

FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

Root Vegetables



February 2010

Read Aloud Books and Activities

Week 1 Theme: Up, Down, and Around

Week 2 Theme: Harvesting Roots

Week 3 Theme: Vegetable Collage



HARVEST OF THE MONTH ACTIVITIES

Root Vegetables

Week 1

Theme: Up, Down, and Around

Book: Up, Down, and Around by Katherine Ayres

Objectives:

- Students will taste different vegetables from the story in their **Food Experience**.
- Students will identify root vegetables that grow under the ground and vegetables that grow above ground.

Materials:

Fresh Fruit and Vegetable Photo Cards
White construction paper

Crayons

Food Experience Ingredients

Directions:

1. Read Up, Down, and Around. Identify the root vegetables with the students in the story. Show actual photos of these vegetables with the Fresh Fruit and Vegetable Photo Cards.
2. Show the students the different vegetables for the **Food Experience** and the Fresh Fruit and Vegetable Photo Cards showing the vegetable pictures for beets, carrots, parsnips, rutabaga, turnip, and other root vegetables they will be tasting during the Food Experience. Discuss the size, color, texture, etc. of the vegetables.
3. Prepare the vegetables for the taste test as appropriate for your class. Have students taste each one. If you have any information about the farm(s) where they came from, share that with the class. Refer to "**How to Conduct a Taste Test**" for other ideas on how to interact with the students. Have students put a sticker on either the "I Like This" or "I Don't Like This" columns of the taste test sheet and give them a sticker if they tried any part of the taste test (if you are participating with stickers).
4. Have students share with the class which was their favorite root vegetable. You can keep a tally and let the class know which was the most popular vegetable.
5. Discuss how/where the vegetables are grown. Refer back to the book Up, Down, and Around to see which vegetables grow UP and which grow DOWN. Ask the students to share other ways they can eat the vegetables (cooked, raw, in soup, etc.).

HARVEST OF THE MONTH ACTIVITIES

Root Vegetables Week 2

Theme: Harvesting Vegetables

Book: Gathering the Sun by Alma Flor Ada

Objectives:

- Students will describe how to harvest a root vegetable and how a root vegetable grows.
- Students will understand what a farm worker does to harvest vegetables.
- Students will act out farmers/farm workers to describe how vegetables get from the farm to the store.

Materials:

Props: such as: play money, pretend vegetables, apron, hat, steering wheel, shopping bag

Directions:

1. Read selected pages from Gathering the Sun, including "trees," "beet," "thanks," "honor," "island," "garden," "pride," "farm workers," and "carrot."
2. In a garden, the gardener harvests the fruits and vegetables. In a farm, how do fruits and vegetables get harvested? Show the pages in Gathering the Sun showing the beets being harvested (pgs 2-3) and the page for carrot (pgs 36-37). Discuss farm workers and the hard work they do to bring food from a farm to our stores.
3. Ask for 4 student volunteers to build a simple food system. A food system is how we get food from the farm to some place where we will eat it. Each child will act out the following characters: 1) farmer (wear the hat), 2) truck driver (the steering wheel), 3) storekeeper (apron) and 4) customer (shopping bag). First a farmer/farm worker, picks the vegetables and takes the vegetables to the truck driver, who pays for the vegetables and takes the vegetables to a store, where the store keeper buys the vegetables – then a customer buys the vegetables from the store keeper. We are all part of the food system!

HARVEST OF THE MONTH ACTIVITIES

Root Vegetables Week 3

Theme: Vegetable Collage

Objectives:

- Students will learn that vegetables come in many colors and that it is important to “eat a rainbow.”
- Students will choose a vegetable from brochures from grocery stores.
- Students will create a collage showing they can sort vegetables into different colors.

Materials:

Butcher paper or construction paper
Glue or glue sticks
Scissors
Magazines and advertisements for vegetables

Directions:

1. Ask the students if they should only eat red vegetables? Green? NO! They should eat a rainbow. Hold up some of the Fresh Fruit and Vegetable Photo Cards to give some examples of the variety of colors.
2. Explain to the students that the class is going to make a collage to see if we can get as many colors as possible of fresh fruits and vegetables. Ask students to name different colors and write them up on the butcher paper.
3. Next, with the help of an adult, the students will cut out 4-6 pictures of vegetables. If they need help remembering what a vegetable is - remind them. Help them to also identify vegetables that are ROOTS.
4. Have the children match the colors up with the colors on the chart on the butcher paper. Discuss how many are in each color.

Food Experience Calendar February 2010

Root Vegetables Galore Food Experience

Jicama Cucumber Salad Optional

Trees in a Forest Optional

FOOD EXPERIENCE RECIPES

January 2010

Root Vegetables Galore

- 1 bunch of radishes
- 1-2 fresh beets
- 1 large rutabaga
- 1 large turnip
- 1 bunch of carrots
- 1-2 parsnips
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

Directions:

1. Wash vegetables. Cut into bite size pieces (before cutting into bite size pieces, discuss size, color, texture, etc.)
2. Serve one piece of each vegetable to each student, with ranch dressing, if desired.

Makes ~20 Taste Tests

Adapted from *Network for a Healthy California-Merced County Office of Education*

Optional

Jicama Cucumber Salad

- 1 lb. jicama, peeled and cut into ½ inch cubes
- 2 medium cucumbers, quartered, and sliced ¼ inch thick
- 1 fresh lime
- 3 teaspoons chili powder

Directions:

1. Combine jicama and cucumbers in a large bowl.
2. Squeeze lime juice over salad and mix well.
3. Sprinkle seasoning over salad and mix well. Serve immediately.

Makes approximately 24 (1/4 cup each) Taste Tests
Recipe from www.harvestofthemonth.com toolkit, Educator Newsletter

Optional

Trees in a Forest

- 5 carrots, peeled and sliced in quarters, lengthwise
- 2 cups of broccoli florets
- 2 cups of cauliflower florets
- ¼ cup of fresh Parsley leaves, chopped
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

Directions:

1. Wash all the vegetables.
2. Trim ends off of carrots. Cut each carrot in half lengthwise, and then cut crosswise and lengthwise again to make eight pieces total.
3. Slice the broccoli and cauliflower into bite-sizes florets.
4. Make your plate first to show the students. Arrange the trees by placing 2 carrot pieces in vertical position for the tree trunks.
5. Place 2-3 broccoli florets on one tree trunk, and 2-3 cauliflower florets on the other. One tree is green (for summer) and the other is white (for winter).
6. Spoon the Ranch dressing around the base of the carrots and sprinkle with parsley.

Makes 20 Taste Tests
Developed by *Network for a Healthy California-Merced County Office of Education*