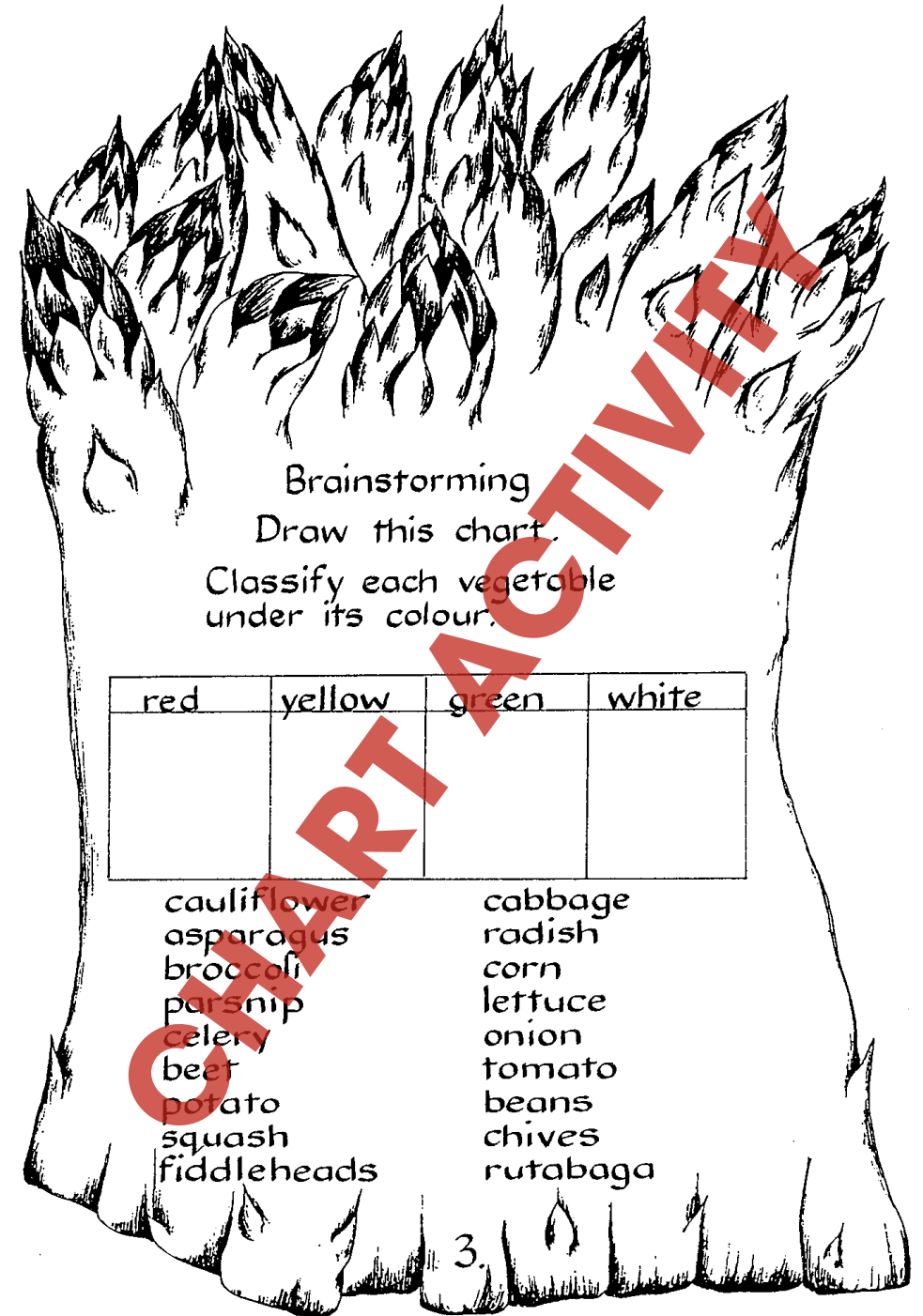
Brainstorming

Complete this chart about vegetables.

