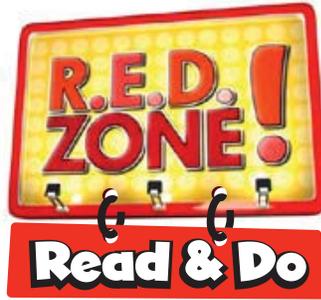


The Vegetable Group

by Mari C. Schuh

A healthy eating book which describes and illustrates the vegetable group.



Read

Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *Who can tell me how many vegetables you have eaten today?* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

- I wonder what kind of vegetable this boy is eating?

During:

Encourage the children to comment on the illustrations and ask questions. Point out "rare words" (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

Rare Words in *The Vegetable Group*

- healthy: in good physical condition
- pyramid: a solid shape or structure with triangular sides
- crunch: to crush crisp foods with the teeth
- cucumber: a long fruit with dark green peel eaten raw in salads or pickled
- snack: a small amount of food eaten between meals

After:

Discuss the story. Ask questions...

- Vegetables are healthy. Do you like vegetables? What kinds?
- Vegetables come from what?
- How many cups of vegetables should you eat every day?
- What vegetable is good for your eyes? Carrots?
- How many different colors of vegetables can you name?
- Celery is a good snack. How many ways have you eaten celery? With peanut butter? With cheese?
- Do you know that you can eat pizza with vegetables only? How many of you have eaten a veggie pizza?

Do

Make a MyPyramid

Make a MyPyramid showing the children what foods should be eaten daily for a healthy diet.

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