



### Harvest Objectives

Families will describe different pea types.  
Families will identify that peas grow on a vine.  
Families will taste a pea.

### Harvest Vocab

Pea                      Vine



### Materials & Prep

Peas (two types, some in pods, some out of pods, enough for everyone to taste at least 1 of each)  
Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers  
2 Pieces of Paper  
Images (included at end of learning plan)  
Taste Test Chart  
Stickers (or small Post-It Notes)

### Literature Connections

Little Pea by Amy Krouse Rosenthal  
Peas (What's for Lunch?) by Claire Llewellyn  
LMNO Peas by Keith Baker

### Warm Up

- In order to engage the family and activate prior knowledge, gather everyone and pass around the different peas. Allow each family member to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the family to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the peas, ask them, "What are these called?" Consider having everyone say the answer aloud on the count of three. This way you'll know how many in the family know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think peas come from? How do they grow? (On trees, bushes?)
- Put out paper. Using the pictures at the end of the learning plan, have the family sort them into a peas in pods pile and peas out of pods pile. Then use real peas and add a few to each pile.

### Explain

- Explain that botanically they are a fruit (because there are seeds in the pods). What other botanical fruit can they think of? (Apples, bananas, eggplant, etc.) Explain that the peas grow from the flowers on the pea vine. If possible, put out pictures of fruits and vegetables and allow the family to think about which ones are fruit.



## Preschool Home Visit Learning Plan Peas

- Explain why we should eat peas (heals cuts, healthy eyes, healthy immune system, and healthy bones) and for each reason come up with an action to help the family remember. For example, for healthy immune system they can shake one finger while saying “no” and then put a hand on their forehead while saying “fever.” Also explain how to pick good peas (they should be dry, evenly colored, and not mushy). Please see the next pages for images to share with the family.

### Taste Test & Wrap-Up

- Rinse the peas. Have everyone predict which type they think they will like the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like peas and write that number in each column.
- Review with the family how peas grow and the health benefits.

### Toddler Tasting

- To make pea baby food puree, rinse and hull the peas. Cook in some water for about 3-5 minutes on the stove, 1-2 minutes in the microwave, or until tender. Place in blender/food processor and puree until desired consistency. Allow to cool. Enjoy!

### Taste Test Extension

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

#### Pea Butterflies (for 4 servings)

(adapted from: <http://www.parents.com/recipes/nutrition/kids/fun-veggies/>)

- 1 bag of peas
- 1 carrot
- 2-4 bell peppers (red or yellow)
- 1 Knife & Cutting Board
- Plate (1 per participant)



1. All family members should wash their hands.
  - a. Wet hands with water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the food under running water so all everything is washed.
3. Have an adult cut the bell peppers into slices for the wings and the carrot into strips for antennae.



## Preschool Home Visit Learning Plan

### Peas

4. Demonstrate how to line up the peas to make the butterfly's body. Have each family member make a butterfly body. Demonstrate how to add the peppers for wings and carrots for antennae. Have everyone do the same on his/her plate. Enjoy!

## How do **peas** grow?



Peas grow on vines. We eat the seeds and sometimes the Pods of pea plants.

## Why should we eat **peas**?

Vit. K



Heals cuts

Manganese



Healthy bones

Vit. C



Healthy immune system (prevents colds)

Fiber



Healthy digestion, cleans your system

Vitamin A



Healthy eyes

## Preschool Home Visit Learning Plan

### Peas

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