

April

Asparagus

SUGGESTED SCHEDULE

Week 1: A is for Asparagus

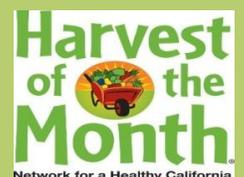
Week 2 (option 1): Eating a Rainbow of Fruits and Vegetables

Week 2 (option 2): Eating a Rainbow of Fruits and Vegetables Keeps Us Healthy

Week 3: We Eat Food That's Fresh!



Urban & Environmental
Policy Institute
OCCIDENTAL COLLEGE



Asparagus

Week 1: A is for Asparagus

MATERIALS

Fresh Fruit and Vegetable Photo Cards
Picture of asparagus with labeled plant parts
Large paper or poster board with a larger letter "a" (or more if in small groups)

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Creative Arts Expression
- Language Development
- Literacy Knowledge and Skills
- Logic and Reasoning
- Science Knowledge and Skills

DRDP-R

- Language and Literacy Development, LLD1, LLD3, LLD4, LLD7, LLD9, LLD10
- English Language Development, ELD1, ELD2
- Cognitive Development, COG3
- Physical Development, PD3
- Health, HLTH2

LESSON

- 1) Show the class the Fresh Fruit and Vegetable Photo Card for asparagus. Ask the class "Do you know what vegetable this is?" "It's called asparagus." Ask them to describe it, for example: it's long and green.
- 2) Show the class the provided picture of the asparagus plant. Asparagus is a plant that grows from the ground. Point out the roots and stem (spear) of the plant. Explain that the stem is the part of the asparagus vegetable we eat. This is different than the other parts of plants we eat. Do we eat the stem of a grapefruit tree? No, we eat the fruit. Do we eat the stem of the lettuce plant? No, we eat the leaves.
- 3) Tell the class that this month's *Harvest of the Month* vegetable is asparagus. Ask the class "What is the first letter in asparagus?" "a" is for asparagus. As a class you can also count the number of a's in asparagus.
- 4) Ask the class to name other fruits and vegetables that begin with the letter "a". Examples could be: apple, apricot, artichoke and avocado. Show the class a Fresh Fruit and Vegetable Photo Card for each.
- 5) As a class (or in small groups) have the students draw or write words that begin with the letter "a" including asparagus. Recommend the fruit and vegetables discussed but also encourage them to think of any words that begin with the letter "a". Write their descriptions of the drawings and display in the classroom.

Students will...

- * learn that we eat the asparagus stem.
- * recognize that "a" is the first letter in asparagus.
- * identify other fruits and vegetables that begin with the letter "a".