Vegetables			
What part do we eat?			
leaves	stem	root	seed

turnip
cabbage
beet
cucumber
asparagus
corn
bean

radish
celery
pea
carrot
lettuce
spinach
potato
onion



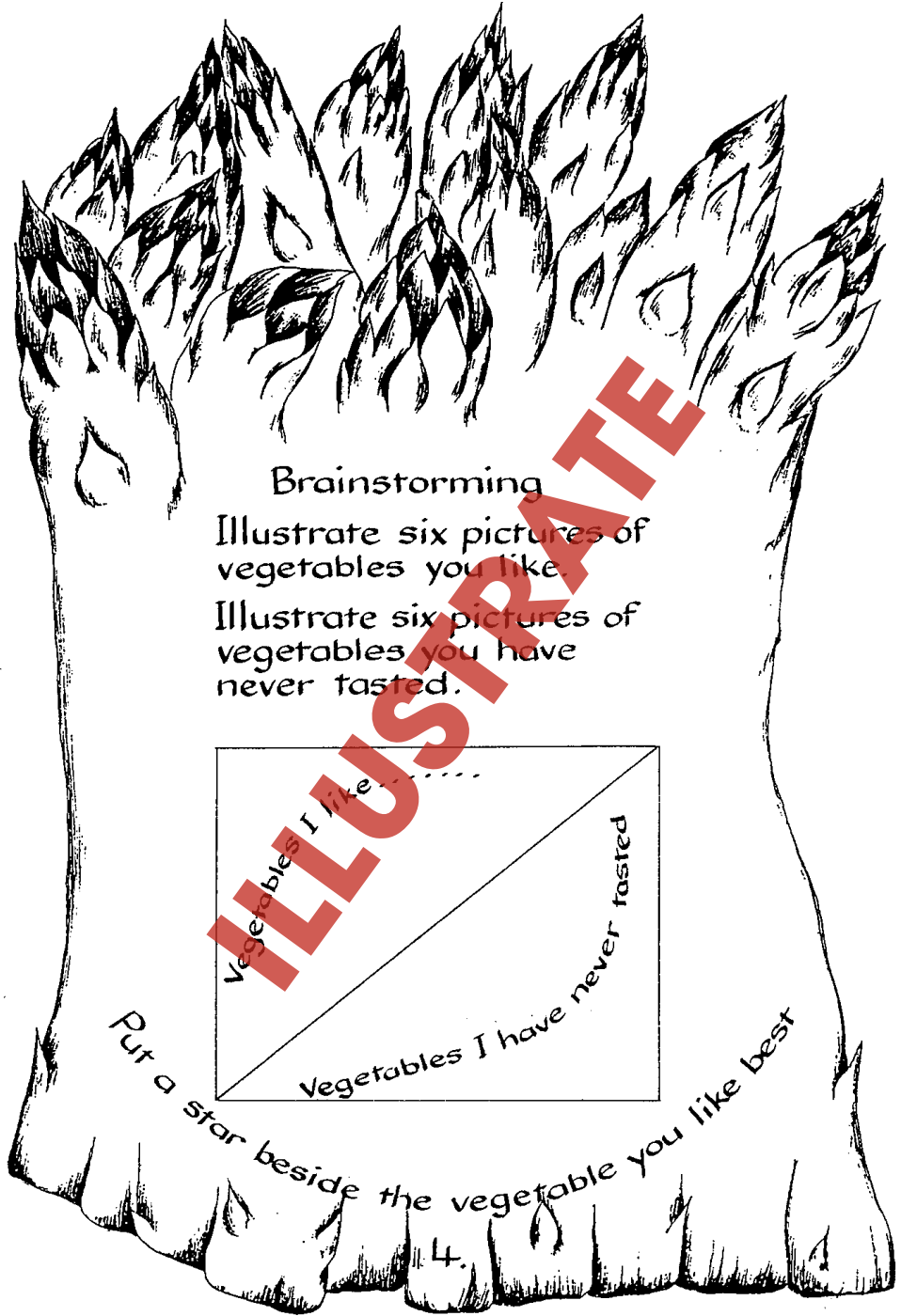
Brainstorming

Draw this chart. Classify each vegetable under its colour.

