

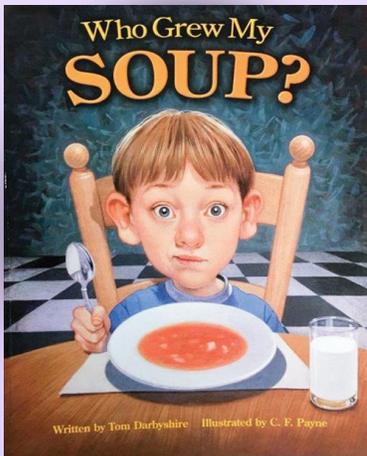
SNAPSHOT

Level: K-2

Time: 35 min.

Activity: Students will engage in a story and participate in tasting different vegetables in a delicious snack.

Depending on the activity snack you choose, you may need to prep activity snack first or make a head of time for this lesson depending on time available. This snack activity takes an additional 45 minutes from preparation to cooking. See additional snack options.



Purpose

Students will take a journey to explore the ingredients found in vegetable soup.

Materials

- ***Who Grew My Soup?*** book by Tom Darbyshire
- ***Author Read Aloud***

Ingredients for Fresh Veggie Snacks

Select a variety of fresh veggies for the kids to taste. A few ideas are listed below.

- Carrots
- Cherry Tomatoes
- Celery
- Cucumber
- Broccoli
- Snap Peas
- Ranch Dip or Hummus Dip

LUNCHBOX Mysteries

Teacher's Guide

LESSON 5

Who Grew My Soup?

Ingredients for Vegetable Soup Recipe

- 2 tablespoons of butter
- 1 yellow onion, diced
- 3 carrots, diced
- 2 russet potato, diced
- 8 cups, chicken, or vegetable broth
- 1 (14oz) can diced tomatoes, not drained
- 2 teaspoons salt
- ¼ teaspoon of black pepper
- 2 tablespoons tomato paste
- 1 cup alphabet pasta
- 1 cup frozen peas
- 1 cup frozen sweet corn

Optional in place of making vegetable soup

- Canned, Campbell's Vegetable Soup

PROCEDURES

1. Organize and Prepare Materials

2. Background Information

Sources:

nda.nebraska.gov/publications/ne_ag_facts_brochure.pdf

www.nass.usda.gov/Publications/Highlights/2019/2017Census_Vegetable_Production.pdf

Nebraska's vegetable production has grown in recent years. In addition to the row crops like corn and soybeans that we grow in Nebraska,

many farmers raise vegetables. These may include many fruit and vegetable farms that diversify their marketing efforts by selling at farmers markets, roadside stands, u-pick operations and/or through wholesale and/or retail outlets.

According to the Nebraska Department of Agriculture the number of Nebraska produce growers has increased 700 percent over the past ten years from 78 in 2000 to more than 575 in recent years. They state that Nebraska has approximately 100 farmers markets, 167 roadside stands and 33 u-pick operations. Vegetables, such as tomatoes and cucumbers, melons, pumpkins, squash, onions, berries, sweet corn and many other types of produce are grown in Nebraska.

These operations are smaller operations but remain local to provide fresh produce during the spring, summer, and fall months. This highly intensive enterprise requires specialized equipment, a large labor supply and the knowledge to produce and market a profitable crop. Innovative methods such as high tunnels, mulches, cold frames, and row covers are becoming increasingly popular among growers who wish to extend their harvest. California continues to lead the nation in vegetable production followed by Florida and Idaho. These farms produce for the fresh markets and for the processing markets. These top producing vegetables include potatoes, sweet corn, lettuce, tomatoes, and snap beans.

In the story “*Who Grew My Soup*” by Tom Darbyshire, students will explore where the vegetable soup ingredients grow while making the connect back to Nebraska farms. Students will get to try some vegetables that get added to their favorite vegetable soup!

3. Interest Approach

- a. Ask students what their favorite soup to eat is.
 - What ingredients are in your favorite soup? *You can write these ingredients on the board.*
 - Where do the items in your favorite soup come from? *Lead students to the answer that these plants are grown on the farm.*
- b. Share with students that we are going to read a story called “Who Grew My Soup?”
 - How many of you like to eat vegetable soup?
- c. Read the Story
 - Read the story “*Who Grew My Soup?*” Ask questions throughout the story to engage in conversation with the students and relate to back to Nebraska vegetable production.
 - Ask follow-up questions at the end of the story.
 - Where does ingredients in our soup come from?
All the ingredients come from farms around the United States and the world. Some plants are even grown right here in Nebraska.
 - Where do carrots grow? Do we grow carrots in Nebraska?
Carrots grow underground in the soil. We could grow carrots in our own gardens at home but farmers in Nebraska do not typically grow carrots in large fields like they grow corn and soybeans. The largest carrot producing state is California.
 - Do we grow tomatoes in Nebraska?
Yes, there are a few tomato growers in Nebraska but most of the tomatoes come from California or Florida. They have longer growing seasons and can grow tomatoes on a larger farming operation.
 - What are some other vegetables that were mentioned in the story? Do any of these vegetables grow in Nebraska?

