

Vegetable Wrap

Time: 80 Minutes (two periods)

Lesson Learning Goals:

By the end of the lesson students will be able to:

- Identify the components of a balanced diet
- Promote healthy eating and identify how it helps prevent the onset of type 2 diabetes

Materials:

Everyone Jump CD (Song 3: *Vegetable Wrap*)

CD player

Song Lyrics for Song 3: *Vegetable Wrap* (at end of lesson)

Lesson at a Glance:

1. Students will identify a variety of vegetables and discuss the component of a balanced diet.
2. Students will make a healthy vegetable wrap.
3. Students will create a commercial that promotes healthy eating and how it helps prevent the onset of type 2 diabetes (possibly in the form of an original rap).

Other lessons might include:

1. Use the opportunity to teach a mini lesson on homonyms (wrap versus rap)
2. Sort the vegetables into different categories (e.g., root , stem, leaf, flower)
3. Identify other ways vegetables be prepared so that they are kid-friendly

Teaching/Learning Strategies:

Prior to the lesson, provide each student with a copy of the Song Lyrics for Song 3: *Vegetable Wrap*. Alternatively prepare lyrics for overhead use.

Note: Before making the vegetable wrap, it is important to find out from parents if students have any food allergies. Also, be sure to review hygiene regarding washing hands prior to touching or eating food.

1. Active Listening:

- a) Students listen to the song and jot down as many vegetables as they can identify from the lyrics.
- b) They are then put into groups, where they share, from their list, the vegetables that they heard in the song.
- c) Students identify the components of a balanced diet (e.g., carbohydrates, proteins, fats, vitamins, fibre and water).
- d) In small groups students will create a list of items that would be included in each one of the areas listed in Part C.

2. Vegetable Wrap:

- a) In their groups the students will create a recipe for the most delicious and healthy wrap. This wrap will be created during the next class and will be judged.

- b) The group writes the steps to making their wrap in recipe format. The wrap must include at least 2 ingredients mentioned in the song
- c) On the selected day of the wrap contest, you may choose to bring in the ingredients or ask students in the group to volunteer to bring select ingredients (providing students with a list) to create their wrap. Each group will make one wrap for each of the other groups (e.g., 5 wraps, if there are 5 groups).

3. Wrap Infomercial:

- a) In groups, students will come up with 3-4 key points that they will use to promote their wrap. Students may also use the computer (e.g. web sites, books, magazine articles) to find more information.
- b) Each group will create an infomercial that is reflective of their wrap and research.
- c) Each group will write a 30 second script for their infomercial and present it to the class prior to the taste test.

4. Making the Wraps:

- a) Students in each group will bring in their ingredients ready to put into their wrap.
- b) Each student will take part in making one of the wraps for another group.
- c) Each group presents their recipe to the class prior to the eating of the wraps.
- d) After presenting their recipe to the class, they give one wrap to every other group. All wraps should be cut into pieces so each member of the other group will have an opportunity to sample their wrap. Students must be supervised while cutting the wraps or teachers should cut them. Plastic knives can be used to reduce the risk of using sharp objects.
- e) Each student in the class will taste each of the wraps and record their personal opinion on the recording sheet. Each student will have an opportunity to vote on the tastiest wrap.
- f) The winner of the healthiest wrap can be judged by a panel of judges (teachers, students, both).

5. Evaluation:

- a) Students will write a reflective journal and answer the following questions independently:
 1. Explain what healthy eating means and how the wrap you created helps to support healthy eating practices.
 2. What other areas are important to living a healthy life? List one area you could improve on.
 3. In your opinion what was the best wrap that you tasted. Evaluate based on nutritional information, taste, and how healthy it was.
 4. How has growing up changed both your appetite and your eating habits?

Notes to Teachers: Vegetable Wrap Fact Sheet

Here are some ideas for each layer of your wrap. Also provided are the foods that provide extra nutrition. Pick flavours that go together to make the most delicious and healthy vegetable wrap.

The Base:

- Tortilla – any flavour (plain, spinach, tomato, salsa etc.)
- Pita pockets

The healthiest choices for a base are ones that add nutrients ie. Spinach, tomato, etc. The plain ones provide carbohydrate, which is sugar and therefore turns into energy, but little in the way of micronutrients.

