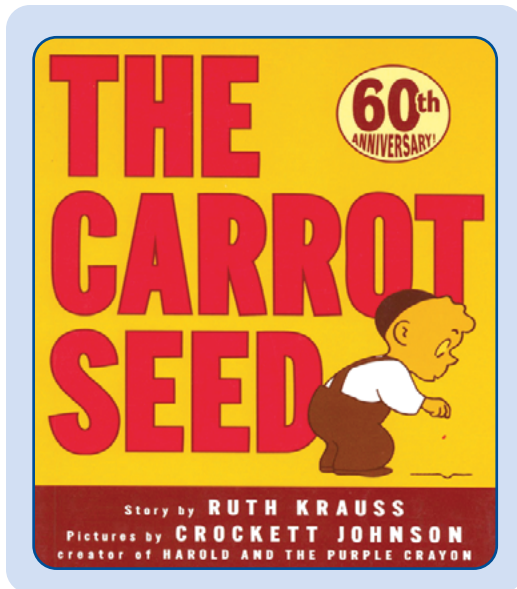


The Carrot Seed



About the book:

The Carrot Seed
by Ruth Krauss

Publisher: Harper Trophy/
Harper Collins Publisher
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Nutrition Objectives

- Describe how planting, growing, and preparing fruits and vegetables is fun and healthy.

Physical Education Objectives

- Practice ways that growing a garden can be good exercise.
- Stretch and balance your body in yoga poses.

Activities

- Nutrition Activity #1: Mix-A-Salad Game
- Nutrition Activity #2: I'm Planting A Garden
- Physical Activity #1: I Grew a Carrot!
- Physical Activity #2: Shape of Yoga

Lesson Handouts

- Fruit and Vegetable Alphabet

Parent Newsletter

- A Garden of Vegetables

Intent of Lesson

Children explore all aspects of a garden from planting and anticipation to making a salad with garden produce. They are encouraged to enjoy being active in the garden and to try new fruits and vegetables.

Previewing (5 minutes)

1. Using MyPlate as a reference guide, reinforce to children the importance of fruits and vegetables. It is important to eat them every day to get different vitamins and minerals that our bodies need to be healthy!
2. Discuss the importance of trying new and different fruits and vegetables.

Some talking points include:

- Each fruit and vegetable has different benefits.
- It is important to eat a rainbow of fruits and vegetables each and every day to help your body grow and to be healthy.
- Fruits and vegetables are low in calories

Q. What are some of your favorite fruits? What are some of your favorite vegetables? Why?

Q. What are some fruits that you dislike? What are some vegetables that you dislike? Why?

Q: Think of a food you don't like. Have you tasted it?

Q: Does someone in your family eat it? Would you try it?

A: Answers will vary.

Q: Who helps you taste new things?

A: Parents, cooks, child care staff, grandparents, friends, brother/sister

Active Reading: (10 minutes)

Read *The Carrot Seed* by Ruth Krauss

Summarizing (5 minutes)

Discuss the following questions after reading the story.

Q: Have any of you ever grown a vegetable or fruit in a garden? If yes, what was it? Is it a fruit or a vegetable? Did you eat it? Create a chart or graph/list to show answers. Have older children write down ideas while younger children can draw illustrations.

A: Answers will vary.

Q: Why do you think the little boy in the story was so sure something would grow?

A: Answers will vary.

Q: What types of things did he do to help the carrot to grow?

A: Watered it, kept the weeds pulled around it, waited patiently because vegetables take time to grow before they are ready to be picked and eaten. Plants also need sun to grow.

Q: What would have happened if the little boy had believed what his brother, his Mom, and his Dad said that the seed will never grow?

A: The seed wouldn't have been taken care of and the carrot would have died.



