

Farm To Market: Vegetables

Assessment of Prior Knowledge:

- How many different vegetables can you name?
- Why are vegetables such an important part of our diets?

Vocabulary:

Tuber: A rounded part of a plant's stem that grows underground and sprouts buds

Eyes: The little sprouts that develop on the outside of a potato, or other tuber, that will eventually grow into new plants

Legumes: The family of vegetables that include beans and peas

Pod: The part of the bean plant that holds the beans and protects them while they grow

Tofu: The curd made from processed soy beans

Comprehension Questions:

Potatoes

1. What do potato plants look like? Can you see the potatoes growing in the potato field?
2. How does the potato farmer plant a new crop?
3. What are other vegetables that grow under the ground?

Lettuce

1. How is lettuce harvested?
2. What is a head of broccoli?

Beans

1. Where do beans grow?
2. What does a farmer do before harvesting the bean plants?
3. How is tofu made?

Pumpkins

1. How does a pumpkin develop?

Discussion Questions:

1. There are many different kinds of vegetables and they grow in many different ways, but what do different vegetables have in common?

Follow-up Activities:

- Students can learn about the basics of nutrition, and how vegetables fit into a nutritious diet. Do different kinds of vegetables provide different nutrients for people?
- Vegetables can come from different parts of plants - the leaves, the roots, even the flowers. Students can learn about the structure of plants and the function each part serves the plant. For example, we eat lettuce leaves, but what do leaves do to help the plant survive?
- Students can research the differences between vegetables and fruits. What makes a vegetable a vegetable and a fruit a fruit? Are there foods that contradict these general rules? Why?



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