red	yellow	green	white

cauliflower
asparagus
broccoli
parsnip
celery
beet
potato
squash
fiddleheads

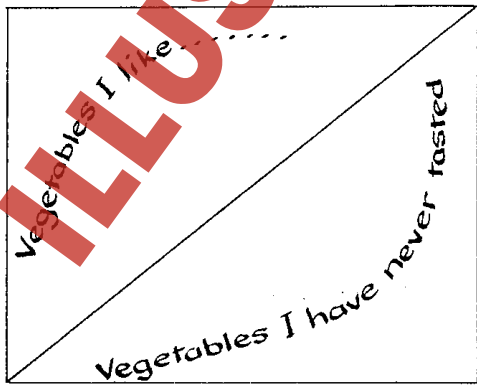
cabbage
radish
corn
lettuce
onion
tomato
beans
chives
rutabaga



Brainstorming

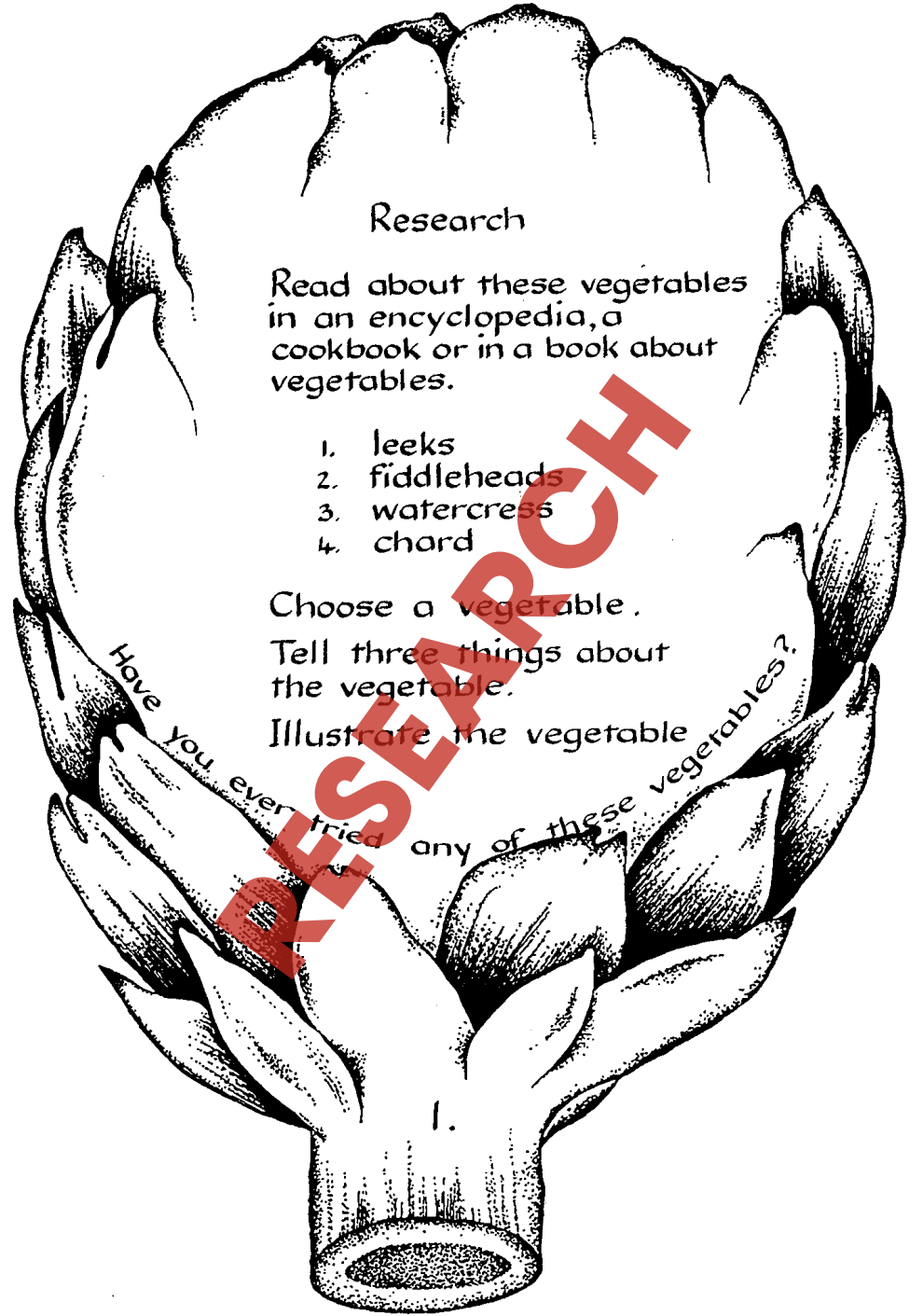
Illustrate six pictures of vegetables you like.

