



# Lesson 12: Activity Worksheet

## Advocacy

[foodliteracycenter.org/lesson12](http://foodliteracycenter.org/lesson12)

### Activity Overview

Students will choose and color the vegetables they would like to use for the Rainbow Soup recipe. Ask 4-6th graders how they would use this to make a grocery list.

### Grade Level

K - 6th grade

### Materials

- Color pencils or crayons
- Stickers
- I Eat My Veggies Homework calendar (below)
- Pick Your Soup Veggies coloring page (next page)

### Instructions

- Give students coloring materials and Pick Your Soup Veggies coloring page.
- Use questions as discussion with students

### Talking Points

- Could you use your coloring sheet as a grocery shopping list?
- At home, do you ask to cook the recipes you learn from food literacy class? What do you say?
- Ask student to share the vegetables they have chosen. Is there anything not on the list they would like to add?

### I Eat My Veggies - Homework Instructions

Keep track of eating your fruits and veggies with this calendar! At Food Literacy Center, we encourage you to eat a fruit or a vegetable with every snack and meal. Put a sticker on each day you eat one fruit or veggie to keep track of your progress. Take a photo and email it to [info@foodliteracycenter.org](mailto:info@foodliteracycenter.org) when you are done.

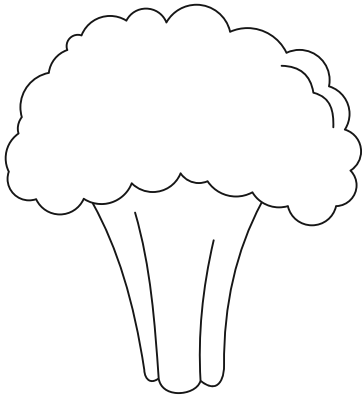
**May 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16

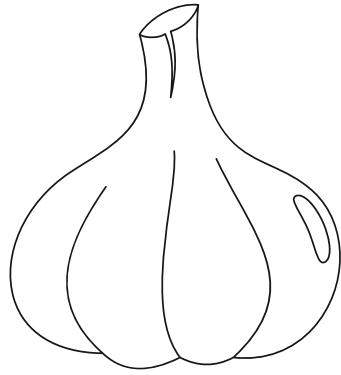


# K - 6th Grade Activity

Advocacy: Pick Your Soup Veggies



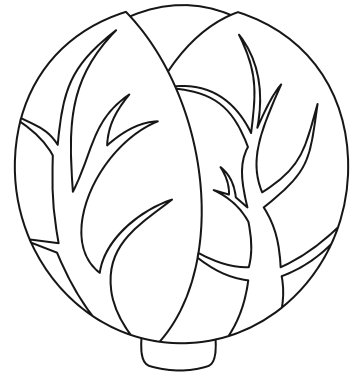
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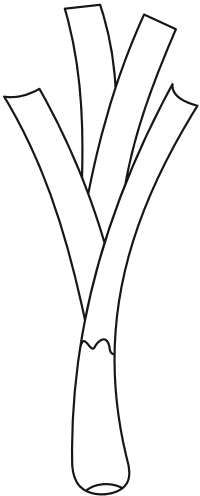
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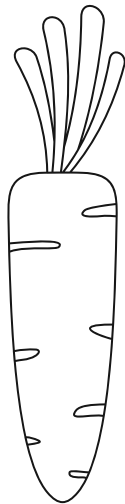
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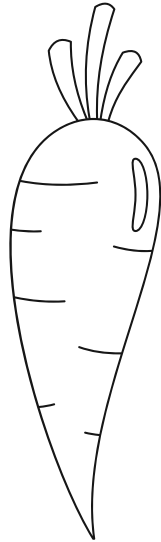
CABBAGE



LEEK



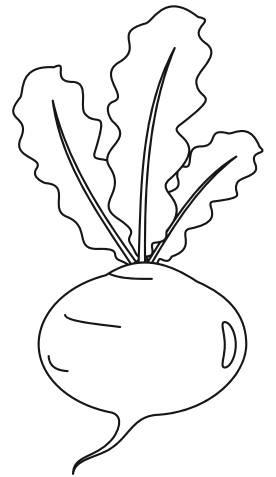
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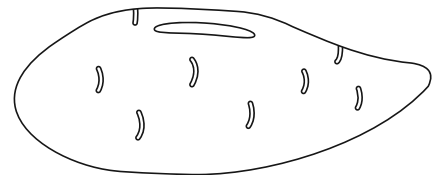
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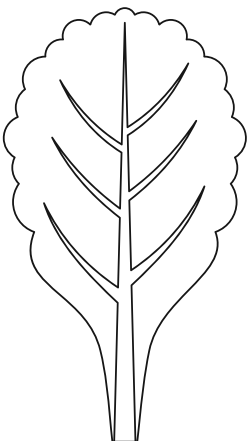
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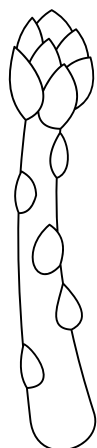
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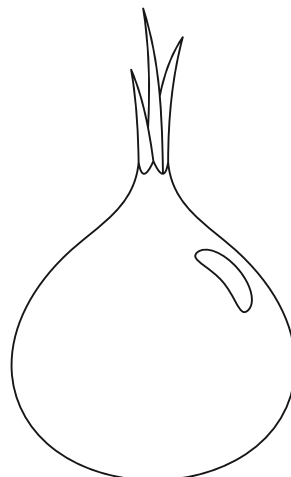
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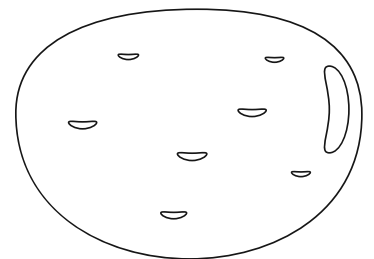
SPINACH



ASPARAGUS



ONION



POTATO