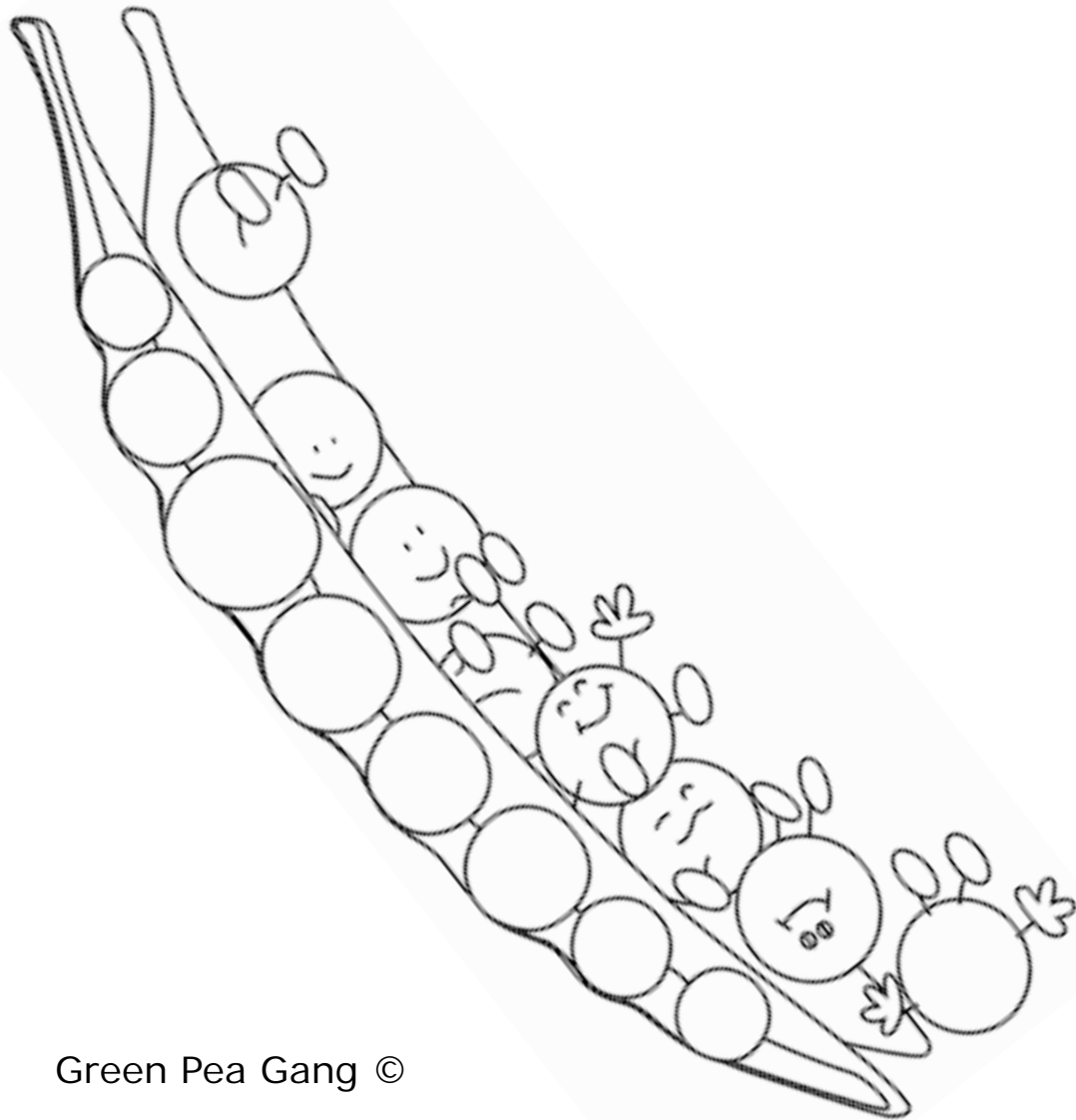


# March Peas



P is for playful peas.



Green Pea Gang ©

# March Peas



P is for peas.

Practice writing uppercase and lowercase and "Pp."

P P

p p

Practice writing the word "peas."

peas

I like to eat vegetables.

# March Peas



*P is for peas.*

Practice writing uppercase and lowercase and "Pp."

*P P*

*p p*

Practice writing the word "peas."

