Squash Heart Disease

Help Herbie learn how squash keeps your heart healthy!
Unscramble the squash names to help the blood flow through Herbie’s heart.

E. nacro
F. cihuzinc
G. nyptapat
A. kunppim
B. rubtutent
C. hsiegptat
D. oncceorkk

Squash Names
Acorn
Butternut
Crookneck
Pattypan
Pumpkin
Spaghetti
Zucchini

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Squash Lesson Plan

Background Information- The rich vitamin value of vegetables can be greatly reduced by excessive cooking. Minerals can also seep into the boiling water. For best nutritional results, microwave or lightly steam your vegetables.

Squash can be grown year round, although the dense winter variety has more nutritional value. It can help to lower your blood pressure, fight against cancer causing diseases and is good for your eyesight. It is high in fiber and promotes good digestion.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.


Engage
1. Display a picture of a human heart. It is the strongest muscle in your body. Why is that important? http://health.howstuffworks.com/human-body/systems/circulatory/heart-pump-blood1.htm

Explore
1. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.
2. Read the captions in the picture and discuss. Why do we eat foods that are good for you? Are all foods good for you?

Explain
1. Talk about the benefits of eating squash.
2. Discuss how the heart pumps blood from your head to your toes and back again.

Elaborate
1. Research to learn about each type of squash from the activity sheet and illustrate them.
2. Find out which kinds of squash your local grocery store or farmer’s market sells.
3. Learn about blood pressure by taking your pulse before and after exercising.
4. Find Squash recipes and prepare a dish.
5. Make a heart model with clay.
6. Plant squash seeds.

Evaluate
1. Complete the “Unscramble the squash words” to help Herbie learn the names of different kinds of squash.
2. Draw your own or color a picture of a healthy heart. Show the blood flow.
3. For one week, keep a chart of the vegetables eaten daily.

Literature connection

References
http://science.howstuffworks.com/search.php?terms=squash
http://www.quitehealthy.com/
http://www.livestrong.com/search/?mode=standard&search=squash
Snap Beans on the vine.

Snappy Nutrition

Help Herbie add important fiber to his diet by finding different types of snap beans. Color a pea every time you find a word!

Bean Types
- Green
- Lima
- Blackeye
- Kidney
- Navy
- Black

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Snap Bean Lesson Plan

Background Information- The more vibrant the vegetable color, often the higher in nutritional value it’s content. Filling your plate with a variety of colorful vegetables insures a more balanced, higher quality meal. Dark green vegetables usually have the best nutrient value.

Snap peas or beans are naturally low in calories and provide an excellent source of daily fiber for beneficial dietary health. Green beans provide vitamins and minerals that have been shown to thwart cancer causing agents. There is some research to indicate a relationship between aging and green bean consumption.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.


Engage
1. Display green beans. Ask student to make a list of describing words for the beans.

Explore
1. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.
2. Look carefully at the picture. Herbie and his mother are picking beans from a vine. Discuss how some plants grow on vines and other plants do not.
3. Provide an assortment of beans (dried bean soup mix) for students to sort/compare/contrast.

Explain
1. Use the vegetable sheet to help students discover the names of the different types of beans.

Elaborate
1. "In a Snap"- Make a list of things you can do in less than a minute.
2. The “pod” is a protective covering for the seeds. Create a protective covering for an eraser.
3. The “pod” is also a transportation vehicle for the seed. Draw a picture of how the seed pods are transported.
4. Make a bean collage.
5. Plant bean seeds.
6. Find bean recipes and prepare a dish.

Evaluate
1. Complete the stomach word search by locating the words and coloring the peas.
2. Learn about the organs in the digestive system and then make a list of them.
3. For one week, keep a chart of the vegetables eaten daily
4. Match the bean sort to the bean names on the handout.

Literature connection

References-
http://science.howstuffworks.com/search.php?terms=green+beans
http://www.quitehealthy.com/nutrition-facts/beans/110541.html
www.livestrong.com/article/358441-nutritional-value-in-sugar-snap-peas-green-beans/#ixzz2422S1QzY

Fresh Florida Kids
Pep Up Your Diet With Peppers

Help Herbie collect the best peppers for the most nutritional value. Each pepper is worth 2 points! Cross over enough peppers to earn a red pepper!

