

The Ugly Vegetables

Veggie Wrap Sandwich K-3

Purpose

- * This is a follow-up activity to reading *The Ugly Vegetables* by Grace Lin
- * Learn about the nutrients in vegetables used in Chinese cooking
- * Assemble a simple wrap sandwich
- * Explain and demonstrate to students how to ask their parents to buy the ingredients for the Veggie Wrap sandwich.

California Health Education Standards

K.4.1.N Explain how to ask family members for healthy food options

2.4.1.N Demonstrate how to ask family members for healthy food options

Materials

Download a free copy of *What Color is Your Food?* <http://www.ag.ndsu.edu/pubs/yf/foods/fn595w.htm>

Fruit and Vegetable Photo Cards of the vegetables

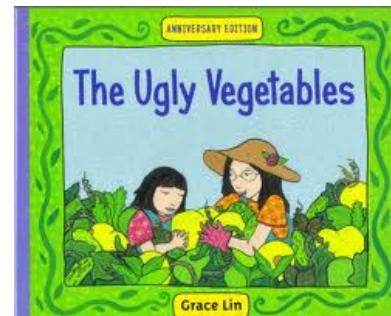
Adjectives to Describe Fruits and Vegetables Using the Five Senses

Assortment of Chinese vegetables:

- Bok Choy (chopped)
- Carrot (buy it already grated)
- Chinese parsley (Cilantro)
- Snow peas (sliced lengthwise)
- Daikon (chopped)
- Red radish (chopped)
- Napa cabbage (chopped)
- Chinese eggplant (chopped)
- Yard long beans (chopped)
- Spinach (chopped)
- Butter lettuce leaf

Paper plates, napkins, snack size baggies

Hoisin sauce



Prep

Early in day or day before:

1. Wash vegetables.
2. Carefully separate butter lettuce leaves. Place one leaf with a small amount of vegetables into a snack size baggie.

Lesson/Activity

1. Show students the selected Fruit and Vegetable Photo cards. Talk about the vitamins in each one. Which Chinese vegetable has the most vitamin C? Vitamin A?
2. Talk about the beautiful colors of the vegetables. Remind students to eat a variety of colorful fruits and vegetables each day. Orange, white, green, red, yellow blue and purple. Explain that the plant colors are made by the vegetables to protect them from viruses. When we eat colorful vegetables, the plant colors can help protect us from getting sick too.
3. Give each student one baggie full of vegetables.
4. Explain they will be making a Chinese wrap sandwich.
5. Have students empty contents onto a paper plate. How many vegetables can they name?

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

- Have students close their eyes and smell the vegetables on the plate. Use descriptive words to describe what they smell. Use descriptive words to describe what they see. (see attachment page 3)
- Instruct students to lay their lettuce leaf flat on the plate and place the chopped vegetables on top.
- Add some Hoisin sauce. Hoison sauce is made from soy, garlic and chili and is used in Chinese cooking. For younger students you will have to pour the Hoisin sauce onto their wrap, older students can pour their own sauce onto their wrap. Caution students the sauce makes the vegetables a little spicy.
- Depending on the size of the lettuce leaf, students can roll their vegetables and sauce into a wrap sandwich. For a complete easy meal, add cooked lean protein like chicken, beef or tofu and add some fresh fruit.

Discussion

Ask students if they think their parents would buy the vegetables for the wrap? Why or why not? Discuss how they might ask family members to buy the ingredients. With you being the parent, have students role play this conversation pretending to be in the produce area of the grocery store.

Extension Activities

- Download from <http://www.gracelin.com/media/book/uvcolorpage.pdf> a coloring page from the Ugly Vegetables. Have students make a book of the Chinese vegetables they have eaten.
- Purchase a sample of each vegetable to show in its whole state. Discuss the colors of each one. Encourage students to touch and smell.
- Mystery Box. Place unusual Chinese vegetable in a covered box for students to feel and guess.
- Ask your Food Service Manager for white "cafeteria hats" for students. Have students glue pictures of the Chinese vegetables onto their hat. They could also draw their own pictures on their hat and color.
- If you can find the traditional Chinese vegetables in the recipe below, make the Ugly Vegetable Soup. **The Network will not reimburse for chicken or scallops!** Recipe follows.

UGLY VEGETABLE SOUP

Ingredients

1 can chicken broth
 1 can water
 5 dried scallops
 4 oz. piece of chicken
 Cornstarch
 1/2 cup of chopped sheau hwang gua
 1 cup chopped sy gua
 1 cup torng hau
 1 cup chiann tsay
 1 cup kong shin tsay

pepper

Directions

Bring chicken broth, water and scallops to a boil in a large pot. While waiting, cut chicken up into bite size pieces and coat them with cornstarch. Wash all the vegetables. When broth begins to boil, put the chicken pieces in, one by one. When the chicken begins to look cooked, add the sheau hwang gua and the sy gua. Turn heat to low and let soup simmer for about 10 minutes. Then turn the soup to a high boil. Quickly add the torng hau, shian tray and kong shinn tsay and let them boil for 1 minute.

Add pepper to taste and serve. Serves 5.



Adjectives to Describe Fruits and Vegetables

Using the Five Senses

You can add your own adjectives too!



See



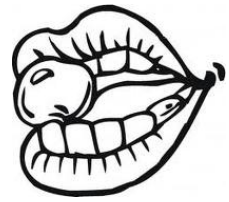
Smell



Hear



Touch



Taste

Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light + color
Dark + color
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round

Sweet
Sour
Bitter
Awful
Spicy
Fresh
Delicious
Fragrant
Stale
Stinky
Clean

Crunchy
Crisp
Juicy
Silent
Snap
Swish
Crackle

Soft
Hard
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy

Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