*peas*

*I like to eat vegetables.*

# March Peas



## Peas and Adjectives

Only 5% of all peas grown are sold as fresh. Over 50% are canned.



Edible-pod peas are an excellent source of vitamin A, vitamin C, and vitamin K.



Peas are green vegetables that grow on vines or bushes.



Write six adjectives that describe peas.

1) \_\_\_\_\_

4) \_\_\_\_\_

2) \_\_\_\_\_

5) \_\_\_\_\_

3) \_\_\_\_\_

6) \_\_\_\_\_

**Directions:** Using at least 3 of the adjectives listed above, write a paragraph about peas. Be sure to include why peas are good for your body and how you will try to eat more peas.

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# March Peas



## *Five Senses Poetry*

### *Peas*

*Looks*

---

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---

*Smells*

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---

*Tastes*

---

---

---

*Feels*

---

---

---

*Sounds*

---

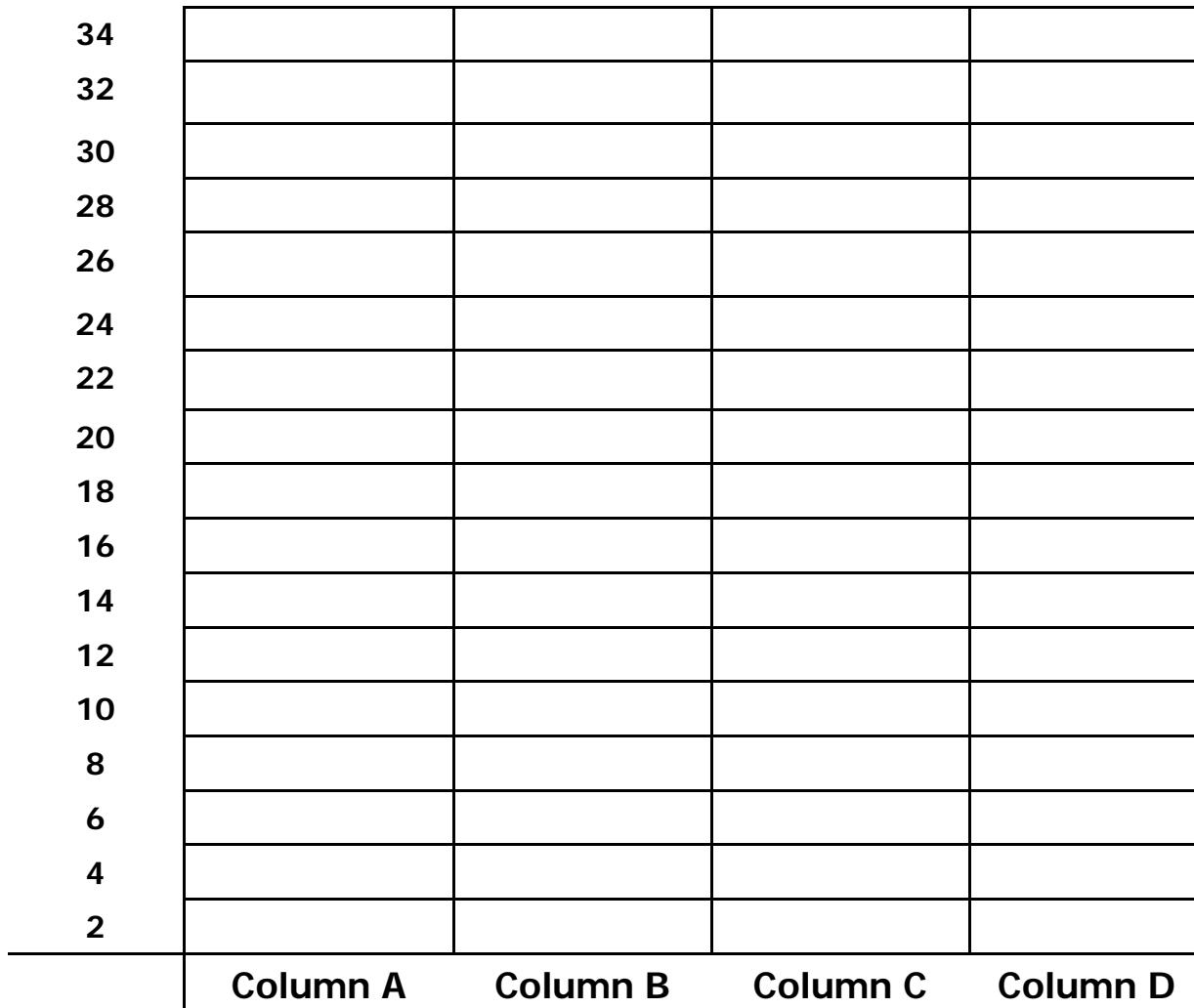
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# March Peas



