Page 1 can be done with parent/guardian.

Warm Up: Set a timer for 2 minutes

- **Super Banana Stretch**: Lay on stomach and lift arms and legs off the floor up and down 10 times.
- **Blueberry Roll**: Sit on the floor and pull your knees to chest with your feet off the floor, hold for 10 seconds. Roll back and forth without your feet touching the ground. Repeat 10 times.

Activity: Freeze Dance (5 minutes)

- Play your favorite music and dance. When the music stops, you must freeze.
- Other ways to play.
  - Whomever keeps dancing after the music stops is out. The last person ‘in’ wins.
  - Call out a fruit when the music stops and form that shape with your body.

Nutrition

- The oldest known vegetable is the pea.
- Vegetables are one of the most important food groups. There are many different vegetables, just like there are many fruits. Vegetables are very healthy and delicious, too.
- A vegetable is a part of a plant that you can eat. Often it is a leaf (like lettuce), a stem (like celery), or a root (like potatoes or carrots). It (usually) does not have seeds, and you cannot grow more vegetables just by planting one.
- Common vegetables: Broccoli, corn, spinach, potato, sweet potato, zucchini, carrot, kale, green beans.
Activity: Vegetable Coloring Page
## K-2nd Grade Lesson: Vegetables

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### Vegetable Names

- **CALABAZA**
- **APIO**
- **ESPINACA**
- **LECHUGA**
- **TOMATE**
- **ZANAHORIA**

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This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider. To receive assistance purchasing healthy foods, sign up for SNAP benefits at: yourtexasbenefits.com.
Reflection/ Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Draw your favorite vegetable and color.

2. What are some of your favorite vegetables?

- Stretch #1: Sit down on the ground, reach for right foot, and keep your right leg straight. Count to 10.
- Stretch #2: Sit down on the ground, reach for left foot, and keep your left leg straight. Count to 10.