



TOOLKIT & ACTIVITY GUIDE

A project of the **American Friends Service Committee, New Mexico Program**

www.afsc.org/newmexico 505.842.7343



ACTIVITY GUIDE

Hello teachers!

We are excited to share the joy of sugar snap pea season with your class! These peas are grown right here in Bernalillo County by small, pesticide-free family farms. **Please encourage the children to try these peas by making it a fun challenge and offering a sticker to each child who is “brave enough” to try a pea!** The teachers’ Activity Guide has fun activities to engage kids in Give Peas a Chance through movement, sequencing, counting, and fine motor skills.

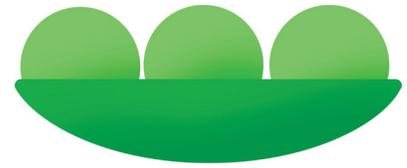
Agriculture is an important part of New Mexican culture and makes our community resilient in the face of challenges. We want to encourage children to eat healthy by asking families to taste test local sugar snap peas this spring.

The American Friends Service Committee (AFSC) is a local nonprofit organization that works to connect farmers and schools to get healthy food to children. If you have any questions, please call our office at 505-842-7343. Follow us on Facebook at <https://www.facebook.com/afscnm/>

Sincerely,
Angelina Lopez-Brody
Administrative Assistant, AFSC New Mexico

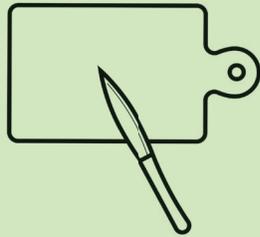
Sayrah Namaste
Program Director, AFSC New Mexico

FOOD DETECTIVES



Equipment Required

knife
cutting board



Materials/ Supplies

- ✧ 1 whole sugar snap pea
- ✧ magnifying glasses
- ✧ taste-testing samples of sugar snap peas
- ✧ taste-testing cups (optional)



Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will describe what a sugar snap pea looks like under a magnifying glass. Children will also share if they like how a sugar snap pea feels, smells and tastes.

Words to Use

- ✧ feel
- ✧ smooth
- ✧ sugar snap pea
- ✧ farmer
- ✧ crunchy
- ✧ seeds
- ✧ taste
- ✧ green

Introduction

This activity will work well as a circle time activity and at tables, in small groups, for tasting.

Before the Lesson

- ✧ Select one whole sugar snap pea for children to closely examine with magnifying glasses.
- ✧ Prepare one or more samples of sugar snap peas for the children to taste.

Today we are going to be detectives.

Does anybody know what a detective does?

A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are all going to be food detectives today. We are going to use a magnifying glass, something all good detectives carry, to look closely at a food that many of us have not tried before. After we all take a turn looking at the new food, we get to smell and taste the new food.

THE SEED DANCE

This is a fun movement activity that will help younger children get familiar with the life cycle of a plant, and the parts of a plant. No materials are needed besides the script below – though it's most fun to do outside on a sunny day!

