



Veggie Crowns

Goal

Introduce students to new fruits and vegetables.

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at www.growing-minds.org.

Materials

- Long, 2" strips of white paper
- Colored construction paper to make vegetable shapes
- Glue Sticks
- Stapler
- Samples of fresh apples and vegetables that correlate with the paper vegetable cut outs

Preparation

You will need to make long, 2" strips of white paper, which will be the base of the crowns. Cut out and prepare vegetable shapes to glue on the crowns. Use the vegetable cut-out pages to help make squash, carrot, beet, tomato and apple shapes. Do not limit yourself to these examples – create more shapes of vegetable and fruits that grow in your area!

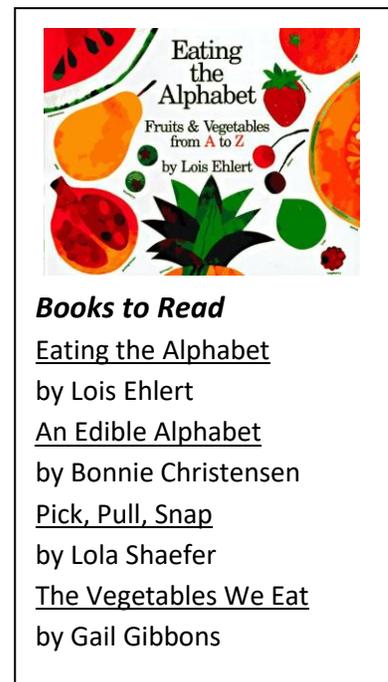
Activities

Read a Book

[Eating the Alphabet](#), [An Edible Alphabet](#), [Pick, Pull, Snap](#), and [The Vegetables We Eat](#) all introduce students to new types of vegetables. Please choose a book that fits your student's level of learning. Ask the students to raise their hands when they see a vegetable they have tried.

Apple and Vegetable Exploration

Show the students the fresh vegetables that correlate with the paper vegetable cut outs the kids will glue to their vegetable crowns (squash, carrot, beet, tomato, and apple). Hold up each vegetable and ask the students to tell you its name. Have they tried the vegetable or fruit? Ask them to guess which parts of the vegetables they can eat – e.g. carrot-just the roots, beets-the roots and the tops, apple-everything except the stem, tomato and squash-the whole thing.



Books to Read

[Eating the Alphabet](#)

by Lois Ehlert

[An Edible Alphabet](#)

by Bonnie Christensen

[Pick, Pull, Snap](#)

by Lola Shaefer

[The Vegetables We Eat](#)

by Gail Gibbons



Veggie Crowns

Taste the Apples and Vegetables

Pass out the pieces of the apples and vegetables and ask each student to try them. Ask them to describe how things taste and feel.

Make the Crowns

Give each student one of each of the vegetable shapes, one white strip of paper, and a glue stick. Ask the students to glue the vegetables and fruits onto their crowns. When the glue has dried, help the students assemble their crowns by stapling the ends of the white strips together to the crown fits on the students' head.

Optional: add the students' names to the crowns

At the beginning of school, everyone is working on learning one another's names. An optional activity is to ask each student to write his/her name in large print on the strip of white paper. They can then glue the fruits and vegetables on the paper strip around their names.

Extensions

Veggie crowns can be used in a variety of ways to have conversations with students about fruits and vegetables. Using seed catalogs, you can have students make crowns with various themes such as favorite fruits and vegetables or fruits and vegetables that they would like to try. If you do taste tests in your classroom, veggie crowns make a great 'passport' with students adding a picture of each fruit or vegetable that they taste. Adding a picture to their crown is highly motivating for some students to try something new!