

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Celery Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

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

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

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

Prepare the celery to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify celery as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of nutrients found in celery.

Understand where/how celery is grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in celery.

Plan healthy meals and snacks that incorporate celery.

LESSON OUTLINE

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

#2 Teach: Use the first page of the Celery Handout to teach the students about celery.

#3 Explore: Select one or more activities from the second page of the Celery 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 some examples of other green vegetables?
Examples: spinach, kale, broccoli, lettuce, cabbage, green peppers, etc.
- When is the best time of the year to grow celery?
Example: spring or fall
- What nutrients are found in celery?
Examples: Vitamin K, molybdenum, potassium, fiber, folate, etc.
- What should you look for when selecting celery at the market?
Example: Select celery with straight, rigid stalks, a fresh smell, and fresh leaves.
- What is your favorite way to eat celery?
Examples: fresh, with peanut butter, in soup, in salad, cooked, etc.