## Create a Bar Graph



**Directions:** Fill in the columns based on answers to the questions below.

**Column A:** Total number of students who participated in taste testing

**Column B:** Number of students who like peas

**Column C:** Number of students who do not like peas

**Column D:** Number of students who will eat peas again



# March Peas



Challenge!

Write one word that relates to peas for each letter!

P

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---

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E

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---

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A

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---

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S

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Write a paragraph about peas using the words above.

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# March Peas



## Take a Survey

Ask the students in your class whether or not they like peas. Record a tally mark for each answer in the yes or no column.

Yes, I like peas.		Total
No, I don't like peas.		Total

Do more students like peas or dislike peas? \_\_\_\_\_

How many more? \_\_\_\_\_

We all need to make sure to eat vegetables two or three times every day. There are many different vegetables we can choose from. Make a list of your favorite vegetables.

### My Favorite Vegetables List

_____	_____
_____	_____
_____	_____

Share your list with your neighbor and tell them why you like the different vegetables on your list and why they should try them.

# March Peas



**Instruction:** Fill in the blanks using the words below that describe the different parts of the pea:

embryonic axis

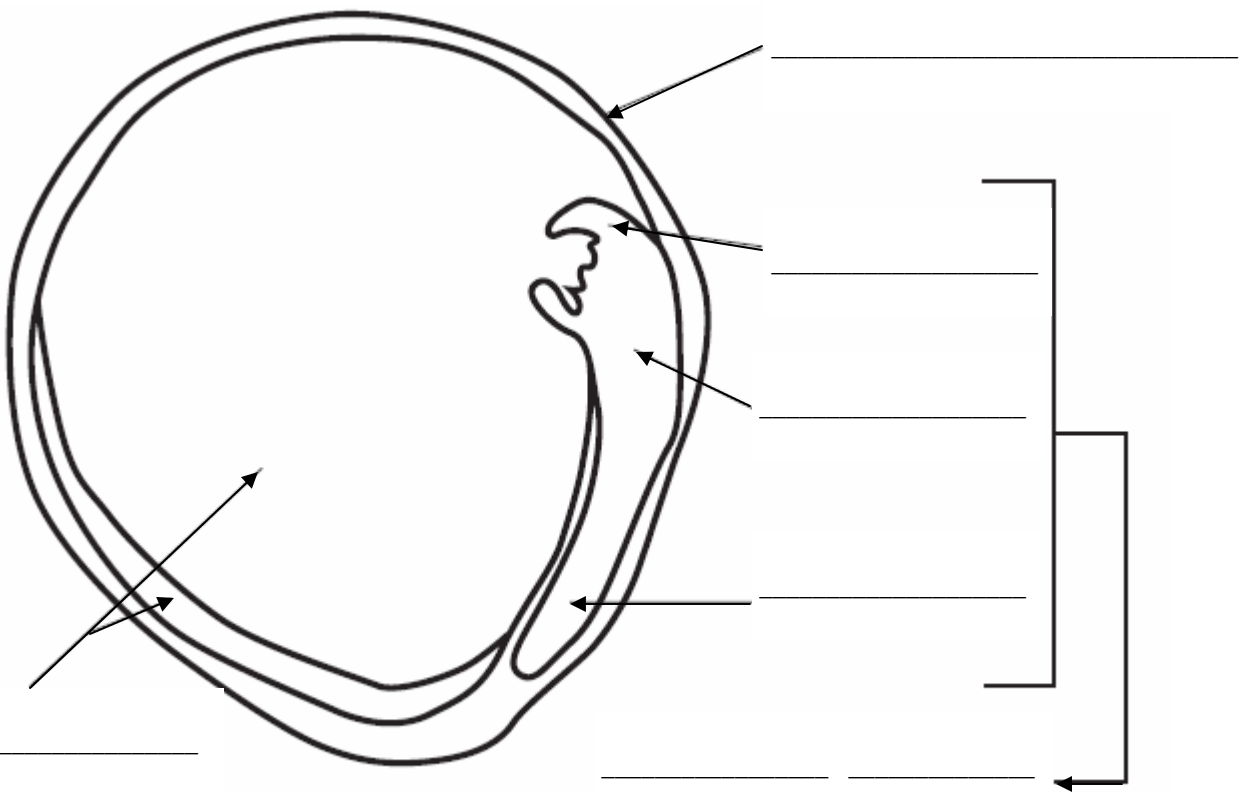
hypocotyl

plumula

radicula

storage cotyledons

testa (seed coat)