Illustrate six pictures of vegetables you have never tasted.



Put a star beside the vegetable you like best.

4.



Research

Read about these vegetables in an encyclopedia, a cookbook or in a book about vegetables.

1. leeks
2. fiddleheads
3. watercress
4. chard

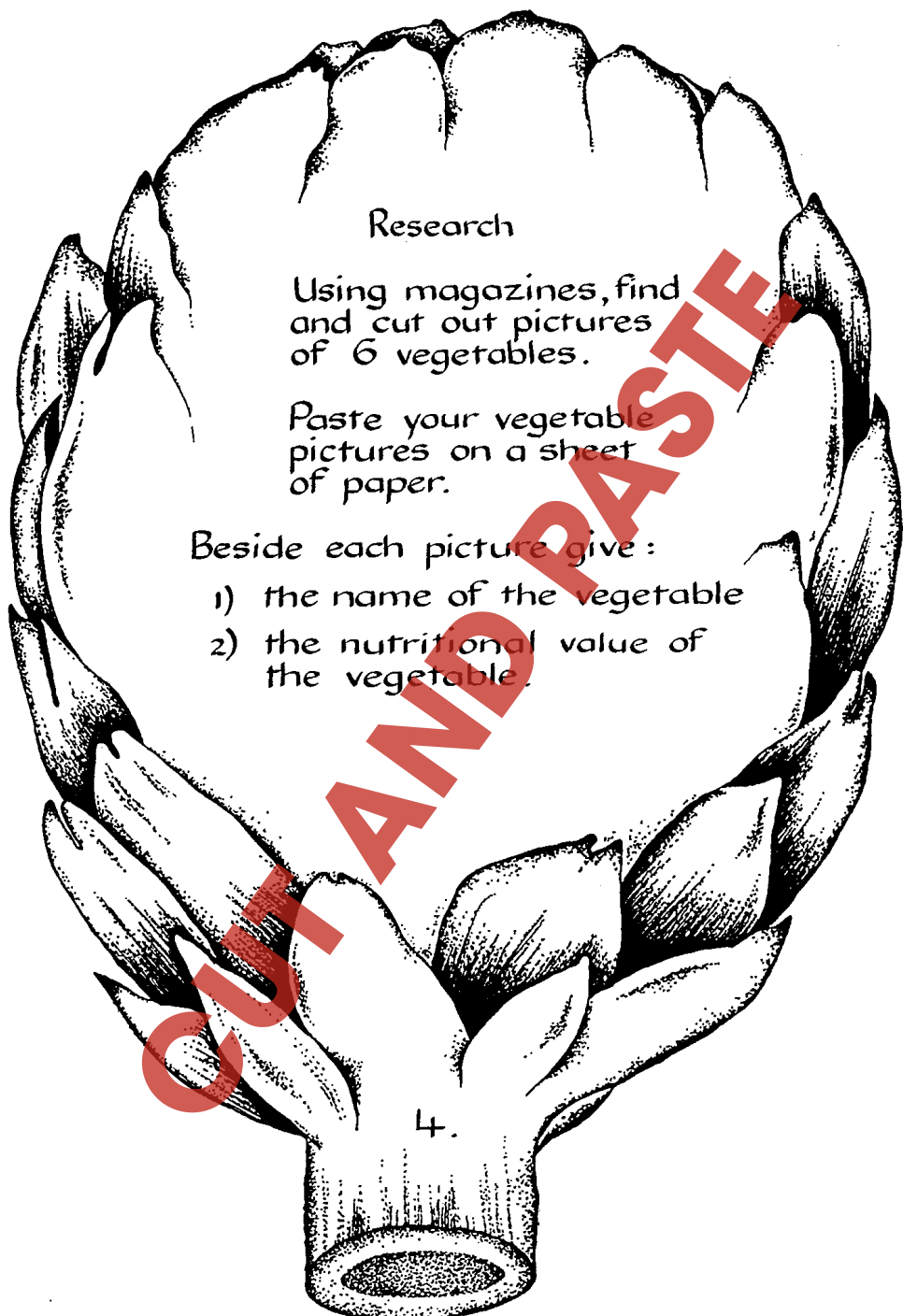
Choose a vegetable.