15-20 minutes

Equipment:

- Food Model Cards (National Dairy Council, 200 cards, 1-800-426-8271)
- Action Words

Mix-A-Salad Game

Directions:

1. Post the Action Words. Provide each child with a picture of a fruit or vegetable to attach to their chest. Use Food Model Cards. (Note: It is okay if several children receive a picture of the same fruit or vegetable)
2. Children stand in a large circle to form a pretend "bowl".
3. The leaders says "I'm going to make a salad...and in my fruit salad I am going to have (name of a fruit or vegetable) that is (say an action). For example, "bananas that are jumping!" or "cantaloupe that is clapping!" (see Action Words Handout) All those with that picture enter the center of the circle and perform that action. Play continues with more fruits and vegetables and actions called to enter the center of the bowl to be the "salad".
4. After 3 or 4 fruits and/or vegetables are called, the leader says, "Let's stir up the salad!" Then, all those in the center scramble around, and all those forming the bowl make stirring motions until the leader says, "Stop! Let's Eat."
5. All the children fall down, rub their stomachs and say "Yum, that was a good salad!" Play again with other fruits and vegetables called on to be in the salad "bowl."



Action Words – Suggested action verbs to use with the Mix-A-Salad game:

- Twirling
- Jumping
- Running
- Hopping
- Waving
- Flying
- Dancing
- Clapping
- Kicking
- Rolling their arms
- Walking on tip-toes
- Splashing





20 minutes

Equipment:

- Letter Cards
- Suggestion list Fruit and Vegetable Alphabet

I'm Planting a Garden...

Directions:

1. Have students gather in a big circle. The leader distributes one letter card to each child. (Choose letters appropriate for the youth.)
2. Using the alphabet cards and starting with the letter "A", have the first child say a fruit or vegetable they will plant that starts with the letter "A." For example: "I'm planting a garden and I'm going to plant Asparagus."
3. Continue with the remaining letter cards. (See suggestions list for fruit and vegetable names.)

Variation:

- Younger children may also enjoy thinking of vegetables that start with the same letter as their name.

Fruit and Vegetable Alphabet

Vegetable name followed by *. Fruit name followed by ^.

A

Acorn Squash*
Amaranth*
Arrowroot*
Artichoke*
Arugula*
Asparagus*
Apple^
Apricots, Fresh^
Apricots, Dried^
Asian Pears^
Avocado^

B

Banana Squash*
Beets*
Belgian Endive*
Bell Peppers*
Bitter Melons*
Black Radish*
Black Salsify*
Bok Choy*
Broccoflower*
Broccoli*
Broccoli Rabe*
Brocolini*
Brussels Sprouts*
Burdock Root*
Butter Lettuce*
Buttercup Squash*
Butternut Squash*
Banana^
Barbados Cherry^
Black Crowberry^
Black Currants^
Blackberries^
Blood Orange^
Blueberries^
Boysenberries^
Breadfruit^

C

Cactus*
Cardoon*
Carrot*
Cauliflower*
Celeriac*
Celery*
Chayote Squash*
Cherry Tomato*
Chinese Eggplant*
Chinese Long Bean*
Collard Greens*
Corn*
Corn Salad*
Crookneck Squash*
Cucumber*
CactusPear^
Cantaloupe^
Cape Gooseberries^
Cara Cara Navel Orange^
Casaba Melon^
Champagne Grapes^
Cherimoya^
Cherries^
Cherries, Sour^
Chokecherries^
Clementines^
Coconut^
Concord Grapes^
Crab Apples^
Cranberries, Fresh^
Cranberries, Dried^
Crenshaw Melon^
Custard Apple^

D

Daikon Radish*
Dandelion Greens*
Delicata Squash*
Dates^
Durian^

E

Eggplant*
Endive*
Elderberries^

F

Fava Beans*
Fennel*
Fiddlehead Ferns*
Fingerling Potato*
Feijoa^
Fig, Fresh^
Fig, Dried^

G

Gai Lan*
Galangal Root*
Garlic*
Ginger Root*
Green Beans*
Green Cabbage*
Green Onion*
Green Soybeans*
Grape Juice^
Grapefruit^
Grapes^
Guava^

H

Hubbard Squash*
Honeydew Melon^
Huckleberries^

I

Iceberg Lettuce*

J

Jalapeno Peppers*
Jerusalem Artichokes*
Jicama*
Jackfruit^
Jambolan^
Jujube^

Fruit and Vegetable Alphabet (continued)

Vegetable name followed by *. Fruit name followed by ^.