Pea (Seed)

Botanical illustration adapted from [www.seedbiology.de/hormones.asp](http://www.seedbiology.de/hormones.asp).

# March Peas



Instruction: Fill in the blanks using the words below that describe the different parts of the pea:

embryonic axis

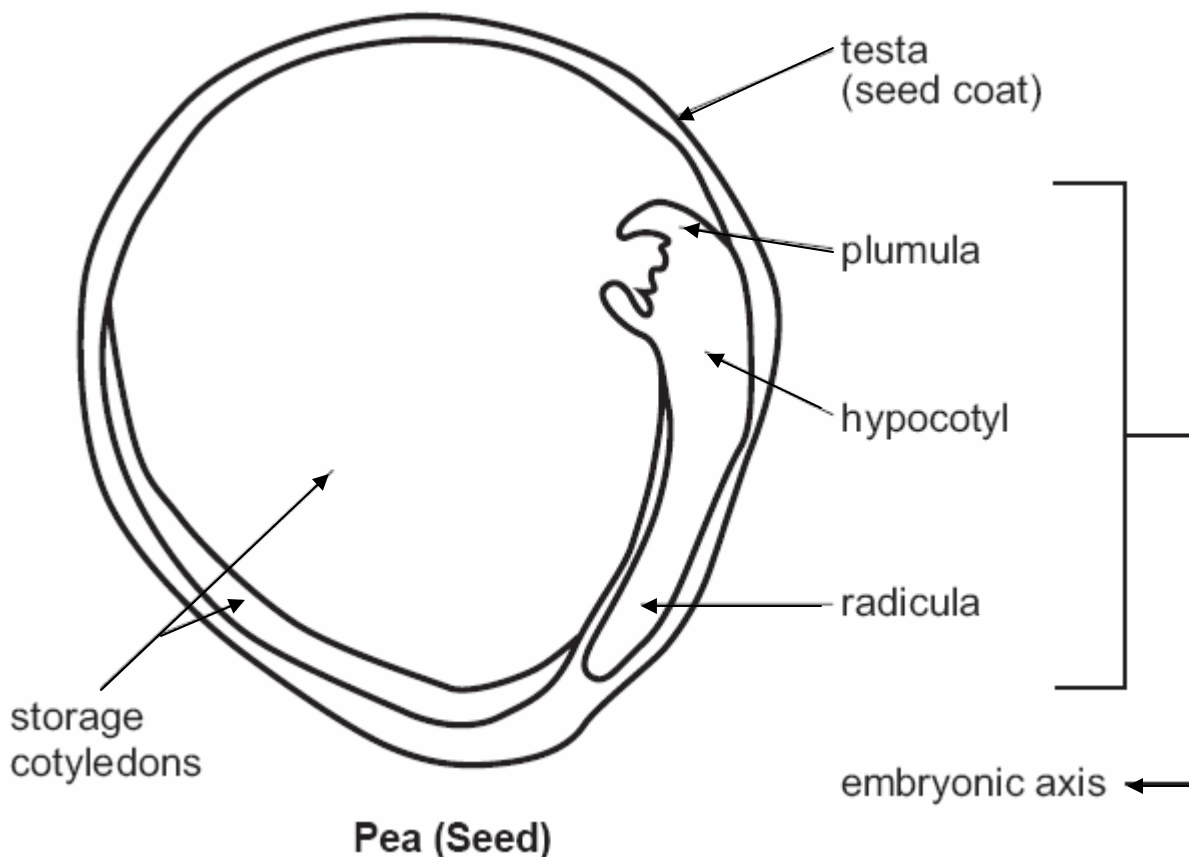
hypocotyl

plumula

radicula

storage cotyledons

testa (seed coat)



Botanical illustration adapted from [www.seedbiology.de/hormones.asp](http://www.seedbiology.de/hormones.asp).

