

# NUTRITION EDUCATION LESSON PLAN

## LESSON NAME

Cauliflower Nutrition

## GRADE LEVEL

Pre-K - 8

## TIME

5-30 minutes

## CONTENT AREA

Health, Math, Science,  
English Language Arts

## MATERIALS & PREPARATION

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

Review and modify the **Cauliflower Slides** as needed and project on screen (optional).

Print 1 copy of the **Cauliflower Handout** for each student (optional).

Prepare **cauliflower** to serve to the students during the lesson.

## OBJECTIVES

### Pre-K - Grade 8

Identify cauliflower as a member of the vegetable food group.

### Grade 3 - Grade 8

Describe the role of nutrients found in cauliflower.

Understand where/how cauliflower is grown.

### Grade 6 - Grade 8

Assess personal need for nutrients found in cauliflower.

Plan healthy meals and snacks that incorporate cauliflower.

## LESSON OUTLINE

**#1 Serve:** Provide each student with a serving of cauliflower to consume during the lesson.

**#2 Teach:** Use the first page of the Cauliflower Handout to teach the students about cauliflower.

**#3 Explore:** Select one or more activities from the second page of the Cauliflower 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 examples of other cruciferous vegetables?  
*Examples: broccoli, cabbage, bok choy, Brussels sprouts, arugula, kale, collards, etc.*
- Describe the steps you would take to grow cauliflower at home.  
*Example: 1. Choose your location; 2. Plant the seeds; 3. Water; 4. Thin the seedlings*
- Why is eating cauliflower good for your health?  
*Examples: provides essential vitamins and minerals, good source of fiber, etc.*
- What should you look for when selecting cauliflower at the store?  
*Example: Look for large, firm heads without black spots or mold*
- What is your favorite way to eat cauliflower?  
*Examples: fresh, with a dip, steamed, roasted, with added spices, in a dish, etc.*

