

# Vegetable Soup

In this lively game students learn about a variety of vegetables that can make a nourishing soup

## OVERVIEW

<b>Description:</b>	The class gets moving as they brainstorm ingredients for a delicious vegetable soup!
<b>Objective:</b>	Students will identify a variety of vegetables they can eat for lunch.
<b>Materials:</b>	Pictures of vegetables or the vegetables themselves (see below for which vegetables)

## ACTIVITY

1. Gather the students into a circle.
2. Explain that vegetable soup is a great thing to eat for lunch because vegetables give them the strength and energy to learn and play. Tell them vegetables also help us fight off colds and help our bodies get rid of the parts of food that we don't need. This is why we poop!
3. Tell them there are lots of different kinds of vegetables and each one does something special and different for our bodies like carrots, which help our eyesight, and broccoli, which keeps our hearts healthy.
4. Brainstorm some vegetables with the students (see below for ideas). (If you have them, pass out the pictures or vegetables so the students become acquainted with them.)
5. Explain that you are going to play "Vegetable Soup."
6. Tell them the middle of the circle is the soup bowl. Tell them you will go all the way around the circle so every student gets a turn to be in the "soup bowl."
7. Next, tell them you will call out a movement (run, skip, jump, hop, slide, etc.) and the next student in the circle should use that movement to get to the middle of the circle. Once there, she or he should call out a vegetable for the soup.
8. There should be no repeats but if a student is stuck the class (or you) can help her or him think of a new vegetable (see below). You can give hints based on the appearance of the vegetable, the letter the vegetable starts with, what it rhymes with, etc.
9. If time permits, challenge the students to recall all of the yummy vegetables in their vegetable soup.

### Activity Variation

Be sensitive to the limitations of lifestyle, income, neighborhood, transportation, etc. Try to include uncommon vegetables, but not so uncommon that you couldn't find them in a local grocery store.

### BACKGROUND INFORMATION

Vegetables provide carbohydrates, vitamins A and C, and folate. (Folate helps the body form red blood cells, which prevent anemia.) Most also provide high amounts of fiber, and some, especially dark, leafy greens, provide essential minerals such as potassium and iron. They keep the eyes, skin, and blood healthy, help reduce blood pressure, protect against

infections, heal cuts and wounds, keep teeth and gums healthy, prevent constipation, and help children maintain a proper body weight because when they eat vegetables they feel full on fewer calories.

In general, K-4th graders should eat 1 ½ servings of vegetables a day. One serving of vegetables is about:

- ½ cup non-leafy raw, cooked vegetables
- 1 cup raw leafy vegetables (such as spinach)

### Vegetables For Soup:

- red peppers
- green peppers
- potatoes
- peas
- onions
- broccoli
- celery
- spinach
- lettuce
- corn
- okra
- yellow peppers
- zucchini
- mushrooms
- cauliflower
- green beans
- cucumbers
- summer squash
- rutabaga
- collard greens
- bok choy
- turnips

### Related National Standards

<u>NHES</u> :	1.2.1, 7.2.1
<u>NSPSELA</u> :	E3b
<u>NSPE</u> :	1, 5
<u>NS</u> :	NS.K-4.6