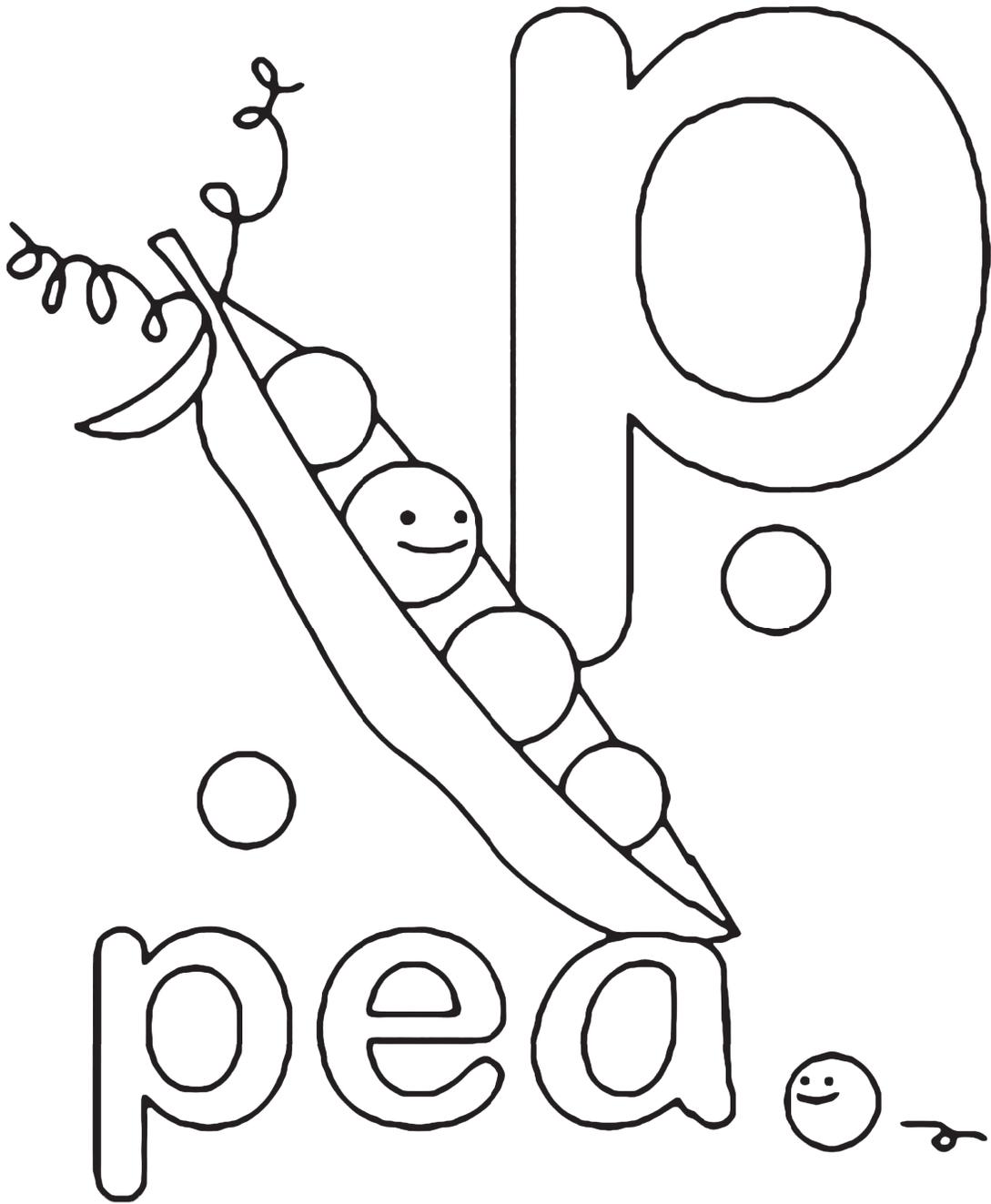
Announce to the children that they are all going to be seeds. "You are a seed. Any kind of seed you want to be. Make your bodies as small as you can." Go around and ask children what kind of seed they are and then remind them that seeds don't talk.

Say "It is the middle of winter and you are covered by a layer of cold snow. Now you start to feel something new, cold water is melting through the soil. The soil is getting warmer, and you feel your sprouting roots and leaves. The sun is shining on your leaves and warming your feet in the soil. Feel your roots grow into the soil and your stems and leaves follow the sun up! Up! Up! You grow more leaves which make more food. You form a bud, which opens into a beautiful flower, and along comes a honeybee to pollinate you, and a heavy fruit starts to grow. Now you are a fully grown fruit, full of seeds and ready to be harvested! We can start this again with another seed."

(From NH Harvest of the Month)



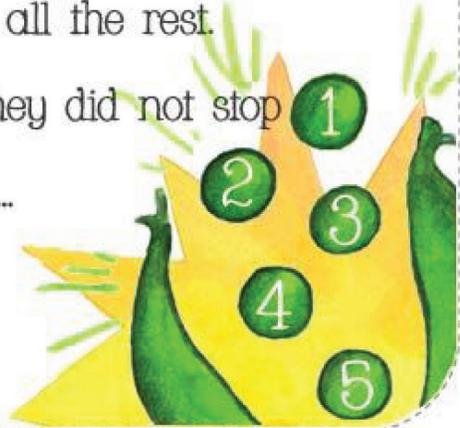
P FOR PEAS



NUMBER RHYME PRINTABLES

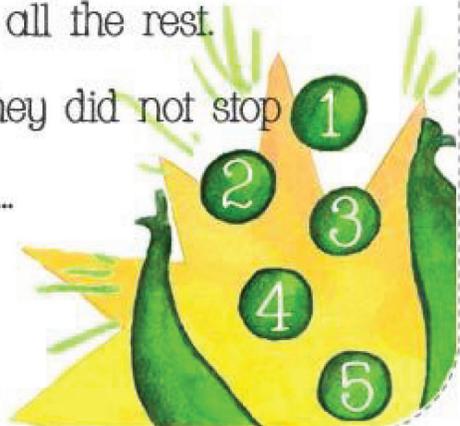
5 tiny peas in a pea-pod pressed
one grew, two grew, then so did all the rest.
they grew and they grew and they did not stop
until one day the pod went ...

