

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Watermelon Radish
Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

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

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

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

Prepare **Watermelon Radish** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify watermelon radish as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of nutrients found in watermelon radishes. Understand where/how watermelon radishes are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in watermelon radishes. Plan healthy meals and snacks that incorporate watermelon radishes.

LESSON OUTLINE

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

#2 Teach: Use the first page of the Watermelon Radish Handout to teach the students about watermelon radish.

#3 Explore: Select one or more activities from the second page of the Watermelon Radish 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 cruciferous vegetables?
Examples: Cauliflower, cabbage, bok choy, brussels sprouts, arugula, kale, collards, broccoli etc.
- Why are watermelon radishes good for your health?
Example: Provides essential vitamins and minerals, good source of fiber, etc.
- What to look for when selecting watermelon radishes at the store?
Examples: Skin should be shiny, firm and smooth with a crisp root. Avoid cracks and bruises.
- When is the best time to grow watermelon radishes?
Example: Peak season is spring to late fall.
- Where can you purchase watermelon radishes?
Examples: Whole foods, Sprouts, Walmart, Fry's and local Asian markets.