

## Healthy Food of the Month Green Beans

### Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

**Audience:** Kindergarten

### Optional Craft, Activity or Snack:

- *Harvesting Green Beans*
- *Book "Green Beans" by Elizabeth Thomas*

### Materials:

- *"Green Beans"*
- *Picture of a green bean plant*

### Lesson:

Leader: The healthy food that we are learning about this month is green beans.  
Who likes green beans?  
Does anyone know how green beans grow?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!  
Let's get ready to go back out to the vegetable garden. Let's put on our boots and a big floppy hat to protect us from the sun and a pair of gloves to protect our hands from any prickly plants we may find. Grab your little your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a vegetable garden. When you open your eyes we will pretend to be in that garden. Ready? Close your eyes.....can everyone imagine it being a hot sunny day and we are standing in a beautiful garden surrounded by vegetable plants of all colors! Okay, open your eyes. Look at this beautiful garden!!!

Now the beans can sometimes be hard to find because they are green and the leaves are green (Use picture here). We will have to look closely to be sure that they are ready to be picked. Let's get down on our hands

and knees and look underneath the bean plants and see if there are any beans. Oh wow, I see lots of beans. Can you see all the beans?

Let's start picking the beans carefully and putting them in our baskets. The great thing about beans is these plants will make more beans after we leave and we can come back another time to pick more.

Let's take our full baskets back into the house and talk about how we can eat them.

Leader: Who knows some great ways to eat green beans? (Brainstorm some ideas; raw as a snack, cooked in water, sautéed, in soups.)

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!  
Don't forget to eat green beans this month! Your body will be happy!

