

# Veggies for Kids - six steps to loving vegetables

ISBN 978-1-942530-00-8 English  
ISBN 978-1-942530-01-5 Spanish

This lesson plan is provided in two different learner centered nutrition education methods - facilitated group discussion and one-on-one counseling.

## **Facilitated Group Discussion:**

Facilitated Group Discussion is an interactive form of learner-centered group education where the learners discuss a specific topic and share their questions and knowledge with other group members.

### Target Audience:

families with preschool age children

### Goals:

This session is offered to encourage children and their families to taste and enjoy vegetables by:

- providing a variety of ideas on how to include vegetables in meals and snacks.
- encourage children to try vegetables by shopping, cooking and eating with their family.

### Learning Objectives:

- Participants will name 1 or more ways they can offer vegetables to their child.
- Participants will identify a new recipe or cooking idea that they can try with their families.

### Time: 15 to 30 minutes

Time depends upon the number of participants, and how much discussion there is in different activities. Try to share ideas with the entire group. However, if the group is too large, participants can be broken in groups of 2 to 4 for the sharing activities. Ask for comments from a few small groups or all the groups, depending on time.

### Procedure:

#### Set-up:

Chairs placed in a semicircle

Table with bulletin board, flip chart, binder of paper or box.

Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "Veggies for Kids - six ways to loving vegetables!" along with a list of the 6 steps.

Question written on the bulletin board, flip chart, binder of paper, or box - "List a recipe or cooking idea that you want to try"

#### Materials:

Veggies for Kids Booklets

fruit and vegetable coloring sheets and crayons for children

#### Methods for sharing participants' ideas (choose one):

- A. Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- B. Binder of white paper that participants can write their ideas on and pens.
- C. Box for ideas, small cards and pens

#### Optional ideas:

- A. Prepare a recipe from the Veggies for Kids booklet and give samples for taste testing.

## Key Content Points:

1. The best ways to encourage a child to eat vegetables are to shop, cook and eat together.
2. There are many delicious and simple ways to prepare vegetables.
3. My family should aim for 5 servings of fruits and vegetables each day.

## Lesson Overview

### 1. Welcome

- Introduction of self and class - "Hi, my name is Carol and today we're going to talk about some fun and easy ways to encourage children and our families to eat vegetables."
- If children are present, give coloring sheets and crayons to children to color during the session.

### 2. Favorite vegetables

- Ask participants, "What are some of your child's favorite vegetables?"  
Write the "favorite vegetables" on the flipchart. When a participant says a vegetable that their child likes to eat, ask "How does your child like the vegetable - raw, cooked, in a dish?"
- Let the group share their experiences and ideas for preparing and serving vegetables.

### 3. Children and vegetables

- Ask participants, "Are there any vegetables that your child doesn't want to eat?"
- Let the group share their experiences and ideas for serving vegetables with each other.

### 4. Trying new recipes and cooking ideas

- Give the Veggies for Kids booklet to participants. Ask the participants to turn to the Index page. Discuss the six steps to loving vegetables - shop and cook together, eat a variety, veggies first, try raw veggies, hide some veggies, and eat your veggies too.
- Ask participants to look through the booklet and choose a recipe or cooking idea they'd like to try with their family. Ask participants, "What recipe or cooking idea will you try at home?" Let the group share their ideas.
- Ask participants to write their idea on a small card or piece of paper. Gather the cards and share the ideas with the group.

## Evaluation:

Participants will state 1 or more ideas or recipes they will use at home to encourage their children and family to eat a variety of vegetables.

Lesson Plan developed by Cheryl Yarrington, RDN, MS - ©Nutrition Matters Inc. - August 2016

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This lesson plan is provided in two different nutrition education methods - facilitated group discussion and learner centered education.

## **One-on-one Counseling:**

One-on-one counseling is a learner-centered approach that focuses on the learners' needs and involves the learner in decision making and problem solving, and can be provided via a bulletin board, display or individual counseling session.

## Target Audience:

families with preschool age children

## Goals:

This session is offered to encourage children and their families to taste and enjoy vegetables by:

- providing a variety of ideas on how to include vegetables in meals and snacks.
- encourage children to try vegetables by shopping, cooking and eating with their family.

## Learning Objectives:

- Participant will name 1 or more ways they can offer vegetables to their child.
- Participant will identify a new recipe or cooking idea that they can try with their families.

## Time: 5 to 7 minutes

Time depends upon the amount of discussion with the participant.

## Procedure:

### Set-up:

Table with bulletin board, flip chart, binder of paper or box.

Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "Veggies for Kids - six ways to loving vegetables!" along with a list of the 6 steps.

Question written on the bulletin board, flip chart, binder of paper, or box - "List a recipe or cooking idea that you want to try"

### Materials:

Veggies for Kids Booklets  
fruit and vegetable coloring sheets and crayons for children

### Methods for sharing participants' ideas (choose one):

- A. Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- B. Binder of white paper that participants can write their ideas on and pens.
- C. Box for ideas, small cards and pens

### Optional ideas:

- A. Prepare a recipe from the Veggies for Kids booklet and give samples for taste testing.

## Key Content Points:

1. The best ways to encourage a child to eat vegetables are to shop, cook and eat together.
2. There are many delicious and simple ways to prepare vegetables.
3. My family should aim for 5 servings of fruits and vegetables each day.

## Lesson Overview

### 1. Welcome

- Introduction of self and topic - "Hi, my name is Carol and today we're going to talk about some fun and easy ways to encourage our children and family to eat vegetables."
- If children are present, give coloring sheets and crayons to children to color during the session.

### 2. Favorite vegetables

- Ask participant, "What are some of your child's favorite vegetables?"  
When a participant says a vegetable that their child likes to eat, ask "How does your child like the vegetable - raw, cooked, in a dish?"

### 3. Children and vegetables

- Ask participant, "Are there any vegetables that your child doesn't want to eat?"
- Talk with the participant about their experiences.

### 4. Trying new recipes and cooking ideas

- Give the Veggies for Kids booklet to the participant. Ask the participant to turn to the Index page. Discuss the six steps to loving vegetables - shop and cook together, eat a variety, veggies first, try raw veggies, hide some veggies, and eat your veggies too.
- Ask participant to look through the booklet and choose a recipe or cooking idea they'd like to try with their family. Ask participant, "What recipe or cooking idea will you try at home?"
- Ask participant to write their idea in the binder, or a small card that can be pinned to the bulletin board, flip chart or placed in the box.
- Give the participant time to look through and see the ideas that other participants have written.

## Evaluation:

Participants will state 1 or more ideas or recipes they will use at home to encourage their children and family to eat a variety of vegetables.

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