



Harvest Objectives

Children will investigate carrots, including exploring size, shape, weight, etc.

Children will identify that carrots grow in the ground.

Children will taste a piece of carrot.



Harvest Vocab

Ground

Root

Vegetable

Materials & Prep

5-7 Carrots (plus enough for each child to taste small $\frac{1}{4}$ pieces, ideally of different varieties: purple, yellow, and orange)

Images (included at end of learning plan)

Items for station discovery (magnifying glasses, ruler, string of different lengths, balance, scale)

Paper/pencils/crayons (optional)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Carrots Grow Underground by Mari C. Schuh

Carrot Soup by John Segal

Tops & Bottoms by Janet Stevens

Warm Up

- In order to engage the children and activate prior knowledge, for 1 – 3 days set a table aside for a Carrot Discovery Lab. On the table place scientific tools such as measuring tapes/rulers, string of different lengths (for measuring), a scale, magnifying glasses, tub of water, etc. Add the carrots. Before free play begins review the different activities with the students and how they should use the equipment. Then during free play encourage the children to explore the carrots and scientific equipment. Here are some possibilities:
 - How heavy is a carrot? Put the carrot on one side of the balance scale and see how many items are needed on the other side to balance the scale.
 - Do carrots sink or float? Put the carrot in a tub of water. Watch what happens. Put other classroom items in the tub. Which do the same as the carrot?
 - How wide are carrots? Trace around a carrot on a piece of paper. How many fingers can fit inside the traced carrot? Take a piece of string and measure from one side of the carrot to the other. Cut the string and tape it onto the piece of paper. Use a ruler, or unifix cubes, to estimate width.
 - Can you make a carrot pattern? Using other items around, make a pattern. Carrot, paper, carrot, paper, carrot; or carrot, carrot, pencil, carrot, carrot, pencil
- One day, cut some of the carrots open. Allow the children to explore and observe the carrot inside.



- Add paper, pencils and crayons to the station for children to draw their observations. Teachers can write down the child's observations on each child's paper, or collectively on one large paper.

Explain

- After children have had a few days to explore the carrots, gather together in a large group. Share with the children the names of the carrot plant varieties, if you know them. Explain that botanically they are a vegetable (there are no seeds inside). What other vegetables can they think of? (Carrots, radish, etc.) If possible, put out pictures of fruits and vegetables and allow the children to think about which ones are fruit.
- Explain how carrots grow (in the ground), why we should eat carrots (healthy brain, healthy blood, healthy muscles, and healthy eyes) and for each one come up with an action to help the children remember. For example, they can flex their muscles while saying healthy muscles. Also explain how to pick good carrots (they should be firm and without cuts). Please see the next pages for images to share with the children.

Taste Test

- Wash all carrots well. If you did not do so at the station, cut each in half and show the children what they look like on the inside.
- Slice each into pieces. Have the children predict which color carrot they will like the best. Then taste the different varieties and have each child share which was his/her favorite.
- Create a chart that says "I Like" with a smiley face and "I Don't Like" with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like and don't like carrots and write that number in each column.
- Review with the children how carrots grow and the health benefits.

Taste Test Extension

Rule of 15 "Put a food on the table at least 15 times to see if a child will accept it." Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Carrot Apple Smoothie (one oz. serving for 20 students)

(adapted from: <http://socialcafemag.com/apple-carrot-smoothie/>)

2 cups baby carrots	1 medium banana
2 oz orange juice	Measuring cups
2 medium apples, peeled, cored and cubed	
Apple corer, or knife and cutting board	
Blender	Cup (1 per child)





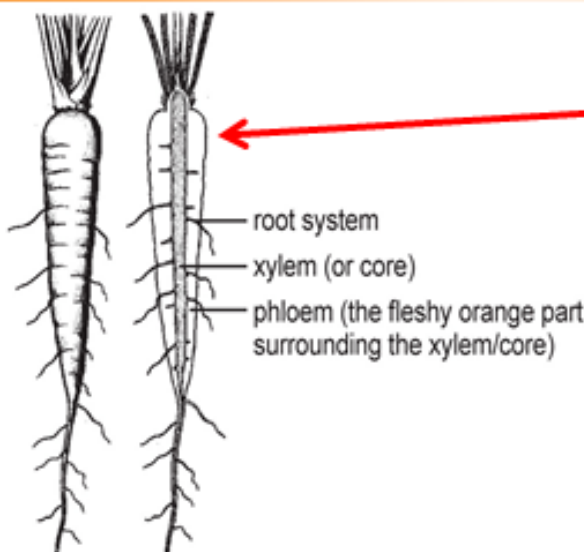
Preschool In-Class Learning Plan

Carrot

1. Rinse the carrots and apple under running water. Peel, core, and cube the apple.
2. Invite the children to wash their hands and then come to the table for a cooking activity.
3. Demonstrate how to put the items in the blender. (Each child could add 2-3 carrots and/or apple pieces.)
4. Combine all of your ingredients in a blender. Blend everything for about 1 to 2 minutes, or until smooth. Serve and enjoy!

This makes about 24 oz. servings.

How do Carrots grow?



Carrots grow in the ground.
We eat the taproot of the carrot plant.



Why should we eat
Carrots?

Vitamin B6



Healthy brains

Folate



Healthy blood

Potassium



Healthy muscles

Beta Carotene



Vitamin A



Healthy eyes