



Harvest Objectives

Children will describe different pea types.
Children will identify that peas are grow on a vine.
Children will taste a pea.

Harvest Vocab

Pea Vine



Materials & Prep

Peas (two types, some in pods, some outside of pods, enough for each child to taste at least 1 of each)
Chalkboard/Whiteboard and chalk/whiteboard markers
Images (included at end of learning plan)
Taste Test Chart
Stickers (or small Post-It Notes)

Literature Connections

Little Pea by Amy Krouse Rosenthal
Peas (What's for Lunch?) by Claire Llewellyn
LMNO Peas by Keith Baker

Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the different peas. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell them to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the peas, ask them, “What are these called?” Consider having everyone say the answer aloud on the count of three. This way you will know how many children in the group know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think peas come from? How do they grow? (On trees, bushes?)
- Draw a Venn diagram on the board. Write the two pea types above each circle. Holding up the peas, ask the children what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that pea type. Repeat with the second pea type. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick his/her own word onto the Venn diagram.

Explain

- Explain that botanically they are a fruit (because there are seeds in the pods). The peas grow from the flowers on the vines. What other botanical fruit can they think of? (Apples,

bananas, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are fruit.

- Explain why we should eat peas (heals cuts, healthy eyes, healthy immune system, and healthy bones) and for each reason come up with an action to help the children remember. For example, for healthy immune system they can shake one finger while saying “no” and then put a hand on their forehead while saying “fever.” For another example, they can put a hand over a knee and pretend it is a bandage while they say “helps heal cuts.” Also explain how to pick good peas (they should be dry, evenly colored, and not mushy). Please see the next pages for images to share with the children.

Taste Test & Wrap-Up

- Rinse the peas. Have each child predict which type they think they will like the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like peas and write that number in each column.
- Review with the children how peas grow and the health benefits.

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Pea Butterflies (for 20 children)

(adapted from: <http://www.parents.com/recipes/nutrition/kids/fun-veggies/>)

1 bag of peas 1 carrot
2-4 bell peppers (red or yellow)
1 Knife & Cutting Board
Plate (1 per participant)



1. Rinse the food under running water so all everything is washed.
2. Cut the bell peppers into slices for the wings and the carrot into strips for antennae.
3. Invite the children to wash their hands and then come to the table for a cooking activity.
4. Demonstrate how to line up the peas to make the butterflies body. Have each child make a butterfly body. Demonstrate how to add the peppers for wings and carrots for antennae. Have the child do the same on his/her plate. Enjoy, or save for snack later by writing the child’s name on the plate.

How do **peas** grow?



Peas grow on vines. We eat the seeds and sometimes the Pods of pea plants.

Why should we eat peas?

Vit. K



Heals cuts

Manganese



Healthy bones

Vit. C



Healthy immune system (prevents colds)

Fiber



Healthy digestion, cleans your system

Vitamin A



Healthy eyes