

CHOOSING MORE FRUITS AND VEGETABLES

Growing Vegetable Soup

LEARNING GOAL

Read a book about planting, growing, and cooking vegetables. Children will create an imaginary garden to grow their own vegetables to put in a classroom vegetable soup.

LEARNING OBJECTIVE

Children will be able to name and draw at least two vegetables.

LEARNING QUESTION

What are plants we can eat?

Preparation

YOU WILL NEED

Your Center Provides

- Construction paper or 8.5" x 11" colored paper (3 sheets per child of different colors)
- Coloring materials
- Child safety scissors
- Large cooking pot (you can also substitute another container and pretend it is a soup pot)

Found in Your Kit

- Book: *Growing Vegetable Soup* by Lois Ehlert
- Jump with Jill CD

NEW WORDS

Vegetables: Relating to, constituting or growing like plants. Made from, obtained from, or containing plants or products (e.g. vegetable soup).

Spanish Translation: *Vegetal*

Preschool Translation: Delicious and colorful plants we can eat.

BEFORE YOU BEGIN

Read the book and script to familiarize yourself with the content.

BOOK SCRIPT

Ask the following questions on the appropriate pages as you read through the book.

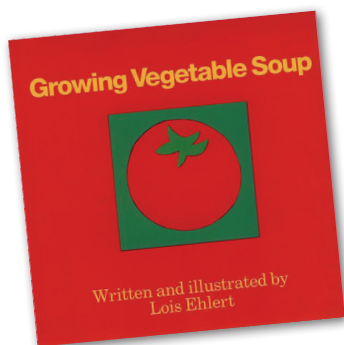
Page 1: What are some things they are going to need to make their vegetable soup grow?

Pages 4–5: What do you think all of those seeds are going to turn into?

Pages 8–9: What else are the seeds going to need to grow?

Pages 18–19: What do we have to remember to do after we pick out vegetables? [Response: Wash them!]

Pages 24–25: Who can tell me what vegetables you see there?



Exploration

WHAT TO DO

1. **Say:** Who can tell me what a vegetable is? Can you name some of your favorite vegetables? What are some ways we can eat vegetables?
2. Pass out construction paper and coloring materials to each child.

Say: We are going to make our own vegetable soup, but first you have to grow your favorite vegetables in your very own gardens.

3. Tell the children to imagine their construction paper is their garden. Instruct the children to draw a picture of the vegetables they would like to grow in their garden.
4. While the children are drawing their vegetables to add in their soup, help them recall some of the vegetables that were mentioned in the book (especially the ones that they might not be as familiar with such as the zucchini squash).
5. Walk around and ask the children which vegetables they chose to draw. Ask them questions about the different vegetables that were mentioned in the book.
6. As each child completes their drawing, pass out safety scissors and instruct each child to cut out their vegetables.
7. After the children have cut out their vegetables, instruct each child to put their vegetable in the classroom soup pot.
8. Describe to the class how they are making their very own vegetable soup! Allow children to “taste” the vegetable soup and describe which vegetables they taste. Encourage them to use their senses to describe how the soup looks, smells, and tastes.
9. As each child finishes, encourage them to clean their space and wait for further instruction.
10. End the activity by playing track 5 of your Jump with Jill CD “Superpower Vegetables”. Remind children that vegetables are yummy and are great for our skin, hair, muscles, eyes, nails, and bones!



QUESTIONS YOU CAN ASK

- Q:** What type of things do we need to do to grow vegetables for our soup?
- A:** Planting, weeding, harvesting, washing, chopping, and cooking
- Q:** Which vegetables in the story did you like best?
- Q:** Which vegetables did you choose to grow in your garden?
- Q:** What does our vegetable soup look like?
- Q:** What does our vegetable soup smell like?
- Q:** What does our vegetable soup taste like?