The Filling:

- Salsa, mustard: add flavour
- Hummus: add flavour, protein and monounsaturated fatty acids
- Avocado: add flavour and monounsaturated fat
- Mayonnaise, salad dressing (any flavour): add flavour and mostly fat

The Vegetables:

- Lettuce, cucumber, tomato, spinach, mushrooms, celery, peppers (any colour), broccoli, cauliflower, zucchini, eggplant, shredded carrots, onions, radishes, bean sprouts, beans (yellow/green)

In addition to vegetables:

The following provide extra nutrients, colour and flavour and can be added to a veggie wrap to make it more appetizing:

- Chopped apples, bananas, orange sections, dried fruit and nuts, and cheese, fresh herbs and spices add lots of colour and flavour, add lots of nutrients and flavour to wraps
- The more colourful the vegetable, ie. Dark green, orange, the more nutrients it provides
- The foods that provide protein, fat and carbohydrate, as well as lots of vitamins and minerals are the ideal choices to make a wrap.

Song Lyrics for Song 3: *Vegetable Wrap*

Five a day, five a day –
To go the healthy way
Just eat your vegetables each day.
(Five servings everyday, that's good for you)
(Five servings everyday, that's good to do)

They say it's important to eat five portions,
Of vegetables each and every day – that's OK
That's a good thing in a dietary way,
To help you keep diabetes away.
You can eat five servings throughout the day,
Just put them in a wrap that's the easiest way.
Once you have the wrap then you're ready to choose,
Any of the vegetables that you want to use.
There are so many vegetables from all around the world,
More than enough for every boy and every girl.
And just don't think that they're a culinary delight,
'Cause they can have a big affect on what your health's like!
And you might not think you've got time for all this,
But just eat 'em raw – then there's non that you'll miss.
Five a day is the healthier way
What happens when you're older starts with you today!

Five a day, five a day –
To go the healthy way
Eat all your vegetables each day.
(Five servings everyday, that's good for you)
(Five servings everyday, that's good to do)

Now maybe I'm not being clear enough,
When I talk about all this vegetable stuff
You have to take care and look after yourself
You know that five a day is for the good of your health
With the risk of repeating what I said in verse one,
You should eat five servings before your day is done.
It's a large part of your growing-up mission,
To eat the right foods so you'll get lots of nutrition.
That will make you feel good and I'll give it to you straight,
Everybody wants to have a healthy body weight.
Do it each day you'll feel better I bet,
And we still haven't talked about the fruit you should get.

There are lots of songs about food – and this I know best,
I've heard nearly all of them and I'm not impressed
Songs about food may come and go throughout the years,
But a vegetable wrap that's music to my ears

Five a day, five a day –
To go the healthy way
Just eat your vegetables each day.
(Five servings everyday, that's good for you)
(Five servings everyday, that's good to do)

So now's the time to do the vegetable wrap, (1-2-3-4-5)
You can eat five servings, yea – you'll learn to adapt,
Some cauliflower, spinach and a radish or two, (1-2-3-4-5)
You can put them in this wrap that's so easy to do!
Celery, yellow beans and carrots for you, (1-2-3-4-5)
Try a little lettuce and a Spanish onion too.
Before you mix it in you'd better wash off every stem (1-2-3-4-5)
'Cause you can't always tell where a broccoli's been.
A cucumber slice is oh so nice, (1-2-3-4-5)
It will always taste great whether chopped or diced.
A green pepper's cool, a red pepper's hot, (1-2-3-4-5)
It's your choice use whatever you've got.
The tomato is something that I really like, (1-2-3-4-5)
But like the eggplant it tastes best when it's ripe!
And if you don't want a wrap 'cause you're feeling like a ballad, (1-2-3-4-5)
Get a big bowl, mix them up and make a salad.

Five a day, five a day –
To go the healthy way
Just eat your vegetables each day.
Five a day, five a day –
To go the healthy way
Just eat your vegetables each day.
(Five servings everyday, that's good for you)
(Five servings everyday, that's good to do)