



# VIDALIA ONION LESSON PLAN

## *Kindergarten - 5th Grade*

**Title:** Discovering Vidalia Onions - A Lesson on Agriculture & Healthy Eating

**Time length:** 50 minutes

### **Objectives:**

- Students will be able to identify Vidalia onions and describe their unique flavor and characteristics.
- Students will understand the importance of agriculture and farming in producing healthy foods.
- Students will learn about the nutritional benefits of onions and how they can be incorporated into a healthy diet.

### **Materials:**

- Vidalia onions (enough for each student to have a sample)
- Cutting boards and knives (to be used under adult supervision)
- Paper plates and napkins
- Whiteboard and markers
- Handouts with onion facts and recipes (optional)

### **Procedure:**

- **Introduction (5 minutes):** Introduce Vidalia onions to the class by showing them a sample and asking if anyone has tried one before. Explain that Vidalia onions are grown in a special region of Georgia and are known for their sweet, mild flavor.
- **Taste test (10 minutes):** Have each student take a small piece of Vidalia onion and try it. Encourage them to describe the taste and texture of the onion. Have them share their thoughts with the class.
- **Agricultural education (10 minutes):** Explain to the students that Vidalia onions are grown on farms, and farmers work hard to make sure they grow healthy crops. Show them pictures of farms and explain the importance of farming in producing healthy foods.

- **Nutritional benefits (10 minutes):** Explain to the students that onions are packed with vitamins and minerals that are good for their bodies. Ask if they know any other healthy foods that have vitamins and minerals.
- **Recipe ideas (10 minutes):** Share some recipe ideas with the students that incorporate Vidalia onions, such as onion rings, onion dip, or onion soup. Have handouts with recipes and onion facts available for students to take home.
- **Conclusion (5 minutes):** Review the main points of the lesson, including the unique flavor and characteristics of Vidalia onions, the importance of farming in producing healthy foods, and the nutritional benefits of onions. Encourage students to try incorporating onions into their meals at home.

### Assessment:

- Students will be assessed based on their participation in the taste test and class discussion, as well as their ability to identify the unique flavor and characteristics of Vidalia onions.
- Teachers can also provide a take-home assignment, such as a recipe that includes onions, for students to complete with their families and bring back to share with the class.

Learn more about how Shuman Farms grows, packs, and ships Vidalia onions throughout the United States

