



Basic Vegetable Gardening Short Lesson Plans

Lesson 14: Vegetable Nutrition

Lesson Summary: Boys and girls will make a poster teaching others about nutrition.

Boys and girls will learn about the nutrition of different fruits and vegetables.

Time: 40 minutes

What you need:

One piece of paper (A4 or larger) for each group
Colored pencils, markers, chalk or paint
Pocket Guide, flash cards or Teachers' Manual on School Gardens for nutrition information

Lesson Steps

1. (3 minutes) – Introduction

Ask boys and girls to review the last lesson.

2. (20 minutes) – Boys and girls make nutrition posters.

Have boys and girls work in small groups. Directions:

1. Choose a fruit or vegetable.
2. Read about the fruit or vegetable.
3. Make a poster with all of the important nutritional information on it.
 - a. Write the name of the fruit or vegetable at the top of the poster.
 - b. Draw the fruit or vegetable the middle.
 - c. Write the health benefits of the fruit or vegetable on the poster.
 - d. Draw what parts of the body the vegetable or fruit helps.



Boys and girls may use the Pocket Guide to find out more nutrition information. The vegetable flash cards will help them draw the vegetable.

3. (10 minutes) Each group shows and explains their poster to the group.

If there is time, have boys and girls group posters by the kind of health benefits the fruit or vegetable has. For example, group posters of those vegetables that give us protein.

4. (5 minutes) - Review

Ask these questions:

- Why did we learn about vegetable and fruit nutrition today?
- Which vegetables and fruit are important to eat?

Answer: answers vary, but a wide variety of foods provide different vitamins and minerals that the body needs.

5. (1 minute) - Close

Save the posters for future lessons. Tell the boys and girls when the next lesson will be and what the topic of the lesson will be.



Nutritional Benefits of Common Fruits and Vegetables

Amaranth	Good source of Vitamin A, B, C, calcium, and iron
Banana	High in potassium and energy Easily digested (good for infants and elderly persons) Small amounts of vitamin A and C
Cabbage	Vitamin A, C, zinc, and fiber
Carrot	Excellent source of vitamin A
Cassava	High in Vitamin C, good source of fiber and some energy
Citrus	Excellent source of vitamin C
Collards	Excellent source of vitamin A and C, iron and calcium Some vitamin B and K, folate and potassium
Corn (Maize)	Energy, potassium, fiber, vitamin B
Cucumber	High in potassium and fiber, some vitamin A, B, C
Eggplant	High in potassium
Endive	Vitamin A, C, K, iron, calcium, potassium, and folate
Green Bean (French Bean)	High in fiber, iron, zinc, and potassium
Gumbo (okra)	Vitamin C, iron, calcium, potassium
Mango	Excellent source of vitamin A and C, and potassium
Onion	Vitamin C and potassium
Papaya	Excellent source of vitamin C, high in vitamin A Contains papain, an enzyme which aids digestion
Peanut (ground nut)	Excellent source of protein, fat, iron, and vitamin B
Pepper (green or red)	Excellent source of vitamin A, high in vitamin C Mostly useful for adding flavor
Pineapple	High in vitamin C
Plantain	High in vitamin A and C. Some iron
Pumpkin	High in vitamin A and energy
Sorrel	Some vitamins, minerals, and fiber
Spinach	Excellent source of vitamin A, high in many other vitamins and nutrients, including vitamin B, C, K, iron, calcium, folate, and potassium
Sweet Potato	Excellent source of vitamin A and C Raw leaves are rich in iron, vitamin A and C, and energy
Tomato	High in vitamin A and C and lycopene
Yam	Good source of vitamin C