Love Your Veggies

Florida Agricultural & Mechanical University
Developmental Research School
Love Your Veggies

Creating a Community of Vegetable Health Scientist K-6

Project Overview

This project will be implemented in the Florida Agricultural and Mechanical University Developmental Research School K-6 Science classrooms through the services of Teachers for a New Era in collaboration with classroom teachers, Florida A & M Student Support staff and Teachers for a New Era Junior Scholars.

Science Nutrition hands-on activities for proposed vegetable program will educate the K-6 students on healthy eating and the benefits of eating vegetables to avoid health issue and adolescent obesity.

Our plan is to place one vegetable table in two classrooms so the students will be exposed to a variety of vegetables, taste the vegetables and mark the vegetable pyramid chart as vegetables are consumed.

We will divide the students into two groups (A and B) and assign them days to eat vegetables. Each group will keep a count of how many vegetables they consumed and mark it on the pyramid. Our goal is to eat 30,000 servings of vegetables during the October 2009-May 2010 Veggie's initiative. As healthy eating is pursued, the science of vegetables will be infused into the K-6 science curriculum. Each participating student will also participate in a “take home vegetable project that parents or extended family agree to participate in during the grant period.

A chart will be created to keep track of the veggie of the week, so students will see which vegetables were consumed the most.

Our projected outcomes are to educate students, parents, staff, and the community on eating healthy to avoid health issues. We will encourage students to eat more vegetables to reduce obesity and increase nutrients awareness for the benefit of their bodies. We want students to think about what they eat and how much energy will be consumed from what they eat. We will focus on Science as it plays a vital role in nutrition and the growth of vegetables. Last but certainly not least, we want the community to participate in our program and educate them on Science and nutrition so that they will prepare and cook more vegetables for their children at home.