Tell three things about the vegetable.

Illustrate the vegetable.

Have you ever tried any of these vegetables?

4.



Research

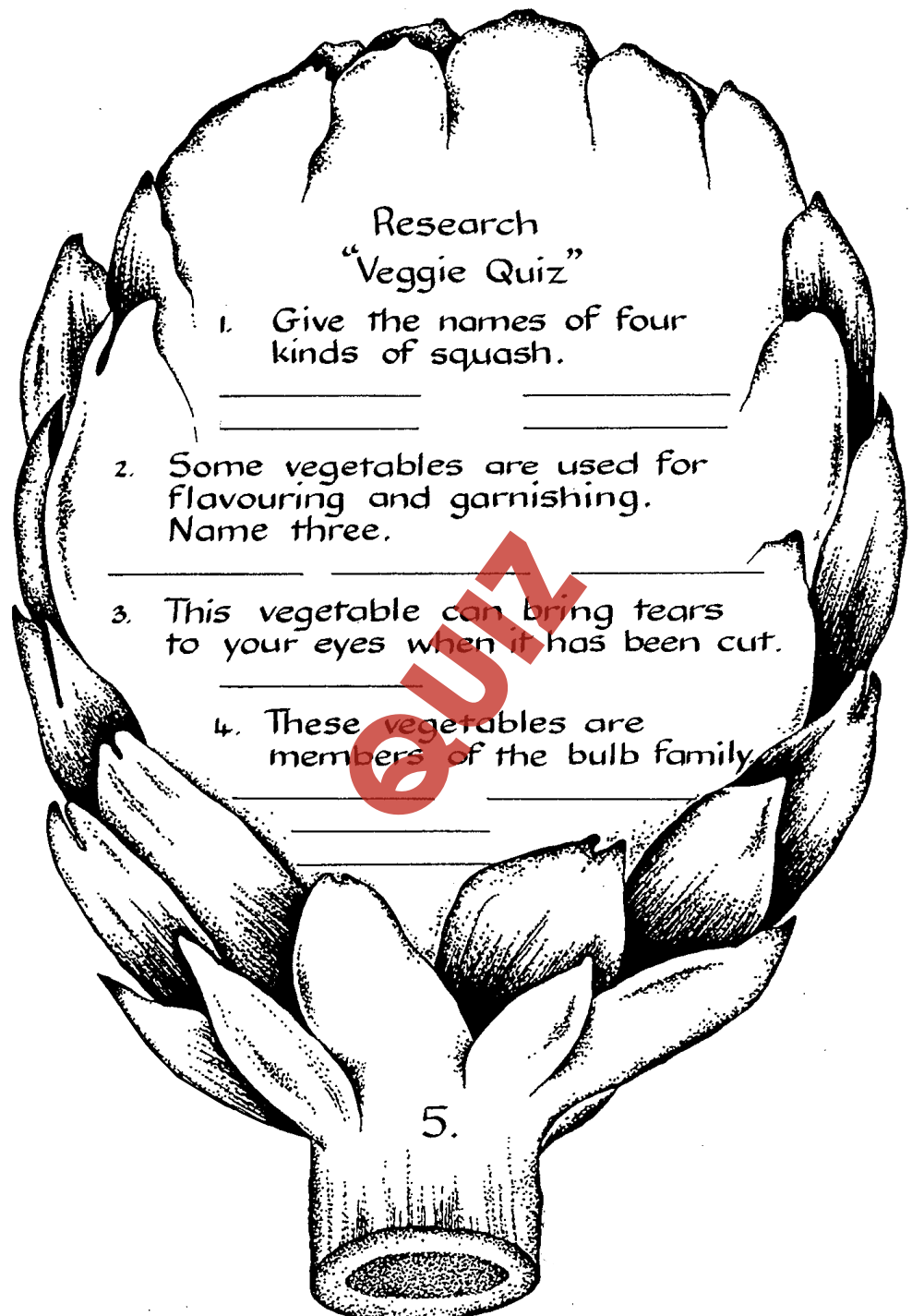
Using magazines, find and cut out pictures of 6 vegetables.