Asparagus

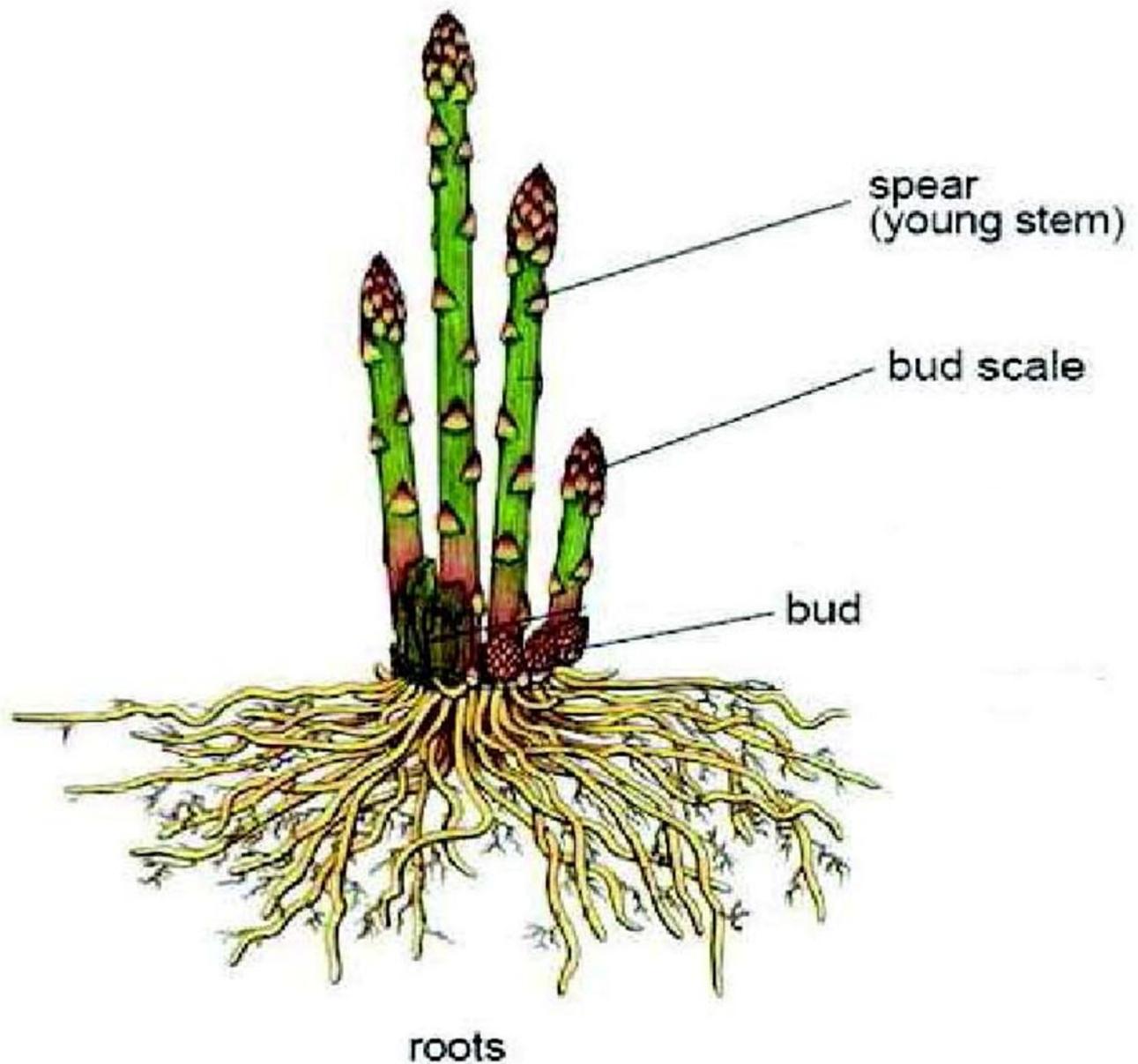


Image adapted from:
Stinky and Stringy: Stem & Bulb Vegetables, Meredith Sayles Hughes, 1999.

Asparagus

Week 2: Eating a Rainbow of Fruits & Veggies (option 1)

MATERIALS

Photos of different colored varieties of asparagus
Fresh Fruit and Photo Cards*
Paper and purple, green and white crayons, paints, chalk or markers

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Approaches to Learning
- Language Development
- Literacy Knowledge and Skills
- Science Knowledge and Skills

DRDP-R

- Self and Social Development, SSD1
- Language and Literacy Development, LLD1, LLD2, LLD3, LLD4
- English Language Development, ELD1, ELD2,
- Cognitive Development, COG3
- Mathematical Development, MATH3
- Physical Development, PD3
- Health, HLTH2

LESSON

- 1) Show the class the asparagus Fresh Fruit and Vegetable Card for asparagus. Ask the class "Do you remember what vegetable this is?" "That's right, it's called asparagus." Ask the class, "What color is this asparagus?" Green.
- 2) Show the class the pictures of purple, green, and white asparagus. "Do you know that asparagus can grow in three different colors? What colors do you see here?" Point to the corresponding asparagus pictures as you say the colors "purple, green, and white."
- 3) Tell the class that eating a rainbow of fruits and vegetables keeps us healthy. Eating fruits and vegetables of every color gives us energy to play and think.
- 4) Pass out a fruit and vegetable card of purple/blue, green, and white fruits and vegetables to each student. Then ask for the students with purple/blue fruit or vegetables to stand up. One by one, ask them to name their fruit or vegetable.
- 5) Next, ask the students with green fruit and veggies to stand up. One by one, ask them to name their fruit or vegetable.
- 6) Next, ask the students with white fruit and vegetables to stand up. One by one, ask them to name their fruit or vegetable.
- 7) Individually, in small groups or as a large group ask the students to draw their favorite purple, green and white fruits and vegetables. Write the name of the fruit or vegetables they are drawing beside their picture and any descriptions or comments they make about their drawing. Display in the classroom.

