

A Purple Cow

Background

You won't find a purple cow on an Oklahoma farm, but you will find other things in many shades of purple. Much of the hay that cows eat is made from alfalfa and clover which have purple flowers in the springtime. Purple vetch is a plant that is common in Oklahoma fields. Plums, grapes and eggplant are purple-colored fruits that can be found on some Oklahoma farms.

Grape-growing is one of our state's fastest-growing agricultural enterprises. Oklahoma grapes are grown for eating fresh and for wine and juice. People have been eating grapes since prehistoric times. Raisins are dried grapes. Grapes were probably first produced deliberately in Asia Minor by burying fresh grapes in the hot desert sand. The grapes used to make raisins are different from table grapes. Another kind of grape is used to make grape juice, and many different kinds of grapes are used to make wine. All kinds of grapes can be grown in Oklahoma. Grapes are rich in antioxidants, which help prevent some disease.

Nutrition experts tell us we should eat fruits and vegetables of all colors every day.

Color	Fruit or Vegetable	Health Benefits
Red	apples, beets	May help fight some cancers; helps fight colds; helps keep the heart healthy; helps us see at night.
Orange	oranges, carrots	May help fight colds; aids in developing a healthy heart; may help prevent cataracts; cleans digestive system.
Yellow	lemons, squash	Aids in scrubbing out the body and may help prevent high blood pressure.
Green	lettuce, peppers	May help fight some cancers; helps prevent cramps of legs and arms; helps us see at night; cleans out digestive system.
Purple	eggplant, grapes	May help fight some cancers; helps in development of red, strong blood that carries oxygen from the lungs.

P.A.S.S.

PRE-K

- Creative Skills**—1.4
- Oral Language**—1.1,2;
2.1,2
- Literacy**—3.1,6; 7.3; 8.4,6
- Writing**—9.1,4
- Math**—1.1; 3.1; 5.2,3
- Health**—3.2,4
- Science Process**—1.1,4
- Life Science**—3.3
- Physical Science**—2.1

KINDERGARTEN

- Creative Skills**—1.2,3
- Reading**—1.4; 4.1; 6.2,4;
7.2b
- Oral Language**—1.2,3;
2.1; 3.1
- Math**—1.1; 3.1; 5.1,2
- Health**—1.3
- Science Process**—1.1,3
- Physical Science**—1.1
- Life Science**—2.1
- Visual Arts**—3.2,3; 4.1,2

GRADE 1

- Visual Arts**—3.2,4; 4.2,3
- Health**—2.4; 3.1; 6.2
- Reading**—4.1,2,3; 6.1ac
- Oral Language**—1.1,2;
2.1; 3.1,2
- Visual Literacy**—1.2
- Math Process**—1.1,2; 2.1;
4.4; 5.1,2
- Math Content**—1.1; 5.1ab
- Science Process**—1.2; 2.1;
4.3
- Physical Science**—1.1,2

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P.A.S.S (Cont.)

GRADE 2

Visual Arts—3.2,4; 4.2,3

Health—2.4; 3.1; 6.2

Reading—3.1; 5.1ac

Oral Language—1.1,2; 2.3; 3.1,2

Visual Literacy—2.1

Math Process—1.1,2; 2.1; 4.4; 5.1,2

Math Content—5.1ab,

Science Process—1.2; 2.1; 4.3

Physical Science—2.1

Resources Needed

prints or slides of artists' paintings, especially still life paintings of fruits and vegetables

fruits and vegetables in different colors

magazines or seed catalogs with pictures of fruits and vegetables for students to cut out

Language Arts

1. Read and discuss background and vocabulary.
2. Read and discuss the following poem, by Gelett Burgess.

The Purple Cow

I never saw a purple cow,
I never hope to see one;
But I can tell you, anyhow,
I'd rather see than be one.

Visual Arts

1. Show the examples of artists' paintings.
 - Students will name the colors found in the paintings.
 - Discuss colors in nature.
2. Show the examples of fruits and vegetables.
 - Students will name the colors.
3. Discuss why colors look different under different kinds of light.
4. Provide magazines and seed catalogs.
 - Students will cut out colored photos of fruits and vegetables and paste them on the color wheel included in this lesson. See background for examples of fruits and vegetables in each color.

Health

1. Discuss the health benefits of eating the different colors of fruits and vegetables. (See background.)
2. Serve a rainbow salad with fruits and vegetables of different colors cut into bite-sized pieces.

Math

1. Students will vote on their favorite colors, fruits and vegetables.
 - Students will graph the results of the votes.
2. Students will identify shapes in fruits and vegetables.
 - Students will graph the shapes.

Extra Reading

Ada, Alma Flor, Subizarreta, Rosa, and Simon Silva, *Gathering the Sun: An Alphabet in Spanish and English*, Rayo, 2001.
Carle, Eric, *The Artist Who Painted a Blue Horse*, Philomel, 2011.
Clark, Emma Chichester, *I Never Saw a Purple Cow and Other Nonsense Rhymes*, Walker, 2000.
Freedman, Deborah, *Blue Chicken*, Viking, 2011.

Sidman, Joyce, and Beth Krommes, *Butterfly Eyes and Other Secrets of the Meadow*, Houghton Mifflin, 2006.
Sidman, Joyce, and Beth Krommes, *Swirl by Swirl: Spirals in Nature*, Houghton Mifflin, 2011.

Vocabulary

agriculture—the science or occupation of cultivating the soil, producing crops, and raising livestock

alfalfa—a deep-rooted plant of the legume family with purple flowers and leaves like clover that is widely grown for hay and forage

color—an aspect of light (as red, brown, or gray) or sight that allows one to tell otherwise identical objects apart from each other

cow—the adult female of cattle or of any of various usually large animals

farm—a piece of land used for growing crops or raising livestock

fruit—a juicy plant part used chiefly as a dessert

grape—a smooth-skinned juicy light green or deep red to purplish black berry eaten dried or fresh as a fruit or fermented to produce wine

light—something that makes vision possible

shade—the darkness or lightness of a color

vegetable—a leafy plant (as the cabbage, bean, or potato) usually without woody tissue grown for an edible part that is usually eaten as part of a meal.

Name _____

Color Chart

Cut out colored pictures of fruits and vegetables from magazines. Paste the pictures in the correct circles on the color wheel.