Onions, potatoes, celery, beans. Potatoes and beans grow in Nebraska grows potatoes and dry edible beans. Small farms in Nebraska may grow some of these vegetables but other states like California, Florida, Arizona and other states produce more vegetables where Nebraska produces more row crops such as corn, soybeans, wheat, potatoes, and dry edible beans.

- Who grows our soup?

Farmers! They have an important job providing food for people all over the world.

- What other vegetables could we add to our soup?

Beans, corn, peas, sweet potatoes, green beans, and more.

- d. Refer back to all the different soup ingredients that you wrote on the board. Discuss that our favorite soups come directly from the farmers' fields and farms. Ask students to identify which ingredients come from Nebraska farms.

These ingredients may include corn, soybeans, dry beans, potatoes, chicken, beef, pork, barley, wheat, and much more.

- e. Now that we know where some of our favorite ingredients in our soup come from, we get to taste some of these yummy vegetables!

4. Snack Activity-Fresh Vegetable Snack or Homemade Vegetable Soup

a. Option 1-Fresh Veggie Snack

Ingredients for Fresh Veggie Snacks

Select a variety of fresh veggies for the kids to taste. A few ideas are listed below.

- Carrots
- Cherry Tomatoes
- Celery
- Cucumber
- Broccoli
- Snap Peas
- Ranch Dip or Hummus Dip

Directions

Select a few fresh vegetables to have the kids taste test. Provide ranch or hummus dip if you would like. As the students taste their vegetables, have them use their five senses-look, smell, touch, taste and hear as they eat their fresh vegetables. This makes eating vegetables more fun!

b. Option 2-Homemade Vegetable Soup

Ingredients for Vegetable Soup Recipe

- 2 tablespoons of butter
- 1 yellow onion, diced
- 3 carrots, diced
- 2 russet potato, diced
- 8 cups, chicken or vegetable broth
- 1 (14oz) can diced tomatoes, not drained
- 2 teaspoons salt
- ¼ teaspoon of black pepper
- 2 tablespoons tomato paste
- 1 cup alphabet pasta

- 1 cup frozen peas
- 1 cup frozen sweet corn

Optional in place of making vegetable soup

- Canned, Campbell's Vegetable Soup

Directions

1. In a large stockpot or Dutch oven, heat the butter over medium heat.
2. Add the onion, carrots, celery, potatoes, and cook about 5 minutes, stirring a few times during that time.
3. Add the broth, diced tomatoes, tomato paste, salt, and pepper. Bring to a boil, then reduce the heat, cover the soup, and cook another 20 minutes.
4. Stir in the pasta and cook 5 more minutes. Stir in the peas and corn and cook about five more minutes, until the peas and corn are heated thoroughly. Enjoy!
5. Have students take some soup in their spoon, put the spoon to their lips, and then say these words, right out loud, between sips: "Who grew my soup? That's what I'd like to know. Who grew my soup? That's where I'd like to go!"

5. Ask Follow Up Questions and Make Connection to Agriculture

- a. Where does our food come from?
Our food must come from the farm. Either as a plant or a food product that we get from an animal.
- b. Can we grow some of our ingredients right here in Nebraska?
- c. *Yes! We can grow corn, beans, potatoes, and a few tomatoes or carrots but most of our crops grown in Nebraska are crops like soybeans, corn for cattle, and wheat!*

EXTENSION ACTIVITIES

Eating Plants

www.agclassroom.org/matrix/lesson/145/

Students identify the structure and function of six plant parts and classify fruits and vegetables according to which parts of the plants are edible.

Fruit and Vegetable Bingo

www.agclassroom.org/matrix/lesson/347/

Students recognize the names of different fruits and vegetables and describe why they are important.

Who Grew My Soup?

www.agclassroom.org/matrix/lesson/547/

Students identify the source of the food they eat and investigate the processes and people involved in getting food from the farm to their spoon.