



Lesson 12 Advocacy

Recipe: Rainbow Soup

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Review Lesson 11

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- Can anyone remember what it means to eat in season?
- What season are we in right now?
- What are some fruits and vegetables that are growing right now?

Lesson Overview

Students learn to advocate for cooking and eating fruits and vegetables at home.

Talking Points

- Today, we are going to learn to advocate for healthy food. To “advocate” means we are going to ask adults to cook with vegetables at home or at school.
- Who cooks at home? Do you ever help?
- What are some of your favorite things to make?
- Do you ever get to help shop for food?
- Share ideas for making a plan with your family to cook at home.
 - Pick a day of the week that you want to cook a meal together.
 - Go to the store/farmers market/food distribution together.
 - Ask your family which fruits/vegetables they prefer.
 - Ask other family members about their favorite recipes.
 - Make sure to help with the cleanup!
- Lastly, let your students know that their assignment is to eat a vegetable this week, “Because vegetables keep us healthy. Raise your hand if you’re ready to be a Food Adventurer!”

Activity Overview

- Teachers/Adults: Download and print the [Advocacy Activity Worksheet](#) and prepare materials for students.
- Read Talking Points & Questions with students to guide them through the activity. Then, review instructions for I Eat My Veggies homework.

Recipe Overview

- Have students read the recipe ingredients.
- Give students an opportunity to touch and smell the items in the recipe. What is familiar? What is new?
- Students will work together to make rainbow soup, with kids taking turns stirring the pot.

Discussion & Wrap Up Questions

- What is one thing you learned today? What was your favorite part of today?
- How were you a Food Adventurer today?

Vocabulary Words

Advocate Farmers Market Produce Health