



ECEAP

Lesson 5 – Vegetables Are Good to Eat!

We'll Need Your Help with...

1. Gather children for story time.
2. After the story, help children form a circle, distribute plastic vegetables and participate in the “Pass the Vegetable!” game.
3. Organize/guide several children at a time to go to the vegetable tasting experience station during choice time. Children will also be able to do simple puzzles of vegetables at this time.
4. Sign/initial the time verification log provided by the WSU nutrition Educator.

Story

Caillou, What Do You Like to Eat? by Isabelle Vadeboncoeur and Fabien Savary, Chouette Publishing, Quebec 1964.

Tasting Experience

Variety of fresh vegetables.

Materials Needed from ECEAP Classroom

None.

Objectives

After completing the lesson, students will be able to:

- State that vegetables are good to eat.
- Identify three vegetables.
- Put together vegetable puzzles and name the vegetable.