We all know vegetables are healthy, but how many of us are eating as many as we’re supposed to? Not enough! On average, fewer than 1.5% of children eat as many nonstarchy vegetables as recommended for good health.
Guide students to name different vegetables and list them on the board. Take a survey to find out which vegetables are favorites of your students. Create a graph or line plot of the results. If desired, plan special snack days in which different vegetables are served.