

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Sugar Snap Peas Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Sugar Snap Peas Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Sugar Snap Peas Slides** as needed and project on screen (optional).

Print 1 copy of the **Sugar Snap Peas Handout** for each student (optional).

Prepare **sugar snap peas** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify sugar snap peas as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of the nutrients found in sugar snap peas.
Understand how sugar snap peas are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in sugar snap peas.
Plan healthy meals and snacks that incorporate sugar snap peas.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of sugar snap peas to consume during the lesson.

#2 Teach: Use the first page of the Sugar Snap Peas Handout to teach the students about sugar snap peas.

#3 Explore: Select one or more activities from the second page of the Sugar Snap Peas Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are the names of the pea varieties crossed to grow sugar snap peas?
Answer: English pea and snow pea.
- Why is eating sugar snap peas good for your health?
Examples: provides essential vitamins and minerals, good source of fiber, etc.
- What should you look for when selecting sugar snap peas at the store?
Answer: Choose peas that are bright green, firm and free of blemishes.
- What is your favorite way to eat sugar snap peas?
Examples: fresh, with a dip, steamed, stir-fry, with added spices, in a dish, etc.

