

EAT MORE VEGETABLES!

We have all heard someone tell us to eat more vegetables, but we are not always told why. In this activity, students will research a vegetable from the book to find out. Students can work alone or in groups for this project.

Activity 1:

Students will research the following:

- What are the health benefits of your vegetable? Include disease fighting nutrients (phytochemicals), vitamins and minerals and the parts of the human body they benefit.
- List the interesting facts about the vegetable you learned from the book.
- What is a common way that people eat this vegetable? Raw or processed? (For example ketchup or spaghetti sauce)
- How does your vegetable grow? Above ground? Below ground? Does it need a trellis?
- Where in Florida do we grow the vegetable commercially?
- What are ideal growing conditions? (Soil and air temperatures)

Students can present their research as a report, verbal presentation, poster or infographic.

Activity 2:

After students have researched the above information, they will create an advertisement.

- Use the research to create an advertisement to endorse or “sell” your vegetable.
- Use one or two vitamins in your advertisement that your food carries to encourage healthy eating.
- You want other kids to want to eat the healthy food you are advertising so they can get plenty of vitamins naturally.
- BE CREATIVE
- BE NEAT
- BE COLORFUL.
- Create a slogan.

*This activity coordinates with *Gardening For Nutrition's* ‘Nutrient Tally’ lesson.