

# Garden Detective News



## Help Healthy Habits Take Root

Ask your child to help you find ways to serve dark-green, red, and orange vegetables.



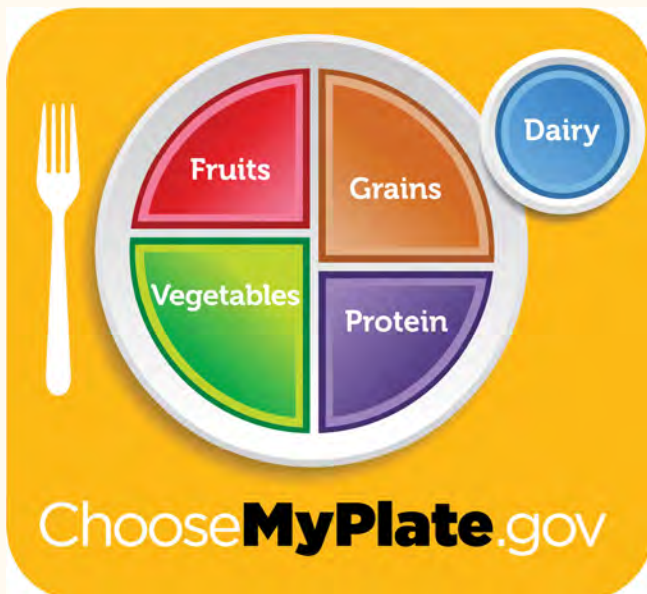
United States  
Department of  
Agriculture



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## Garden Detective News

This week, our class learned about building a healthy plate with foods from each of the food groups. One easy way is to fill half of your plate with fruits and vegetables. They also learned why it is important to vary your veggies and eat dark-green, red, and orange vegetables, and beans and peas. We are discovering lots of new ways to do that through our garden where we are growing dark-green vegetables like spinach, Swiss chard, and leaf lettuce, and orange vegetables like carrots.



### Dark-Green Vegetables

bok choy	spinach
dark-green leaf lettuce	Swiss chard
romaine lettuce	collard greens
watercress	mustard greens
broccoli	turnip greens
kale	beet greens

### Red and Orange Vegetables

acorn squash	Hubbard squash
carrots	sweet potatoes
red peppers	butternut squash
pumpkin	tomatoes

### Bean and Peas

black beans	garbanzo beans (chickpeas)
kidney beans	navy beans
pinto beans	soy beans
black-eyed peas	split peas
lentils	
white beans	

Help your garden detective complete the family survey with all members of your family. Have fun and be healthy as a family!

## Why should kids eat plenty of fruits and vegetables as part of a healthy diet?



Start them early with fruits and veggies. It's easier to get your child in the habit of eating and enjoying fruits and veggies if you start when they are young.

Studies show a positive association between healthier dietary patterns and academic performance.

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

The fiber in fruits and veggies helps your child feel full longer, and that can help with a healthy body weight. It can also help prevent constipation.

**Family Activity 4**  
**Family Survey**



**It would be a crime not to include the whole family in making healthy food choices!**

Let's get everyone involved in making food choices for a healthy diet. Survey your family members to find out the kinds of food choices they are making. Use the questions below. Put a check mark in each person's column for every "yes" answer.

**Help Your Family Make Healthy Food Choices**

<b>This week did you:</b>	You	Family members			
Eat a fruit or drink 100 percent fruit juice each day?	_____	_____	_____	_____	_____
Eat a vegetable at lunch and dinner each day?	_____	_____	_____	_____	_____
Eat dark-green vegetables?	_____	_____	_____	_____	_____
Eat red and orange vegetables?	_____	_____	_____	_____	_____
Eat beans and peas?	_____	_____	_____	_____	_____
<b>Total check marks</b>	_____	_____	_____	_____	_____

When you are done with the survey, talk with your family about the results.

Do you and your family see any places where you could improve and eat healthier? \_\_\_\_\_

\_\_\_\_\_

Set a goal for this week to get more yes answers to these questions. Have fun and be healthy as a family! \_\_\_\_\_

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## Lesson Extension: Play a Leading Role

### Standards Addressed

#### English/Language Arts

Standard 1, Speaking and Listening: *Engage effectively in a range of collaborative discussions with diverse partners on grade 3 and 4 topics and texts, building on others' ideas and expressing their own clearly.*

#### Health

Standard 4, Interpersonal Communication: *Demonstrate how to ask for assistance to enhance personal health.*

Standard 8, Advocate for Health: *Express opinions and give accurate information about health issues.*

### Learning Objectives

Students will be able to:

1. Demonstrate effective verbal persuasion techniques in asking a parent/caregiver to have more fruits and vegetables available at home.

### Time Required

30 minutes

### Materials

*Student Handout 4.3, Playing a Leading Role*

### Preparation

- Duplicate *Student Handout 4.3* for each student on 3-hole-punch paper.

### Instructional Process

#### STEP 1

**Introduce the role-play activity.** Explain to students that you will be sending a newsletter home to their families about making healthy food choices with plenty of fruits and vegetables, especially red, orange, and dark-green vegetables such as tomatoes, carrots, and spinach, at meals and snacks.



#### Ask students:

- Do you eat fruits or vegetables several times a day? If not, why not?  
Use prompts such as:
- Do you have fruits and vegetables at home that you like?
- How easy is it to find fruits and vegetables at home?

Explain that all the reasons they have mentioned may make it more difficult to eat more fruits and vegetables.

Point out that you need a variety of fruits and vegetables available at school and home if you want to make half your plate fruits and vegetables. Having plenty of fruits and vegetables available helps you to “vary your veggies” and eat smart to play hard.

**STEP 2**

**Have students complete the role-play activity.** Distribute *Student Handout 4.3, Playing a Leading Role*. Review the directions with the students.

Talk briefly about the importance of using respectful words and tone of voice when asking for changes. Ask students to develop ground rules, such as:

- Use a pleasant tone of voice.
- Use positive body language.
- Say “please” and “thank you.”
- No put-downs allowed.

Divide the class into groups of four students and assign each group a scene from the handout.

Give students 15 minutes to discuss how they would resolve the situation in their scene.

In pairs, have one student play the parent and the other the student. Have them role-play the student asking his or her parents/caregivers for more fruits and vegetables at home. After 2-3 minutes, allow the pairs to switch roles and try again.

Have each group present its solution to the class. Compare solutions that different groups developed.

**Student Handout 4.3**

**Playing a Leading Role**



Read your group’s scene. Talk about the scene with your group. What keeps the person in the scene from eating more fruits and vegetables? As a group, decide what you would say and do. Write it down.

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Then, divide into pairs. Take turns being the parent and the student. As the student, role-play asking your parent/caregiver for more fruits and vegetables at home. After 2-3 minutes, switch roles and try again. Remember to be respectful to one another.

**Scene A**

You just got home from school and you really want a fruit or vegetable for a snack. You look in the cupboard, on the counter, and in the refrigerator. There are no fruits or vegetables. What could you say or do so there are healthy snacks for you to eat after school?

**Scene B**

You are always rushing out the door in the morning and don’t have time to sit and eat breakfast. You know you need to eat something to give you energy to learn in class. How could you talk with your parents about having fresh fruit in a bowl on the counter that you could eat on the way to school?

**Make half your plate fruits and vegetables.**