**Prior to the activity, select purple, green and white fruit and vegetable cards. Enough for each student to have one. Below are some examples:*

Purple/Blue: blueberries, cabbage, eggplant, grapes

White: banana, cauliflower, jicama, potato, garlic, pineapple

Green: bok choy, broccoli, celery, collard greens, kiwi, green beans, lettuce, snow peas, spinach, sugar snap peas

Students will...

- * learn that asparagus can be purple, green or white.
- * know asparagus is a healthy food.
- * identify other healthy fruits and vegetables that are green, purple and white.



Asparagus

Week 2: Eating a Rainbow of Fruits & Veggies (option 2)

MATERIALS

Photos of different colored varieties of asparagus
Fresh Fruit and Photo Cards**
Paper and purple, green and white crayons, paints, chalk or markers

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Approaches to Learning
- Language Development
- Literacy Knowledge and Skills
- Science Knowledge and Skills

DRDP-R

- Self and Social Development, SSD1
- Language and Literacy Development, LLD1, LLD2, LLD3, LLD4
- English Language Development, ELD1, ELD2
- Cognitive Development, COG3
- Mathematical Development, MATH1
- Physical Development, PD1, PD3
- Health, HLTH2

LESSON

- 1) Show the class the asparagus Fresh Fruit and Vegetable Photo Card. Ask the class "Do you remember what vegetable this is?" "That's right, it's called asparagus." Ask the class, "What color is this asparagus?" Green.
- 2) Show the class the pictures of the purple, green, and white asparagus. "Do you know that asparagus can grow in three different colors? What colors do you see here?" Point to the corresponding asparagus pictures as you say the colors "purple, green and white."
- 3) Tell the class that eating a rainbow of fruits and vegetables keeps us healthy. Eating fruits and vegetables of every color gives us energy to play and think. Ask the class "Do you know that different colored fruits and vegetables help our bodies in different ways? Purple and blue foods help our brains with memory. Green foods give us strong bones and teeth and help our eyes see well. White foods help our hearts stay healthy and strong."
- 4) Pass out a fruit and vegetable card of purple/blue, green, and white fruit and vegetables to each student. Then ask for the students with purple/blue fruit or vegetables to stand up. One by one, ask them to name their fruit or vegetable. Remind them that purple/blue foods help us remember things. Now ask the class to say the names again. "Wow what a great memory you have! You must be eating purple fruits and vegetables."
- 5) Next, ask the students with green fruit and veggies to stand up one by one ask them to name their fruit or vegetable. Remind them that green give us strong bones and teeth and help our eyes see. Ask them to do arm curls or pushups while the class counts to 10. "Wow, you all have very strong bones! You must all be eating lots of green fruits and vegetables."
- 6) Next, ask the students with white fruit and vegetables to stand up. One by one, ask them to name their fruit or vegetable. Remind them that white foods help our hearts stay healthy and strong. Ask them to do some jumping jacks or run in place while the class counts to 10. Then ask them to place their hand on their heart - is it pumping faster? "Wow your hearts are very healthy and strong! The more you eat white fruits and vegetables and exercise, the stronger will you will be."
- 7) Individually, in small groups or as a large group ask the students to draw their favorite purple, green and white fruits and vegetables. Write the name of the fruit or vegetables they are drawing beside their picture and any descriptions or comments they make about their drawing. Display in the classroom.

***Prior to the activity, select purple, green and white fruit and vegetable cards. Enough for each student to have one. Below are some examples:*

Purple/Blue: blueberries, cabbage, eggplant, grapes

White: banana, cauliflower, jicama, potato, garlic, pineapple

Green: bok choy, broccoli, celery, collard greens, kiwi, green beans, lettuce, snow peas, spinach

Students will...

- * learn that asparagus can be purple, green or white.
- * know asparagus is a healthy food.
- * identify other healthy fruits and vegetables that are green, purple and white.



Asparagus can be ...

WHITE



White asparagus is white because it is grown underground without light.