- **Red**: 38-50
- **Yellow**: 20-36
- **Green**: 0-18

_pick the red ones. They have the most vitamins and minerals!

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Bell Pepper Lesson Plan

Background Information - Most dietary guidelines suggest that you make vegetables a major portion of your diet because these low calorie, vitamin packed foods have been linked to lower cholesterol, less heart disease and improved digestion.

http://www.theportionplate.com/?gclid=CPOnj5r5g7ICFUnL7Qod-hAAhQ

Bell Peppers are a good source of Vitamins A, C, E, K, and Vitamin B6 which help to protect against damage by free radicals which are responsible for many diseases. Bell Peppers are also a good source of fiber. Peppers begin as a green color and turn to orange then red as they remain longer on the plant. Red bell peppers have the best nutritional value.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.


Engage
1. Display 3 items that are the same but have different colors. ex: 3 different colors of erasers, pencils, marbles etc.). Students discuss the similarities/differences and complete a Venn diagram or graphic organizer.
2. Students locate other sets in the classroom. Use thumbs up/down if the set follows the rule. (Same item but in 3 different colors).

Explore
1. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.

Explain
1. Herbie wants to learn more about bell peppers. Explain that bell peppers go through a process in their growth, by starting as green peppers, turning orange and finally red. Red peppers have the sweetest taste and the most nutrients.
2. Draw the connection between the color of the peppers and the point value on the activity sheets. The more peppers students use (each pepper counts as 2 points) in creating their maze path, the more points/nutritional value their peppers will accumulate. The created maze path may not retrace any path. Avoid the free floating disease (radicals) squares!

Elaborate
1. Display 3 bananas that are in different stages of becoming ripe. Encourage students to explain how this is similar to the bell peppers.
2. Make green/yellow/red bell peppers with paper. To reinforce the pepper’s nutrient value, use the different colors to indicate group participation. Ex-“Table 2 has earned a yellow bell pepper and table 4 is still at green”.
3. Plant bell pepper seeds.
4. Find bell pepper recipes and prepare a dish.

Evaluate
1. Complete the vegetable activity sheet.
2. "An apple a day keeps the doctor away". What does this mean? Can a bell pepper keep the doctor away?
3. For one week, keep a chart of the vegetables eaten daily.

Literature connection

References
http://science.howstuffworks.com/search.php?terms=bell+pepper
http://www.quitehealthy.com/
http://www.livestrong.com/search/?mode=standard&search=bell+pepper
Tangerine Balance

Help Herbie balance his diet with tasty iron rich tangerines. Balance his load by creating equal sums!
Tangerine Lesson Plan

**Background Information** - Vegetables are an important part of your diet because they tend to be lower in calories and an excellent source of dietary fiber. They have vitamins and minerals which help us to maintain a healthy body.

Tangerines are low in calories, an excellent source of Vitamin C and fiber-rich. Tangerines have been linked to lower cholesterol, lower cancer risks and healthier hearts. Tangerines have more Vitamin C than oranges.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.


**Engage**
1. Put a tangerine into a brown lunch sack. Have students guess what is in the bag.
2. Talk about how tangerines are similar to and different from oranges.

**Explore**
1. Peel the tangerine. Have students smell the peeling. Talk about how the citrus smells.
2. Separate the sections and count them. If you had 2 tangerines, how many sections would you probably have?
3. How many tangerines would you need for everyone in your class to have 2 sections?
4. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.

**Explain**
1. Discuss how tangerines are loaded with vitamin C. The strong man at the bottom of the vegetable sheet wants a balanced diet that includes a great supply of vitamin C. Help him balance the pans by finding the combination of tangerines that makes each plate equal. Cut and paste the correct tangerine numbers. There is a hint on his shirt.

**Elaborate**
1. Predict how many tangerines would it take to fill a shoe box? Test it. Why can't more tangerines fit inside the box? (Too much air space, they are round). Often oranges and tangerines are transported in the back of a truck and not in boxes. Why does this make sense?
2. The early explorers often became sick with scurvy. Find more information about scurvy and present it to the class.
3. Find citrus fruit recipes and prepare a dish.

**Evaluate**
1. Complete the vegetable activity sheet.
2. Make your own tangerine math problems.
3. For one week, keep a chart of the vegetables eaten daily.
