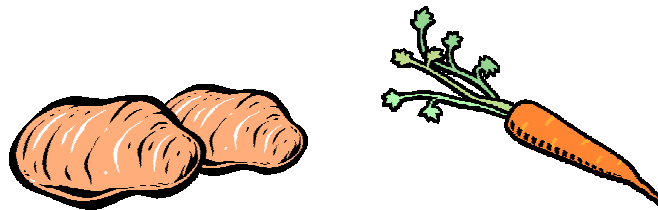


FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

Sweet Potatoes and Carrots



October 2009 Read Aloud Books and Activities

Week 1 Theme: Stayin' Strong

Week 2 Theme: Sweet Potato Plant

Week 3 Theme: Exploring Carrots

Week 4 Theme: Where Are the Carrots?



HARVEST OF THE MONTH ACTIVITIES

Sweet Potatoes and Carrots Week 1

Stayin' Strong

Book: Dr. Strong and Sweet Potatoes by Yori Takeda

Objectives:

- Students will identify sweet potatoes as a vegetable and a healthy food.
- Students will identify fruits and vegetables as food that can help you stay strong and be healthy.
- Students will describe ways they can stay strong and be healthy.
- Students will create a poster to show one way they can be healthy.

Materials:

Chart paper and markers

Drawing paper and crayons

Fresh Fruit and Vegetables Photo cards

Directions:

1. Show the children the **sweet potato photo card**. Say the word in Spanish. Ask children if they know the word for "sweet potato" in any other language. Read Dr. Strong and Sweet Potatoes.
2. Discuss the story. What vegetable did Dr. Strong suggest the children eat so they will have extra energy to play and learn?
3. Ask the children to identify other fruits and vegetables they can eat to help them stay strong and be healthy. List them on chart paper. As they identify them, show the children the **photo cards** for each fruit and vegetable mentioned.
4. Ask the children to name some ways they can stay strong and be healthy (e.g. eat healthy food, exercise). List them on chart paper.
5. Show children page one from the story and point out the poster of the skeleton that states "Eat Healthy." Explain that people put up posters to remind them to do things. Explain that they will create a poster that will help remind them of ways to eat healthy and be active. Help them draw their poster and have them explain their picture. The poster can be basic drawings of fruits and vegetables, a drawing of a child eating produce, etc.

HARVEST OF THE MONTH ACTIVITIES

Sweet Potatoes and Carrots Week 2

Sweet Potato Plant

Objectives:

- Students will describe how sweet potatoes are grown.
- Students will identify different ways we eat sweet potatoes and potatoes.
- Students will identify healthy ways to eat sweet potatoes and potatoes.
- Students will learn where sweet potatoes are grown and sold.
- Students will participate in sprouting a sweet potato, to watch the vines grow over the next month or longer.

Materials:

Fresh Fruit and Vegetable Photo card of sweet potatoes

5 Sweet Potatoes (save one for growing activity)

Jar, wooden toothpicks (to grow a sweet potato plant)

Knife

"How to Grow a Sweet Potato" handout

Directions:

1. Show the children the **sweet potato photo card**. Discuss how sweet potatoes grow. They have vines above the ground, and the roots develop into the vegetable below ground. Cut one sweet potato in half and discuss the color inside. Pass the sweet potato around the room for students to examine. Discuss how the skin of the sweet potato is a different color from it's flesh (inside). The skin can be: yellow, purple or orange. The flesh can be: yellow, pinkish, red or orange. Ask the students if they have ever eaten sweet potatoes. How were they prepared? Was it a holiday? Did they like them?
2. Tell the class that most sweet potatoes are grown on farms in California, North Carolina and Louisiana. In California, most farms growing sweet potatoes are up north, not in Southern California. Sweet potatoes can be purchased locally at farmers' markets and at supermarkets – though they won't be as fresh as buying them from a farmer.
3. Discuss the different ways that people eat potatoes and sweet potatoes: French fries, sweet potato pie, potato chips, baked, mashed, hash browns,

potato pancakes, etc. Emphasize that French fries and potato chips are NOT healthy foods.

4. Have children identify which ways are the healthiest ways to eat potatoes and sweet potatoes. Have them recall how the bunny ate the sweet potato in the book Dr. Strong and Sweet Potatoes.
5. Follow instructions on "How to Grow a Sweet Potato Plant." Show the children each step of the process using one of the sweet potatoes just passed around (if any have buds or "eyes" use that one). Watch this grow over the month, and longer. Save the remaining whole sweet potatoes for next week (not to eat).

HARVEST OF THE MONTH ACTIVITIES

Sweet Potatoes and Carrots Week 3

Exploring Carrots

Book: The Carrot Seed by Ruth Krauss

Objectives:

- Students will identify a carrot as a vegetable.
- Students will describe a carrot using their five senses.
- Students will describe how a carrot grows.
- Students will play pass a sweet potato.
- Have students try sweet potatoes and carrots for this month's **Food Experience**.