# PEAS



Find the hidden words within the grid of letters.



W	S	O	N	T	Q	P	J	H	P	B	A
N	J	M	H	P	X	E	Y	T	O	R	I
V	G	R	E	E	N	A	S	C	D	N	C
S	E	J	P	H	F	S	H	N	Z	Y	F
V	J	O	A	U	I	K	M	K	O	R	F
I	X	A	M	H	B	I	X	O	F	O	S
N	E	Q	V	O	E	T	S	N	A	P	V
E	Q	H	P	L	R	H	S	Y	L	K	K
E	F	Z	F	I	D	G	Q	Y	G	L	W
Z	C	A	Q	E	F	B	X	M	E	U	Z
V	E	G	E	T	A	B	L	E	W	S	P
T	H	I	R	O	N	I	C	K	C	S	O



FIBER  
GREEN  
IRON

PEAS  
POD  
SNAP

VEGETABLE  
VINE



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



# PEAS — Solution Page

Find the hidden words within the grid of letters.



FIBER  
GREEN  
IRON

PEAS  
POD  
SNAP

VEGETABLE  
VINE



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# March Peas



Fruits and vegetables are considered “excellent sources” of vitamins and minerals if they have 20% or more of a daily value per serving and “good sources” if they have between 10%-19% per serving. Choosing foods with a high % of nutrients helps ensure our bodies will get the nutrients they need to be healthy.

## Pea Graph Questions

Refer to the Pea Graph page and answer the questions below.

1. One half cup of peas has the highest daily value of what vitamin? \_\_\_\_\_
2. What is the percent daily value of vitamin C in one half cup of peas? \_\_\_\_\_
3. Peas are considered good sources of what 4 vitamins?  
\_\_\_\_\_
4. One half cup of peas has 13% of your daily value of what 2 vitamins?  
\_\_\_\_\_
5. What percent daily value of riboflavin does one serving of peas contain? \_\_\_\_\_
6. Do peas contain a higher percentage of vitamin C or iron? \_\_\_\_\_
7. Put these nutrients in order from the highest daily value to the lowest:  
Vitamin A, Vitamin C, Iron, Calcium  
\_\_\_\_\_
8. One half cup of peas gives you 2% daily value of calcium and 19% of Vitamin C. One cup of milk gives you 35% daily value of calcium and 4% vitamin C. Using this information, make a case about the importance of getting a variety of foods from all food groups to meet your nutrient requirements.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# March Peas



## How Many Cups of Vegetables Do You Need Each Day?

The chart below shows how many cups of vegetables is recommended for boys and girls ages 7 to 11 to eat in one day.

Boys				
	Ages 7-8	Age 9	Age 10	Age 11
<b>Vegetables</b>	<b>2 cups</b>	<b>2 1/2 cups</b>	<b>2 1/2 cups</b>	<b>2 1/2 cups</b>
Girls				
	Ages 7- 8	Age 9	Age 10	Age 11
<b>Vegetables</b>	<b>2 cups</b>	<b>2 cups</b>	<b>2 1/2 cups</b>	<b>2 1/2 cups</b>

**Please note:** The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov.

**Directions:** Use the chart above to help you answer the following questions.

- I am a \_\_\_\_\_ (boy or girl). I am \_\_\_\_\_ years old. I need \_\_\_\_\_ cups of vegetables everyday.
- If you have met  $\frac{1}{2}$  of your daily vegetable goal, how many cups of vegetables have you eaten? \_\_\_\_\_
- Your mom is making peas as a side dish for dinner. If you have eaten 1  $\frac{1}{2}$  cups of vegetables so far today and want to reach your vegetable goal at dinner, how many cups of peas should you eat? \_\_\_\_\_
- Lisa is 7 years old. She has eaten  $\frac{3}{4}$  cup of vegetables. How many more cups of vegetables does she need to meet her goal? \_\_\_\_\_
- John is 9 years old. He has eaten 1  $\frac{1}{4}$  cups of vegetables today. What fraction of his goal has he met?  
\_\_\_\_\_
- Make a plan on how you can meet your vegetable goal tomorrow. Include what vegetables you will eat, what time you will eat them at and how much of each vegetable you will eat.

Vegetable

Time

Amount

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_