

# NUTRITION EDUCATION LESSON PLAN

## LESSON NAME

Cucumber Nutrition

## GRADE LEVEL

Pre-K - 8

## TIME

5-30 minutes

## CONTENT AREA

Health, Math, Science,  
English Language Arts

## MATERIALS & PREPARATION

Review the **Cucumber Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Cucumber Slides** as needed and project on screen (optional).

Print 1 copy of the **Cucumber Handout** for each student (optional).

Prepare the **cucumbers** to serve to the students during the lesson.

## OBJECTIVES

### Pre-K - Grade 8

Identify cucumbers as member of the vegetable food group.

### Grade 3 - Grade 8

Describe the role of the nutrients found in cucumbers.

Understand where/how cucumbers are grown.

### Grade 6 - Grade 8

Assess personal need for nutrients found in cucumbers.

Plan healthy meals and snacks that incorporate cucumbers.

## LESSON OUTLINE

**#1 Serve:** Provide each student with a serving of cucumbers to consume during the lesson.

**#2 Teach:** Use the first page of the Cucumber Handout to teach the students about cucumber

**#3 Explore:** Select one or more activities from the second page of the Cucumber Handout for the students to complete.

**#4 Discuss:** Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other Cucurbitaceae fruits and vegetables?  
*Examples: watermelon, zucchini, pumpkin, squash, cantaloupe, and honeydew*
- Describe the steps you would take to grow cucumbers at home.  
*Example: 1. Choose your location; 2. Plant the seeds in warm soil >65F; 3. Water - often and flood*
- Why is eating cucumber good for your health?  
*Examples: provides essential vitamins and minerals, good source of fiber, etc.*
- What should you look for when selecting cucumbers at the store?  
*Example: look for undamaged skin dark in color, the inside will be very watery*
- What is your favorite way to eat cucumber?  
*Examples: fresh, with a dip, in a salad, in a wrap, on a sandwich*

