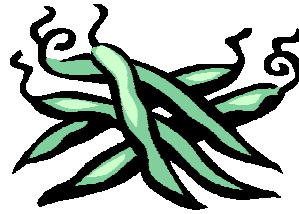
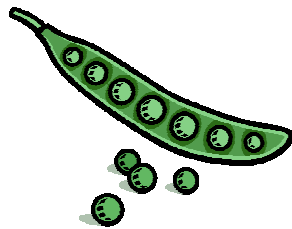


FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

PEAS & GREEN BEANS



December 2009 Read Aloud Books and Activities

Week 1 Theme: Growing Beans

Week 2 Theme: Eat Your Peas and Green Beans

Week 3 Theme: Color Pea Plants



HARVEST OF THE MONTH ACTIVITIES

Peas and Green Beans Week 1

Growing Beans

Book: One Bean by Anne Rockwell

Objectives:

- Students will learn several varieties of beans.
- Students will explain how seeds grow.
- Students will plant a bean and record how it grows.

Supplies:

Fresh Fruit and Vegetable photo cards

Growing Activity: Dry beans (such as bush green bean used in the story)

Damp paper towels

Paper cups

Soil

Green Bean growing chart (copies for each student)

Instructions for "How to Grow a Green Bean Plant"

Directions:

1. Read the story One Bean and discuss how seeds grow. Use additional pictures from the photo cards (show cards of the green bean, pea, sugar-snap pea, wax bean, yard long bean).
2. Ask the children if they have ever grown a plant from a seed.
3. Explain that they will now have the opportunity to choose a bean and follow the same steps as they did in the story to grow a plant. See the attached instructions for "How to Grow a Green Bean Plant."

HARVEST OF THE MONTH ACTIVITIES

Peas and Green Beans Week 2

Eat Your Peas and Green Beans

Objectives:

- Students will learn about peas and green beans – their varieties, where and how they are grown and sold.
- Students will illustrate and describe places you should not put peas.
- Students will describe why they like peas.
- Students will have their **Food Experience** with peas and green beans.

Supplies:

Fresh Fruit and Vegetable Photo Cards

Food Experience ingredients: green beans, peas, sour cream, salsa

Directions:

1. Explain that peas and green beans are vegetables. Ask the students if they have ever eaten peas, green beans, snap peas, or snow peas before. Show them the **photo cards of peas and sugar snap peas**. Discuss why peas and beans help you grow healthy and why they may like to eat them. Green vegetables are good for seeing better, and having strong bones and teeth.
2. Discuss that peas can grow all over California, all year round. Peas grow on vines. California grows the most snow and sugar snap peas in the country. Most green beans are sold fresh. All different kinds of peas and green beans can be found locally at farmers' markets and farm stands. They are also be purchased at supermarkets, but usually come from further away.
3. Talk about the small size of peas and brainstorm a list of places you should never put peas.

Example: Peas should never go in your ears.
 Peas should never go up your nose.
 Peas should never go in your shoes.

4. Prepare for the "Peas and Green Beans in Dip" **Food Experience**. Use the "Conducting An In-class Taste Test" as a guideline for questions to ask the children.

HARVEST OF THE MONTH ACTIVITIES

Peas and Green Beans Week 3

Color Pea Plants

Book: The Pea Blossom by Amy Lowry Poole

Objectives:

- Students will discuss the different parts of the pea plant (tendrils, blossom, pod, vine, etc.)
- Students will color a pea plant.
- Students will recite *The Pea Blossom* finger play.

Supplies:

Colored pencils or crayons

Coloring page of pea plant ([please make a copy for each student](#))

Directions:

1. Read The Pea Blossom to the class. Talk about the different places each pea went.
2. Looking at the pictures from the book (especially on the last page) and from the coloring page, describe with the class, the different parts of the pea plant (tendrils, leaves, pea pod).
2. Have the children color in the pea plant. As they color, go over the name of the plant part they are coloring in.
3. Teach the children *The Pea Blossom* finger play based on the book (below). Use your fingers to recite the story.

The Pea Blossom

5 little peas and not one more
A bird ate one and then there were 4.
4 little peas as quiet as can be
A frog ate one and then there were 3.
3 little peas that grew in the sun
An emperor ate two and there was 1.
1 little pea did not stay still
Flew through the air onto a child's
windowsill
There he grew into a beautiful pea plant
The child became healthy and he was happy and
content.

Food Experience Calendar

Week 2

**Taste Test: Peas &
Green Beans in Dip**

Optional

Pea Salad With
Herbs

Optional

Three Bean Salad

FOOD EXPERIENCE RECIPES

Week 2

Green Beans and Peas in Dip

3 cups green beans

3 cups fresh peas, snow peas or snap peas (or a mix, whatever is available)

2 cups fat free sour cream

2 cups fresh salsa

Directions:

1. Mix sour cream and salsa. Place 2 tbsp of the dip on each student's plate.
2. Serve ¼ cup green beans and/or peas to each student.
3. Dip and taste.

Makes 20 (1/4 cup each) Taste Test

Recipe adapted from www.harvestofthemonth.com, Educator Newsletter (Green Beans)

FOOD EXPERIENCE RECIPES

Optional

Pea Salad with Fresh Herbs

- 1/2 pound snow peas
- 1 pound of fresh or frozen peas
- 1/2 bunch mint, finely chopped (use your mini chopper)
- 1/2 bunch cilantro, finely chopped (use your mini chopper)
- 1/2 bunch Italian Parsley, finely chopped (use your mini chopper)
- 1 TBSP olive oil
- 2 TBSP rice vinegar
- 1/8 tsp salt

Directions:

1. Wash peas and remove any stems.
2. Combine all peas in large bowl.
3. Blend herbs, oil, vinegar and salt until smooth.
4. Pour mixture over peas and serve.

Makes 20 (1/4 cup each) Taste Tests

Recipe adapted from www.harvestofthemonth.com, Educator Newsletter (Peas)

Optional

Three Bean Salad

- 1 (15-ounce) can wax beans
- 1 (15-ounce) can cut green beans
- 1 (15-ounce) can red kidney beans
- 1/2 cup vinegar
- 1/4 cup olive oil
- 3 TBSP sugar
- 1 teaspoon celery seed

Directions:

1. Drain canned beans
2. In large bowl combine wax beans, green beans and red kidney beans.
3. Whisk together vinegar, vegetable oil, sugar, and celery seed.
4. Pour vinegar mixture over vegetables and toss lightly.
5. Cover and refrigerate for eight hours or overnight, stirring occasionally.
6. Drain before serving.

Makes 24 taste tests (1/4 cup each)

Recipe adapted from Three Bean Salad at <http://www.cooks.com>