K

Kale*
Kohlrabi*
Key Lime^
Kiwano^
Kiwifruit^
Kumquat^

L

Leaf Lettuce*
Leek*
Lemon^
Lime^
Loganberries^
Longan^
Loquat^
Lychee^

M

Manoa Lettuce*
Morel Mushrooms*
Mushrooms*
Mustard Greens*
Mamey Sapote^
Mango^
Mandarin Orange^
Mediterranean Medlar^
Mulberries^
Muscadine Grapes^

N

Nectarine^

O

Okra*
Olives*
Onion*
Opo Squash*
Orange^

P

Parsnips*
Peas*
Pearl Onions*

Potato Pumpkin*
Purple Asparagus*
Purple Hull Peas*
Purslane
Papaya^
Passion Fruit^
Peach^
Pear^

Persian Melon^
Persimmon Pineapple^
Plantain^
Plum^
Plum, Dried^
Pomegranate^
Pummelo^

Q

Quince^

R

Radicchio*
Radish*
Red Leaf Lettuce*
Red Potato*
Rhubarb*
Romaine Lettuce*
Rutabaga*
Raisins
Raspberries^
Red Banana^
Red Currants^

S

Salad Savoy*
Shallots*
Shiitake Mushrooms*
Snow Peas*
Sorrel*
Spinach*
Sugar Snap Peas*
Summer Squash*
Sweet Dumpling Squash*
Sweet Potato*

Swiss Chard*
Salmonberry^
Sapodilla^
Sapote^
Sharon Fruit^
Soursop^
Star Fruit^
Strawberries^
Strawberry Guava^
Sugar Apple^
Surinam Cherry^

T

Tarragon*
Tomatillo*
Tomato*
Turnip*
Tangerine^

U

Upland Cress*
Ugli Fruit^

V

Vidalia Onions*

W


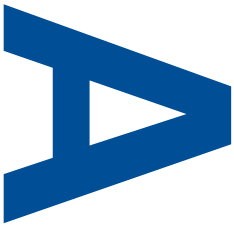








Wasabi Root*
Watercress*
White Asparagus*
Winged Beans*
Water Coconut^
Watermelon^
Wild Blueberries^

Y

Yam*
Yucca Root*
Yukon Gold Potatoes*

Z

Zucchini*

P	K
Q	L
R	M
S	N
T	O

N

U

V

W

X

Y



5-10 minutes

Connection:

Gardening is a great physical activity. Children are encouraged to practice motions that they might do when gardening.

Equipment:

- Small soft balls (20-30)
- 1 large basket or bucket for balls to be placed into
- Jump ropes
- Pool noodle for each student
- Carrot sticks

Safety Concerns:

Students must be able to move safely in personal and general space.

I Grew a Carrot!

Directions:

1. The students will run to the opposite end of the room/area (garden) to plant their carrot seeds by "digging a hole".
2. On day 1, the students will run to the garden to see if the carrot seed has come up and will pull weeds to keep it clean (throw balls that have been scattered in the 'garden' to the opposite end of the area or into a basket). They can run home.
3. On day 2, the students will gallop to the garden to see if the carrot seed has come up. They will bring along a garden hose (jump rope) and "water the seed". They can jump rope back.
4. (Scatter pool noodles all over the area.) Many days later, the students will jog to the garden to see if the carrot seed has come up. They will jump up and down excitedly because the seed (pool noodle) has grown. They will drag the huge carrot (pool noodle) back to the house.
5. Provide a carrot stick for the youth to eat.

Cool Down/Closure:

Q: What type of motions did you do on your way to the garden?

A: run, gallop, jump rope, throw

Q: How can growing a real garden be a good way to exercise?

A: muscle building, stretching, fresh air, flexibility

Q: How can your family encourage you to grow a garden?

A: All gardening together, let you pick the vegetables and prepare them in ways you like to eat. Take pictures of your success!