Paste your vegetable pictures on a sheet of paper.

Beside each picture give:

- 1) the name of the vegetable
- 2) the nutritional value of the vegetable

4.



Research "Veggie Quiz"

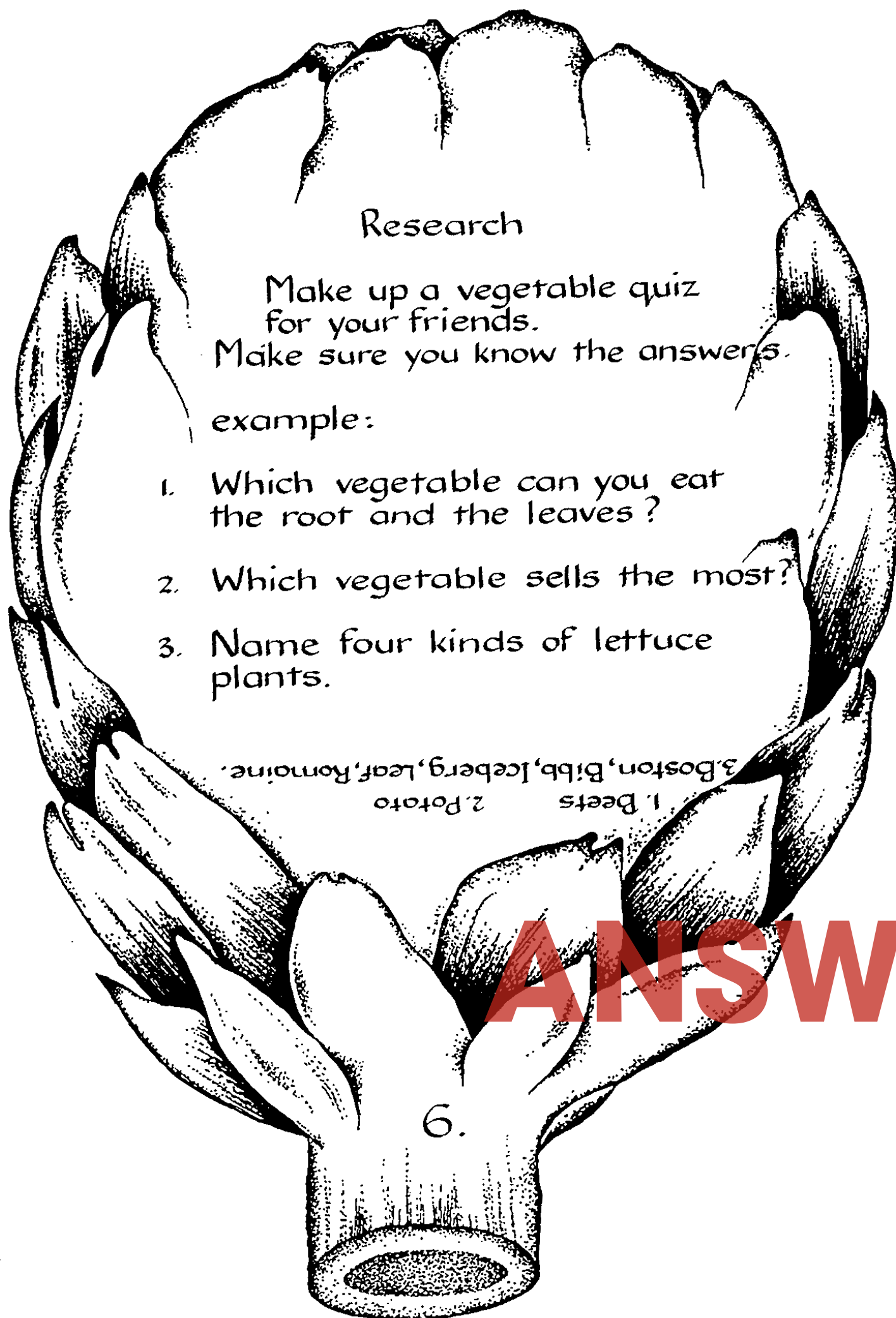
1. Give the names of four kinds of squash.

2. Some vegetables are used for flavouring and garnishing. Name three.

3. This vegetable can bring tears to your eyes when it has been cut.

4. These vegetables are members of the bulb family.

5.