pop



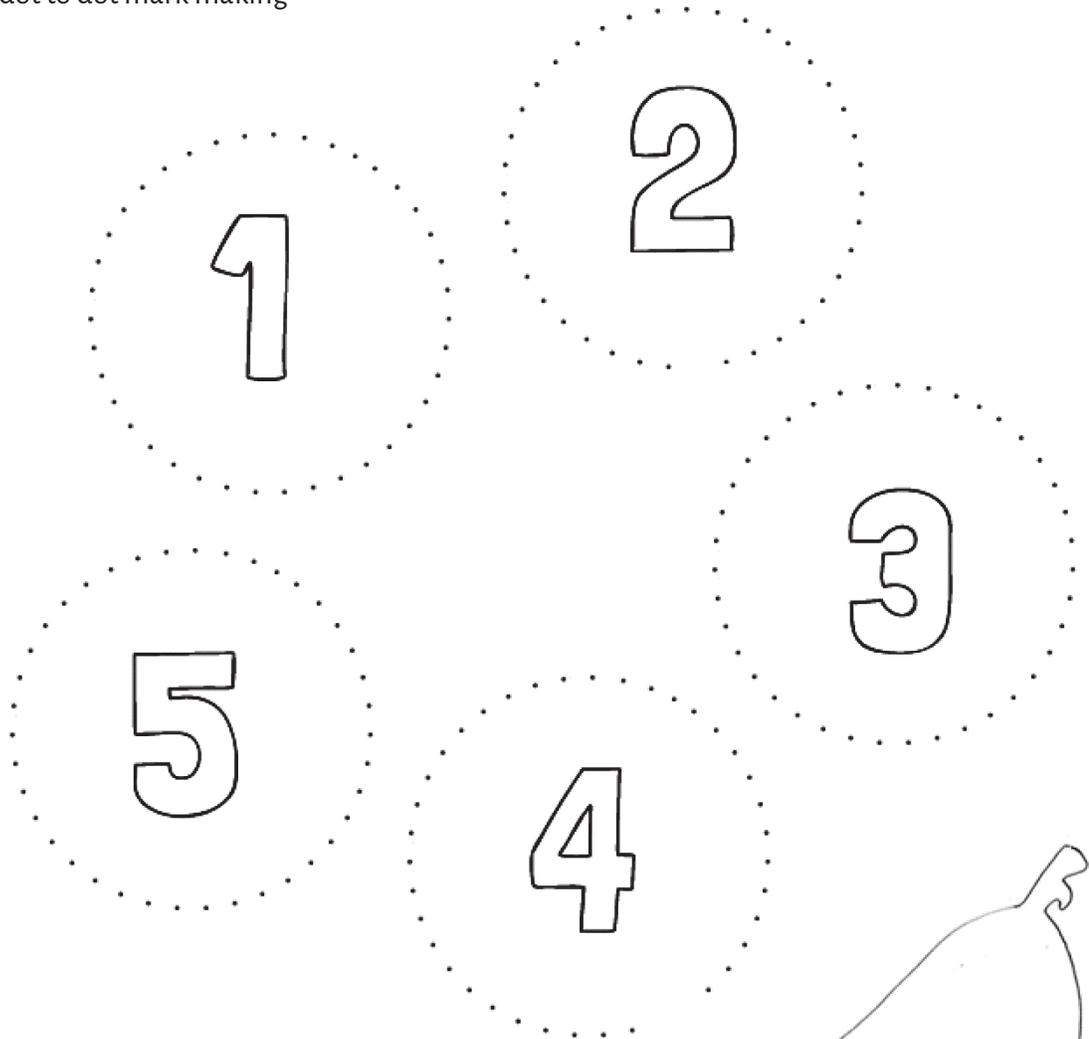
5 tiny peas in a pea-pod pressed
one grew, two grew, then so did all the rest.
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pop



