

University of California Cooperative Extension, Alameda County

Tips for Early Childhood Educators



“P” is for Peas!

- Peas are green vegetables that grow on vines or bushes.
- Peas are sweet and crunchy.
- Snap peas and snow peas can be served raw, chilled or warm, or stir-fried.
- Peas are a good source of Vitamin A and C.
- Grow peas in your school garden.

For more information visit:
www.harvestofthemonth.com and
www.fruitsandveggiesmatter.gov

Classroom Activity:

Children will learn about seeds becoming edible plants

RESOURCES/SUPPLIES

- Picture or Photo Card of peas and pea pods
- 2 or 3 large, fresh pea pods for each child
- Plastic spoons and small plastic sandwich bags for each child
- Paper towels, small plates, spray water bottle

WHAT TO DO NEXT?

1. To prepare the classroom, post the pictures of the peas.
2. Show the children how to open pea pods and count the seeds. One pod per child.
3. Show the children a package of green pea seeds. Explain how those little seeds will grow into edible peas.
4. Give each child a piece of paper towel. Spray water to wet the towel. Demonstrate to the

children how to place the wet towel inside the clear plastic sandwich bag. Fold the towel and place two or three seeds in the middle. Seal the bags and hang them with a clip near a window.

5. Ask children to care for their seeds. They need to spray water in the bags (depending upon the weather) because seeds get thirsty like us.
6. Children will observe their seeds grow.



Recommended Book:

Eat Your Peas

by Kes Gray and Nick Sharratt

Physical Activity Brain Break

Children will act out being a “Little Green Seed.”

Teacher says: “If you are a seed, follow me.” Then lead the children:

Pointing at themselves, children say: “I am a little green seed. Yes, I am.”

Move their trunk side to side to act out being planted.

Bending forward, they say: “I am cozy inside the soil.”

Kneel with head down. “I am waiting for rain and sunshine so I can grow.”

Stand up and say: “Now I am big and tall!”

California Desired Results Developmental Profile-Preschool © DRDP-PS
 Language and Literacy: LLD12, LLD13, LLD14;
 Social Development: SSD8, SSD9;
 Cognitive Development: COG1, COG2, COG5;
 Physical Development: PD1, PD2, PD3.

Cooking with Children in the Classroom

Create a child-friendly cooking area

CHILDREN COOKING:

- They can open the pea pod and remove the stems and strings.
- They can place the open pea pods on the small plate.
- They can add the dressing in the middle.
- They can design their own butterflies.

COOKING UTENSILS:

- Select age-appropriate ordinary home or school cooking utensils:
- Plastic cutting boards
- Serrated plastic knives with rounded ends
- Plastic spoons, bowls, measuring spoons and cups

CLASSROOM ENVIRONMENT:

- Post pictures of peas.
- Post a picture of the cafeteria menu with peas as part of the menu.
- Grow peas in the garden.

SAFETY & SANITATION:

- Children wash their hands before and after cooking.
- Children help clean the cooking and eating area.

FOR MORE INFORMATION:

Read NETA Cooking with Children Guide

Recipe: Pea Pod Butterflies

2 pea pods per child

INGREDIENTS

- $\frac{3}{4}$ pound sugar snap peas or snow peas
- 1 cup fresh green peas (shelled)
- Low-fat ranch dressing

SUPPLIES

Small plates, napkins, plastic forks and knives.

PREPARATION

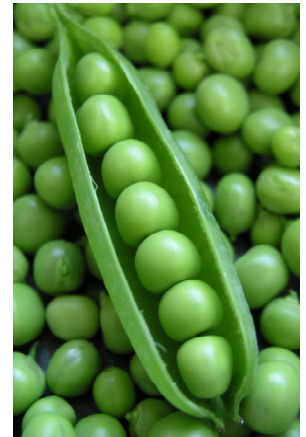
1. Microwave the peas for 2-3 minutes if possible (optional).
2. Each child opens up a snap or snow pea. Be careful not to damage the pod. Keep the strings from the pod to use as antennae (optional).
3. The open pea pod will look like a butterfly.
4. Place the butterfly on a small plate and add a small amount of ranch dressing in the middle.
5. Use two green peas as butterfly eyes. Use the strings as antennae (optional).
6. Children grab both sides of the pod and eat the butterfly.

Nutrition information per serving:

Calories 3, Carbohydrate 0.5g, Dietary fiber 0.2g, Protein 0.2g, Total fat 0g, Saturated fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0.3mg

Adapted from

www.harvestofthemonth.com



Photos: Network for a Healthy California

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Language and Literacy: LLD1, LLD2
Cognitive Development: COG1, COG3, COG4
Health: HLTH2

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