Research

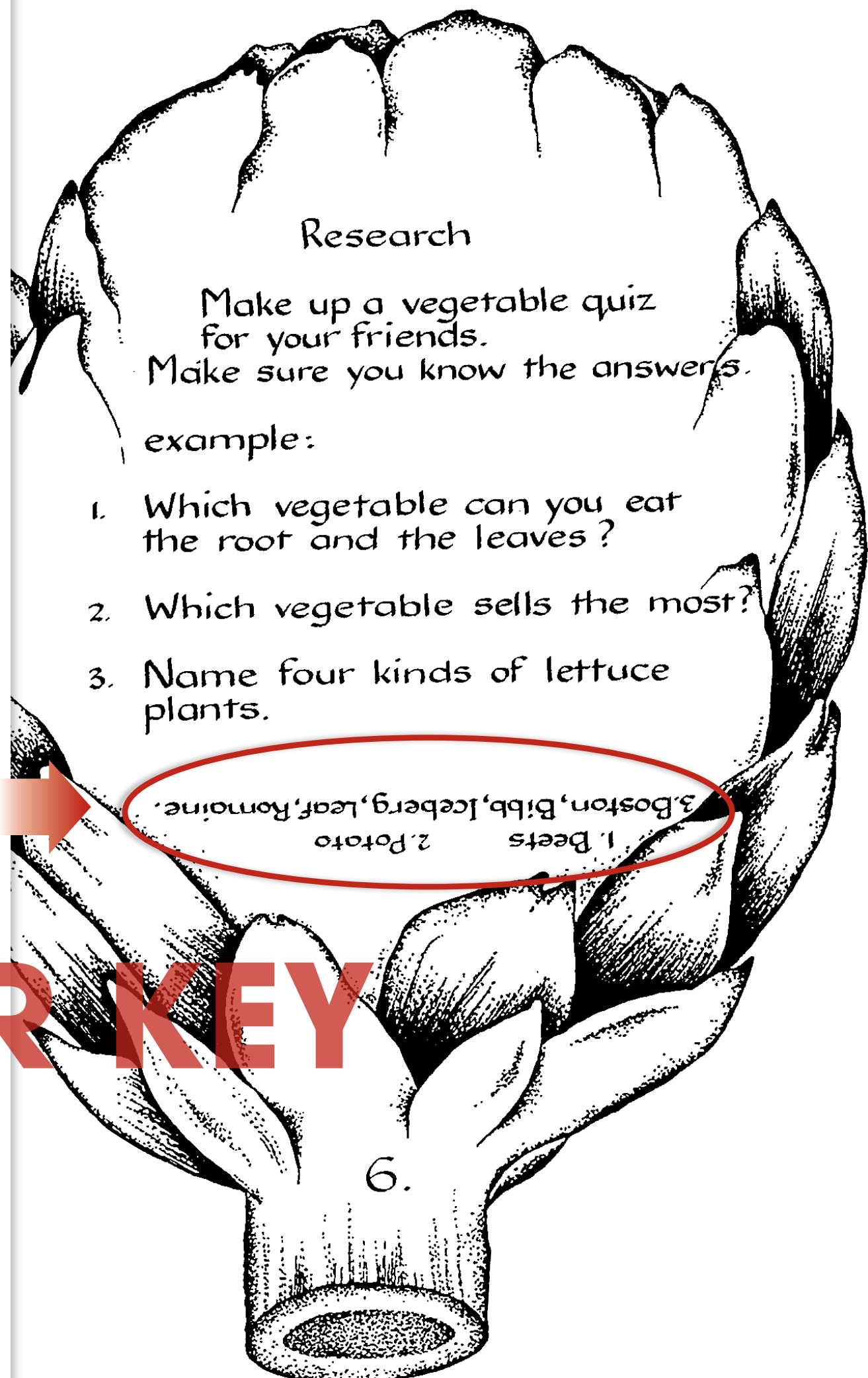
Make up a vegetable quiz for your friends. Make sure you know the answers.

example:

1. Which vegetable can you eat the root and the leaves?
2. Which vegetable sells the most?
3. Name four kinds of lettuce plants.

1. Beets
2. Potato
3. Boston, Bibb, Iceberg, Leaf, Romaine.

6.



Research

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ANSWER KEY