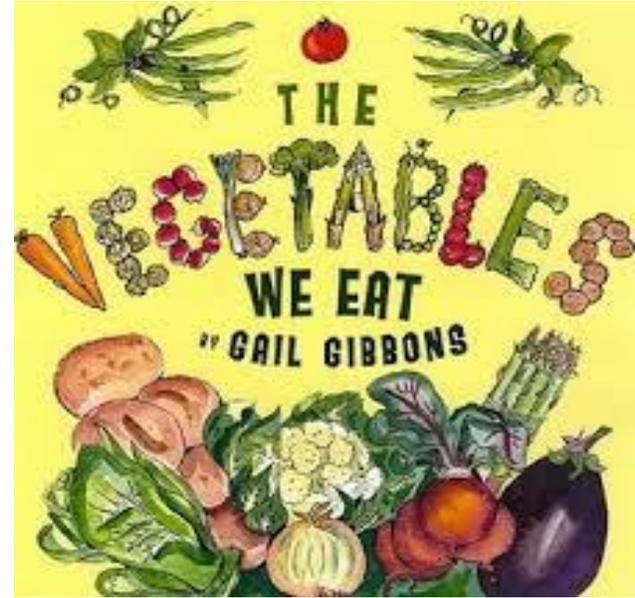


May 2015 Book of the Month
The Vegetables We Eat
By: Gail Gibbons

Who knew there were so many different kinds of vegetables? From glossy red peppers to lush, leafy greens to plump orange pumpkins, vegetables are explored in depth in this fascinating picture book that clearly explains the many vegetable varieties, how they are grown, and why they are so good for us to eat.

Vocabulary and Fun Facts:

Vegetables – any part of a plant that is consumed by humans as a food source.



- Most vegetables need warm weather to grow.
- Some vegetables, like spinach, lettuce, carrots and turnips can grow in cold weather.
- Vegetable plants develop flowers and form seeds if you let them. We usually eat them before they get the chance to make flowers.
- The part of the broccoli you eat is actually baby flowers that haven't opened yet. Once the flowers open, the broccoli tastes bitter.
- Vegetables are grown from seeds.

Activities

The Classes of Vegetables:

After reading the story, discuss and brainstorm the different types of vegetables found in the book. There are 8 different types of vegetables: bulbs (ex. Onion), flower buds (Ex. Broccoli), fruit (ex. Eggplant), leafy (ex. Lettuce), roots (ex. Carrots), seeds (ex. Corn),

stems (ex. Asparagus) and tubers (ex. Potatoes). Explain what the different types of each. Next, go back through the list of vegetables that the students created and have them determine (whole group or small group) which category each vegetable falls under. Have students research other vegetables in each category, draw and describe each.

Vegetables are Yummy!

Bring in different types of vegetables from each category for a taste test. Have students use their five senses to describe each kind. You may also create a bar graph based on student's favorite types of vegetables.

Sorting Vegetables:

Ask students to bring in vegetables. Have students sort the vegetables based on different characteristics such as size, category, color, etc. Have students predict which vegetables weigh more or less. Use balance scales to compare the weights of each.

Lesson Plans:

Detailed and grade level specific lesson plans about this story can be found at:

<http://www.ncagintheclassroom.com/Curricula.aspx>