GREEN



PURPLE



Asparagus

Week 3: We Eat Food that's Fresh

MATERIALS

We Eat Food That's Fresh! By Angela Russ-Ayon
Large paper or poster board
Food Experience Ingredients

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Social and Emotional Development
- Language Development
- Literacy Knowledge and Skills
- Mathematics Knowledge and Skills

DRDP-R

- Self and Social Development, SSD1
- Language and Literacy Development, LLD1 Through LLD7
- English Language Development, ELD1, ELD2, ELD3, ELD4
- Cognitive Development, COG1, COG3
- Mathematical Development, MATH1, MATH3, MATH4
- Health, HLTH2

LESSON

- 1) Read the book *We Eat Food That's Fresh!* (or play the accompanying CD while you point to the pictures and turn the pages).
- 2) Discuss with the class the different ways foods in the book are prepared, for example: fresh, cooked, boiled, peeled, juiced, etc. Display to the class the last page of the book. While pointing to the asparagus ask the class "What is the name of this vegetable?" Remind them that it is long and green. "It's asparagus."
- 3) Talk to the students about different places we can buy fresh asparagus and other fruits and vegetables. While we can go to a store like a supermarket, the freshest produce is at the farmers' market. You can find asparagus there this month. Farmers sell all different colors of asparagus at the farmers' market, fresh from the farm. Fresh food tastes better!
- 4) Write "Asparagus" on the large paper or poster board. Show the class an asparagus spear. Ask the class to describe the asparagus you are holding - What does it look like? What shape is it? Pass it around - what does it feel like? Refer to the handout in your binder for **Conducting An In-Class Taste Test** for more ideas on how to engage the class. Record their observations on the large paper.
- 5) Remind the class that asparagus can be green, purple, or white. Today we will taste green asparagus. Some people eat asparagus fresh (raw), but most people cook it by boiling, baking, steaming or grilling it.
- 6) Refer to the handout in your binder **Conducting an In-Class Taste Test** for ideas on how to engage the class. Have students put a sticker on either the "I Like This" or "I Don't Like This Yet" columns of the taste test sheet, or have them write or initial their name if they are able to do so.

Students will...

- * learn about the different ways foods are prepared.
- * describe asparagus features.
- * prepare and taste cooked asparagus.



Raw Asparagus with Parmesan Dressing*

Serves 10 · Prep time: 15 minutes · Cook time: None



Nutrition Facts

Serving Size 1/2 cup (155g)
Servings per Recipe 10

Amount Per Serving

Calories 190 Calories from Fat 120

% Daily Value

Total Fat	14g	21%
Saturated Fat	6g	28%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	440mg	18%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	10%
Sugars	3g	
Protein	13g	
Vitamin A	4%	Vitamin C 15%
Calcium	35%	Iron 15%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients:

- 2 1/2 pounds large asparagus
- 3 Tablespoons fresh lemon juice
- 5 oz coarsely grated Parmesan cheese
- 2 Tablespoons warm water
- ¼ cup extra-virgin olive oil
- Salt and Pepper, to taste

Directions:

- 1) Using a vegetable peeler, shave the asparagus into long, thin strips and transfer to a large bowl.
- 2) In a small bowl, mix the Parmesan with the lemon juice, water and olive oil.
- 3) Add this mixture to the asparagus and toss to coat.
- 4) Season with salt and pepper and serve on plates.

** If preferred, serve the asparagus simply cooked with lemon juice or parmesan cheese sprinkled on top.*

MATERIALS NEEDED

- Vegetable peeler
- 2 Bowls
- Plates

CHEF'S NOTES

- Have children taste each item separate and then together: cheese and asparagus, raw.

Recipe adapted from *Food and Wine Magazine* (April 2010)

	Snack	
Fruit		
Vegetable	1/2 cup	✓
Grain/Alternative		
Meat/Alternative	.5 oz	✓
Milk		

A ✓ indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.



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Asparagus

"I LIKE THIS"



"ME GUSTA"

"I DON'T LIKE THIS YET"



"NO ME GUSTA TODAVÍA"

Extending the Learning Experience

Optional Supplemental Lessons

WEEK 1 (optional)

Asparagus Song (tune of "My Bonny Lies Over the Ocean")

Asparagus is so amazing
It's a veggie that looks like a spear
It grows faster than most people
It can grow 12 inches in a year

Lyrics by Sam Jones, Veggie Songs, Volume 1

WEEK 2 (optional)

Yes and No Stretch

This exercise is meant to get your students moving.

Studies have shown that Physical Activity breaks increase student concentration and attentiveness throughout the day.

During this exercise you can ask questions about fruits and vegetables that require a yes or no answer to reinforce their fruit and vegetable knowledge

Here are some examples:

Does asparagus grow on a tree like a grapefruit?

Is asparagus green like spinach?

Are vegetables healthy for you?

