

# Lesson 2: Onions-Layers of Health Benefits

## Lesson Highlights

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### Objective

#### Student will:

- Read/listen to and discuss onion-themed quotations.
  - Complete an onion-themed KWL chart.
  - Construct knowledge of the health benefits of onions.
  - Create advertisement posters for onions.
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#### Curriculum Connections:

- Science/Health
  - Language Arts
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#### Student Skills Developed:

- Science Skills-healthy decision making
  - Language Skills-persuasive writing
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#### Materials Needed:

- *Notable, Quotable Onions* handout
- KWL chart
- *Layers of Health Benefits* PowerPoint
- Paper and drawing supplies to make posters

## Getting Started:

**Have students read or listen to *Notable, Quotable Onions*.**

Point out that poets, authors, and historical figures—such as Ulysses S. Grant, Benjamin Franklin—talk about onions in poetic and metaphoric ways. This demonstrates that onions are an important part of American culture.

**Have students discuss quotations in pairs.** Have each pair of readers explore the quotations. Tell students to select the quotation they enjoy and be prepared to explain why it is their favorite. Have each pair of readers share their favorite quotation and rationale with the class.

**Have students revisit KWL chart.**

First, have students list what they have learned about onions in previous lessons. Second, have them add to their lists of what they already know about onions as plants. Finally, they list what they want to learn about onions as plants. Discuss.

## Activity:

**Share *Layers of Health Benefits*.** Using the *Layers of Health Benefits* PowerPoint share and discuss the information with the students.

**Have students work in pairs to create and share advertising posters about onions.**

## Extension:

**Have students keep a food journal for a week.** At the end of the week, students share journals and explore the findings. Discuss in what forms students consumed onions and celebrate how students who consumed onions benefited from them. Share *Simple Tips to Enjoy More Onions*.