

## Veggies!

Energizer- Be That Veggie!

Target Grades: K-5

Goal: To understand the types of veggies.

### Direct Teach

- Veggies come in many shapes, sizes, and colors. Veggies can be classified into an edible leaf, stem, or root of a plant.
  - Discuss examples of leaf plants: lettuce, spinach, kale, turnip greens
  - Discuss examples of stem plants: celery, rhubarb, asparagus, nopal, bamboo shoot, garlic, leeks, scallions,
  - Discuss examples of root plants: carrots, onion, jicama, radish, beet, turnip, rutabaga, potato, parsnip, ginger, sweet potato, yam

### Instructions:

- The instructor will demonstrate the movement for each classification of veggies.
  - Leaf: Arms in the air and sway back and forth.
  - Stem: Jump feet together with arms in the air, clapping hands.
  - Root: Bend at the knees and waist and dig.
- Have participants stand arms' length apart. The instructor names a specific veggie and demonstrates the movement. Participants copy the movement while the instructor says the veggie name of the veggies and the classification. (leaf, stem, or root).

### Additional modifications or extensions for virtual classrooms:

- Have students lead the activity.
- Scavenger hunt: give students 2 minutes to bring a veggie from their kitchen (Canned or fresh). See what they bring you and classify each vegetable as leaf, stem or root.
- Have students pick a veggie that starts with their first letter of their name. Have students do the activity above depending on if the veggie was a leaf, root or stem.

### Professional Standards:

K-1 HE 115.2, b, 1, B; 115.3, b, 1, A

K-1 PE 116.2, b, 1, C; 116.2, b, 2, B; 116.2, b, 7, A; 116.3, b, 1, A

4-5 PE 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A



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