YES AND NO STRETCH
(1) Turn your head to the right
(2) Turn your head to the left
(3) Repeat 10 times
(4) Look up to the sky
(5) Look down at the ground
(6) Repeat 10 times



Tutti Fruitti Instant Recess <http://toniyancey.com/IRResources.html>

WEEK 3 (optional)

Asparagus Discovery Lab: Comparing through measurement

After conducting the Taste Test, place the remaining uncooked asparagus on the table for the students to examine.

Include some cooked asparagus if possible. Observe changes as it cools (smell, color, texture).

Compare cooked and uncooked asparagus.

Cut asparagus into different lengths and encourage students to arrange by length (shortest to longest) and width (narrowest to widest).

Slice crosswise and lengthwise, observe and record internal structure.

Encourage students to use all their senses to describe and compare the asparagus.

Make scientific tools available, such as measuring tapes/rulers, a scale, magnifying glasses, and tweezers.

Make paper, pencils, and crayons available for students to draw their observations. Teachers can write down the students' observations on each student's paper or collectively on one large paper.



Asparagus-Tip Tea Sandwiches

Serves 12 · Prep time: 20 minutes · Cook time: 5-10 minutes



Nutrition Facts	
Serving Size 1/2 slice (82g)	
Servings per Recipe 12	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 180mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 10%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

MATERIALS NEEDED

- Knife
- Pot
- Food processor or blender
- Plates

CHEF'S NOTES

- Enjoy this delightful snack.

Ingredients:

- 1 Tablespoon salted butter or margarine, softened
- 1 Tablespoon extra-virgin olive oil
- 6 cups (3 lbs) asparagus stalks with the woody bottoms snapped off, cooked*
- ½ teaspoon salt
- ½ teaspoon pepper (optional)
- 6 slices of whole wheat bread, toasted, quartered, or 12 whole wheat crackers

Directions:

- 1) Cut off the tips (top 2 inches) of the cooked asparagus and reserve.
- 2) Cut the remaining stalks into ½ inch pieces and put in the food processor along with butter, oil and salt.**
- 3) Blend until the mixture is smooth and spreadable.
- 4) Spread 1 teaspoon of asparagus butter on each toast quarter or cracker.
- 5) Line up 2 to 3 asparagus tips on top and serve.
- 6) Enjoy!

*Cooking asparagus:

Boil asparagus spears in salted water until the stalks are just tender, about 4 minutes; allow them to cool, chill if needed.

Grill asparagus spears in a skillet with olive oil for about 10 minutes, cool.

Microwave asparagus spears in ½ cup of water on high for 1 to 2 minutes, or until slightly tender, cool.

***If a food processor is not available, you can also use a hand-held immersion blender.*

Recipe adapted from Diana Forley Otsuka on wondertime.org

	Snack
Fruit	
Vegetable	1/2 cup ✓
Grain/Alternative	1/2 serving ✓
Meat/Alternative	
Milk	

A ✓ indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.



Pasta with Asparagus and Lemon

Serves 28 (3/4 cup) · Prep time: 10 minutes · Cook time: 25-30 minutes



Nutrition Facts

Serving Size 3/4 cup (266g)	
Servings per Recipe 28	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	22%
Sugars 5g	
Protein 7g	
Vitamin A 0%	Vitamin C 25%
Calcium 6%	Iron 30%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

MATERIALS NEEDED

- Knife
- Bowl
- Cooking pots
- Plates

CHEF'S NOTES

- Preferably use a string-like pasta or macaroni.

Ingredients:

- 7 pounds (14c) of cooked asparagus with the ends trimmed
- 7 cups of cooked pasta
- ¼ cup of olive oil
- Salt and Pepper
- ¼ cup of lemon juice

Directions:

- 1) Cook the pasta and asparagus separately, allow to cool.
- 2) Cut the cooked asparagus into bite size pieces.
- 3) Combine the asparagus with the cooked pasta.
- 4) Mix the lemon juice and olive oil in a bowl.
- 5) Pour the mixture over the pasta and asparagus.
- 6) Season the pasta with salt and pepper to taste.
- 7) Toss again before serving.

Recipe adapted from LA County HOTM Asparagus Rubus (pictorial) recipe

	Snack	
Fruit		
Vegetable	1/2 cup	✓
Grain/Alternative	1/4 cup	✓
Meat/Alternative		
Milk		

A ✓ indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.