FIVE PEAS FROM A PEAPOD

dot to dot mark making

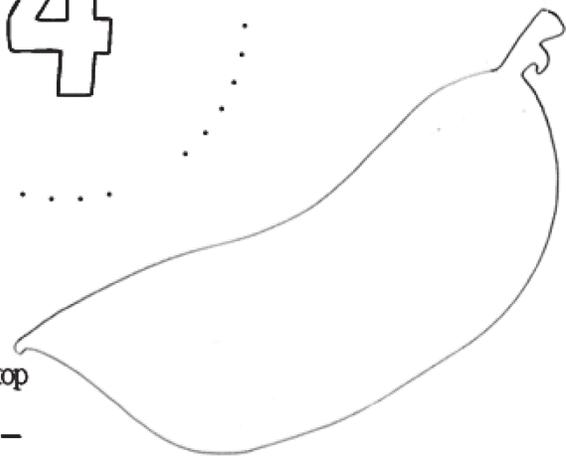


5 tiny peas in a pea-pod pressed

One grew, two grew, then so did all the rest

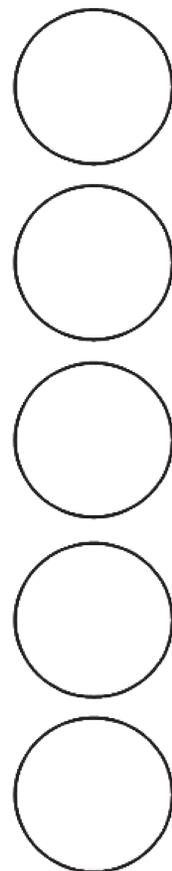
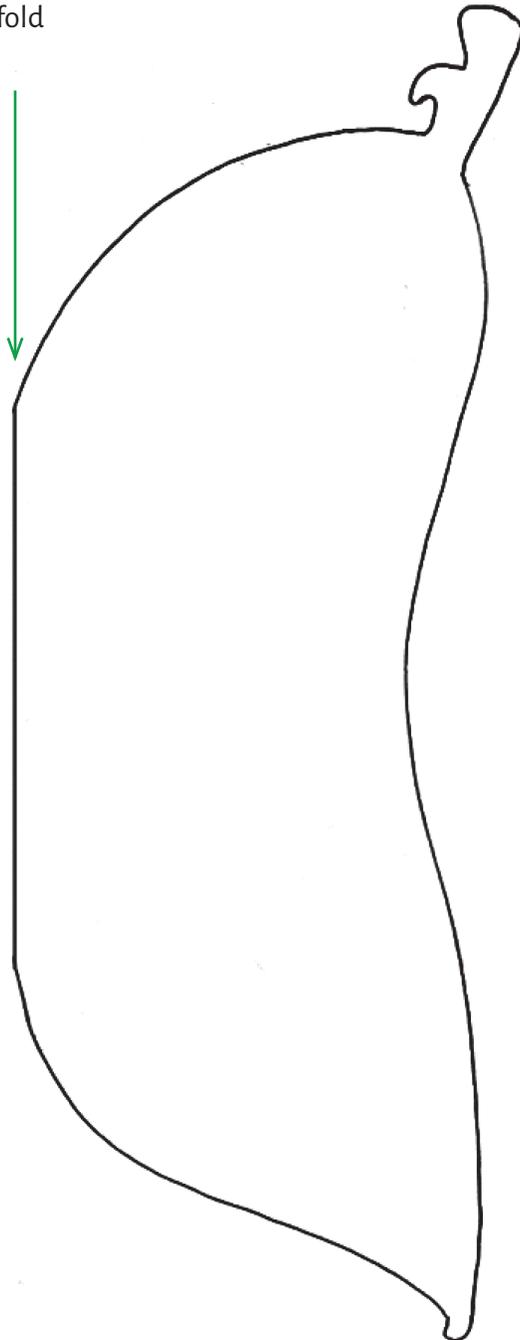
They grew and they grew and they did not stop

Until one day the pod went



PEA POD THREADING ACTIVITY

place line against the fold
of paper and cut out



Instructions:
Cut the dotted line to separate the peas from the peapod. Make the peapod by folding the paper at the flat, left side of the peapod. Cut out the curvy edges, so you have two halves of the peapod connected at the fold. Color peapod and peas green. Cut out peas. With the peapod folded, punch holes on the curvy edges. Thread the two sides of the peapod together with yarn or a shoelace and then slot the peas inside.