Materials:

Fresh Fruit and Vegetable Photo Card of Carrots

Chart paper and Pens

3 sweet potatoes (from last week's activity, not to eat) + music

Food Experience ingredients: 3 sweet potatoes, 4 carrots, ranch dressing

Directions:

1. Read The Carrot Seed. Explain to the children that carrots are a vegetable and are the root of the plant. Show the children the **carrot photo card**. Say the word in Spanish. Ask children if they know how to say "carrot" in any other languages. Show the children pictures of how a carrot grows in the book. Ask the children to describe how carrots grow.
2. Tell the children that though many of the carrots we see are orange, carrots can also be purple, white and yellow. These carrots can be found at farmers' markets, which are sold by the farmer. Carrots grow throughout the whole year in California. Most of the carrots sold in the United States are grown in our state- California.
3. Tell the children they are going to use the sweet potatoes from last week to play a game called "Pass the Sweet Potato."
 - a. Have the children sit in a circle.
 - b. Give every fifth child a sweet potato.
 - c. When the music starts they are to pass the potato to the person on their right.
 - d. When the music stops the teacher gives special directions. Such as:
 - Children with sweet potatoes must jump up and down or hop on one foot.

- Children without sweet potatoes must march in place or switch seats, etc.
- e. The game continues.
4. Prepare the **Food Experience** "Sweet Potato and Carrot Sticks." Ask the students to taste the sweet potatoes and carrots but don't tell them which is which. Ask them to tell you which one is the sweet potato, looking at the color and tasting it. Also ask questions from "Conducting An In-Class Taste Test" for more ideas.

HARVEST OF THE MONTH ACTIVITIES

Sweet Potatoes & Carrots Week 4

Where are the carrots?

Objectives:

- Students will describe how a carrot grows.
- Students will identify 2 other vegetables that grow underground.
- Students will explain why carrots are a healthy snack.
- Students will draw a carrot.

Materials:

Crayons

Fresh Fruit and Vegetable Photo Cards

Glue

Green construction paper

Scissors

White paper

Directions:

1. Review with children how carrots grow. Show them the **photo card**.
2. Have them identify other root vegetables that grow underground. Show them of **photo cards** of those vegetables (such as radishes, beets, sweet potatoes, jicama, turnips and rutabagas).
3. Discuss why people like to eat carrots and why they make a healthy snack (gives you energy, makes you strong, helps your eyes see better, etc.). Talk about different ways to eat a carrot (such as drinking carrot juice, eating raw carrots, cooked carrots, in a salad, etc.).
4. Show the children the **carrot photo card**. Explain that they are going to draw a picture like the photo. Ask children to draw a carrot on white paper, and color it one of the colors carrots come in (review these colors: orange, purple, white, yellow). Have the children cut out green leaves and glue them to the top. **You can also prepare cut-out leaves ahead of time and have children glue them on.**

Food Experience Calendar

Week 3 Sweet Potato and Carrot Sticks

Optional Sweet Potato Dip

Optional Apple Glazed Sweet Potatoes

Optional Carrot and Sunshine Salad

FOOD EXPERIENCE RECIPES

Week 3

Sweet Potato and Carrot Sticks

- 3 sweet potatoes, peeled and sliced into sticks (like carrot sticks)
- 4 large carrots, peeled and sliced into sticks
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

Directions:

1. Wash and peel sweet potatoes and carrots.
2. Slice the sweet potatoes and carrots into small sticks and set aside (keep separated).
3. Place 4 sweet potato sticks and 4 carrot sticks on each student's plate with a dollop of dressing.

Makes 20 Taste Tests

Other Materials

20 plates

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

Optional

Sweet Potato Dip

- 2 cups boiled or canned sweet potatoes
- 2 Tablespoons cinnamon
- 2 teaspoons nutmeg
- 1 cup non-fat plain yogurt
- 10 full Graham crackers broken in half (20 squares total)

Directions:

1. Mix sweet potatoes and yogurt together in a mixing bowl.
2. Add spices and serve with crackers or flat bread.

Makes 20 Taste Tests

Other Materials

20 plates or napkins/paper towels

Adapted from Cycle 1 November Harvest of the Month Newsletter

FOOD EXPERIENCE RECIPES

Optional

Apple Glazed Sweet Potatoes

7 ½ cups unsweetened 100% apple juice
1 ½ teaspoon cinnamon
¾ teaspoon salt
3 sweet potatoes, peeled and thinly sliced

Directions:

1. Combine apple juice, cinnamon and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20-25 minutes or until potatoes are tender and juice has been reduced to a glaze.
5. Serve warm.

Makes 20 Taste Tests

Other Materials

Electric Skillet
20 plastic spoons
20 paper plates

Adapted from Cycle 1 November Harvest of the Month Newsletter

Optional

Carrot & Sunshine Salad

2 packs (10 ounces each) of Shredded Carrots
¾ cup raisins
12 ounces (2 containers) low-fat vanilla yogurt

Directions:

1. Mix all ingredients together in a mixing bowl.
2. Cover with plastic wrap and refrigerate for 15 minutes.
3. Toss again before serving.

Makes 24 taste tests (1/4 cup each) Recipe
adapted from Produce for Better Health

