

1. Play Farmer Video

Farmer Video is about *It's all about you (5:33) min*

www.learnaboutag.com

2. Do Taste Test

Have students taste the cucumbers and write down their observation using the 'Rate the Taste' chart and 'Appendix 1: Adjectives

Adjectives: **(5:00) min**

Fruit or Vegetable	I like it	I eat and love it	I don't like it	I will try this again	Why it is good for me...
Peppers					
Grapes					
Root Vegetables					
Apples					
Salad Greens					
Citrus					
Cooked Greens					
Cucumbers					
Strawberries					
Stone Fruit					

Appendix 1: Adjectives				
see	touch	taste	hear	smell
Green Red Orange Purple Yellow Brown Tan White Blue Light (color) Dark (color) Colorful Appealing Appetizing Shiny Small Medium Large Thick Thin Long Short Round Oval Twisted	Crunchy Crisp Soft Hard Juicy Light Heavy Sticky Smooth Wet Firm Bumpy Dry Mushy Tough Small Medium Large Thick Thin Long Short Round Oval Twisted	Sweet Sour Bitter Delicious Fresh Tangy Tart Tasteless Tasty Watery Mouth-watering Yummy Good Bad Refreshing	Crunchy Crisp Juicy Squeaky Noisy	Sweet Sour Bitter

3. Complete Workbook Activities

April • Cucumbers



Cucumbers grow on a vine.

Nutrition Facts

Amount Per Serving (1 cup sliced)

Calories 16

% Daily Value*

Total Fat 0g 0%

Total Carbohydrate 4g 8%

Fiber 1g 2%

Sugars 2g 4%

Protein 1g 2%

Vitamin C 100% DV

*Percent Daily Values are based on a diet of other people's secrets.

Breaking Down Barriers

- A 1/2 cup of sliced cucumbers provides a source of water.
- The cucumber is 96% water by weight.
- The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, soups, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- Watch this video to learn what grows in California and how it affects you: www.learnaboutag.com 17:40 About You!

Cool Cucumber Cutters

Findings Opportunities

- An opportunity is a chance for something good to happen. Many times something our own goals can be because of opportunities or good situations around us. Opportunities for living a healthy life can be found in our homes, our schools, and our neighborhoods. Some opportunities are easy to see, while others might take a little longer to find.

Healthier, Please!

Let's talk more about barriers and opportunities that affect how people eat and how people are active. This activity can be done individually, in groups, or as a class. Use a separate piece of paper to record your ideas if needed.

Barriers to Healthy Food

Do you eat enough fruits and vegetables? The recommended amount for your age can be found on page 4. If you feel like you don't eat enough fruits and vegetables, write down what you think are barriers to eating healthy food. Here are some thoughts to consider and brainstorm:

- Do you have fruits and vegetables available at home?
- Could you ask for more fruits and vegetables at home?
- How easy is it to get fruits and vegetables? Is there a farmers' market or supermarket close to your home?
- Are there fast food restaurants or convenience stores in your community? Do they have healthy options?
- Do you know where to buy fruits and vegetables?

Opportunities for Healthy Food

After you had time to think about the barriers you may face when you want to eat more fruits and vegetables, take a few minutes to think about the opportunities you have as well. What opportunities do you see in your home, school, or community that allow you to eat healthily? You can use the thoughts above to help guide you.

Barriers to Physical Activity

Are you physically active for at least 60 minutes everyday? If not, what do you think are barriers to being physically active in your home, school or community? Here are some thoughts to consider and brainstorm:

- Do you have space or desire to play in your community? Are they safe?
- What do you like to do when you get home? Is it easy to be physically active at home?
- Does anyone else in your family like to be physically active? Do you play sports at school?

Opportunities for Physical Activity

Now think about opportunities for more physical activity. What opportunities are around you that can increase the amount of time you play or are active?

Note: These pages will look slightly different for each grade level.

(10:00—15:00) min

4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement

Harvest of the Month
Network for a Healthy California

Health and Learning Success Go Hand-in-Hand
Your Local School Wellness Policy (LSWP) can help improve the academic success of your students. Studies show a clear link between nutrition, physical fitness, and academic achievement. Strong bodies and strong minds work together to help students succeed – meaning increased concentration, improved mathematics, reading and writing test scores, and less disruptive behavior. Bring your LSWP to life by incorporating Harvest of the Month throughout the year.

