Lesson Plan #6: April

Cucumbers

1. Play Farmer Video

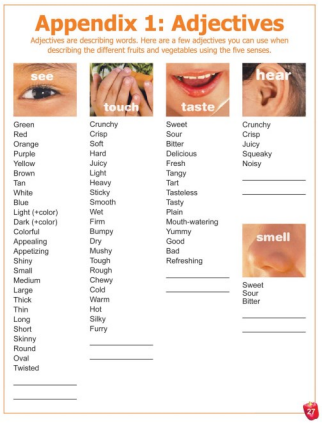
Farmer Video is about *It's all about you* ***(5:33) min***

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

Fruit or Vegetable	I like it	I am not sure if I like it	I did not 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

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

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

3. Complete Workbook Activities

April = Cucumbers

Nutrition Facts

Cucumbers grow on a vine.

Breaking Down Barriers

Cool Cucumber Cuties

Finding Opportunities

Healthier, Please!

Barriers to Healthy Food

Opportunities for Healthy Food

Barriers to Physical Activity

Opportunities for Physical Activity

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.

What You Will Need (per group):
- 2 different varieties of raw, whole cucumbers (rinsed)*
- 1 dill pickle
- Paring knives and cutting boards
- Napkins/paper towels

*Refer to page 2 for a list of varieties.

Activity:
- 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 bud sensation. Discuss the similarities and differences as a class.

For more ideas, reference:
Kids Cook Farm-Fresh Food. CDE, 2002.

Nutrition Facts
Serving Size: ½-cup cucumbers, sliced (52g)
Calories 8 — Calories from Fat 0
% Daily Value
Total Fat 0g — 0%
Saturated Fat 0g — 0%
Trans Fat 0g
Cholesterol 0mg — 0%
Sodium 1mg — 0%
Total Carbohydrate 2g — 1%
Dietary Fiber 0g — 1%
Sugars 1g
Protein 0g
Vitamin A 1% — Calcium 1%
Vitamin C 3% — Iron 1%

CUCUMBERS

Cooking in Class: Chili Cucumbers
Ingredients:
Makes 20 tastes
- 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 napkin to each student.

Source: Monrovia Unified School District

For nutrition information, visit:
www.harvestofthemonth.com

Reasons to Eat Cucumbers
A ½ 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.nal.usda.gov/fnic/foodcomp/search

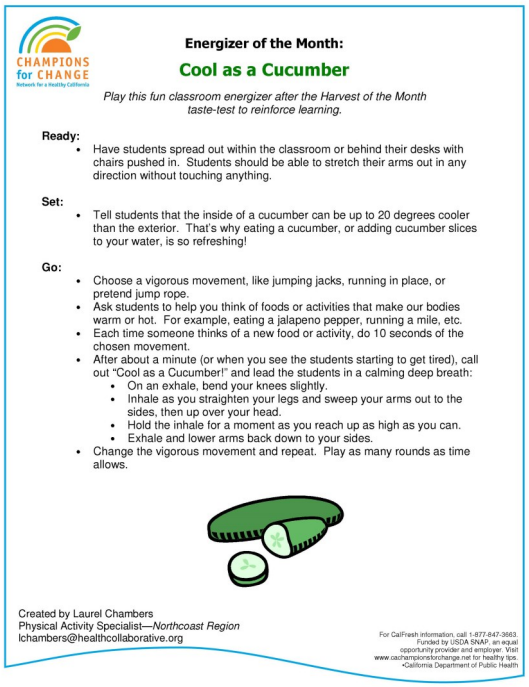
Champion Sources of Water:*
(Percent Water by Weight)
- Cabbage (92%)
- Cantaloupe (90%)
- Celery (95%)
- Cucumbers (96%)
- Grapefruit (90%)
- Honeydew melon (90%)
- Spinach (91%)
- Strawberries (91%)
- Tomatoes (95%)
- Watermelon (91%)

*Champion sources contain at least 90% water.

For information, visit:
www.extension.iastate.edu/nutrition/sport/fluids.html

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 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.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***