Exploring California Cucumbers Taste Testing
Getting Started:
• Partner with your school nutrition staff, local farmers, or grocery stores. Get produce samples for taste testing.
• 2 different varieties of raw, whole cucumbers (sliced)
• 1 dill pickle
• Paring knives and cutting boards
• Backpacker bowls
*Refer to page 2 for a list of varieties.

Activities:
• Have students make three columns and label with each variety of cucumber and dill pickle. Make five rows and label as look, feel, touch, smell, taste.
• Examine each item using the five senses. Describe findings in the chart. Discuss similarities and differences as a class.
• Make another grid with the same column labels. Label four rows: sweet, salty, sour, bitter.
• Enter presence or absence of each taste but sensation. Discuss the similarities and differences as a class.

Cooking in Class: Chili Cucumbers
Ingredients:
• Makes 20 tasters
• 40 whole wheat crackers
• 3 large cucumbers (40 slices)
• Chili powder
• Serving tray and napkins
1. Place one cucumber slice on top of a cracker.
2. Sprinkle with chili powder. Serve two crackers with napkins to each student.
Source: Monrovia Unified School District
For information, visit: www.harvestofthemonth.org

Reasons to Eat Cucumbers
A 1/2 cup of sliced cucumbers provides:
• A good source of vitamin K.
• A source of water, a vital nutrient for the body.
*Learn about water on page 2.
For information, visit: www.water.gov/healthandresearch

Champion Sources of Water*
(Percent Water by Weight)
• Cabbage (92%)
• Cantaloupe (90%)
• Celery (95%)
• Cucumbers (98%)
• Grapefruit (90%)
• Honeydew melon (90%)
• Spinach (91%)
• Strawberries (91%)
• Tomatoes (95%)
• Watermelon (91%)
*Champion sources contain at least 90% water.
For information, visit: www.extensions.berkeley.edu/healthandresearch/Basics.html

Nutrition Facts
Serving Size: 1 cup cucumbers, sliced (20g)
Amount Per Serving
Calories 10
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 2g 4%
Dietary Fiber 0g 0%
Sugars 0g
Protein 0g
Vitamin A 1%
Vitamin C 2%
Calcium 1%
Iron 1%

CUCUMBERS

Note: Remember that all your Educator Newsletters are located in the second section of your Teacher Manual and the Teacher Guide for student workbooks is located in the third section of your Teacher Manual. Each section should be separated by a yellow piece of paper.
(5:00—10:00) min

5. Energizer of the Month (with time permitting)

CHAMPIONS for CHANGE
Network for a Healthy California

Energizer of the Month:
Cool as a Cucumber

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

Ready:
• Have students spread out within the classroom or behind their desks with chairs pushed in. Students should be able to stretch their arms out in any direction without touching anything.

Set:
• Tell students that the inside of a cucumber can be up to 20 degrees cooler than the exterior. That's why eating a cucumber, or adding cucumber slices to your water, is so refreshing!

Go:
• Choose a vigorous movement, like jumping jacks, running in place, or pretend jump rope.
• Ask students to help you think of foods or activities that make our bodies warm or hot. For example, eating a jalapeno pepper, running a mile, etc.
• Each time someone thinks of a new food or activity, do 10 seconds of the chosen movement.
• After about a minute (or when you see the students starting to get tired), call out "Cool as a Cucumber!" and lead the students in a calming deep breath:
• On an exhale, bend your knees slightly.
• Inhale as you straighten your legs and sweep your arms out to the sides, then up over your head.
• Hold the inhale for a moment as you reach up as high as you can.
• Exhale and lower arms back down to your sides.
• Change the vigorous movement and repeat. Play as many rounds as time allows.

Created by Laurel Chambers
Physical Activity Specialist—Northcoast Region
lchambers@healthcollaborative.org

For CalFresh information, call 1-877-847-3863.
Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cashandchampsforchange.net for healthy tips.
*California Department of Public Health

Note: The 'Energizer of the Month' is a monthly physical activity you can do with your class. This document will be sent as an additional attachment. **(5:00) min**