10 minutes

Connection:

Yoga is a great way to build up strength and flexibility. It can also be a fun way to learn about healthy food choices.

Equipment:

- Select the poses from the Shape of Yoga. Examples attached.
- Students will need to move safely in personal and general space.

Shape of Yoga

Activity Guide:

Have children spread about the room as much as possible. Move desks aside in a classroom. Prepare youth for a relaxing time of stretching and balancing. Have them walk around the classroom to warm up.

A quiet area, dim lighting, and soothing music may help children enjoy the yoga experience.

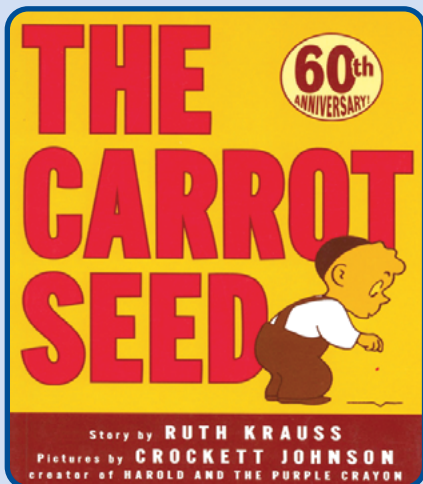
Demonstrate the yoga poses. Have children make the pose and hold for about 2 or 3 breaths. Don't allow them to force themselves into a pose.

Q: What food poses did we create?

A: broccoli, carrot, quesadilla/taco, fruit smoothie, apple tree, bean sprout, banana peel, pyramid, corn on the cob, super zucchini.

Q: What other poses that show a vegetable can you think of? Show us.

If time allows encourage children to do appropriate new poses.



Family Fun

For a family activity check out the book, *The Carrot Seed* by Ruth Krauss from your local library. Read together and discuss planting a garden and different types of vegetables that could be planted.

A Garden of Vegetables

Tips for Eating More Vegetables

Children between the ages of 4 and 8 should eat 1-1/2 cups of vegetables each day. One cup of vegetable is equal to:

- 12 baby carrots
- Medium baked potato
- 1 small ear sweet corn (6 inches)
- 2 cups raw shredded or chopped lettuce
- 1 cup 100% vegetable juice
- 1 cup of raw, canned or frozen vegetables

Help children get colorful vegetables in their diet. Choose a rainbow of colors — blue & purple, green, white, orange and red. Varying the vegetable choices will also keep meals interesting.

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave. White or sweet potatoes can be baked quickly with this method.
- Plan meals around a vegetable main dish, as stir-fry or soup. Then add other foods to complement it.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins. Include chopped vegetables in pasta sauce.
- Many vegetables taste great with a dip or dressing. Try a low-fat dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator (carrot and celery sticks, broccoli flowers, cucumber slices, or cauliflower).
- Include beans or peas in flavorful dishes, as chili and minestrone soup.

Health Benefits of Vegetables

Individuals who eat more vegetables as part of a healthy diet are likely to have a reduced risk of some chronic diseases, as heart disease, cancer and diabetes. These health benefits are recognized for a child as well. Vegetables are nutritious. They are low in fat and calories. Dark green and deep yellow-

orange vegetables are an excellent source of Vitamin A. This vitamin keeps eyes and skin healthy. Just as with fruits, vegetables are a good source of Vitamin C and fiber. Vitamin C will help heal cuts and wounds and keep your teeth and gums healthy. Fiber will aid in keeping the digestive system healthy.

Grow a Family Garden



Gardening offers family fun. You can be active, relax and spend time together. It also teaches children, like people, that plants need water and food to grow and stay healthy. Caring for plants helps develop responsibility. It can build self-esteem when youth see what they can grow. A garden can teach children about new foods.

Easy garden produce for kids to grow include beets, carrots, tomatoes, cucumbers, green beans, herbs, lettuce, peppers, onion, spinach and zucchini.

There are many gardening tasks that a child can do with guidance from a parent or caregiver. Even though the garden is not planted perfectly, they are still learning.

- Pick the vegetables or herbs to be grown.
- Make the soil ready in a container or in the garden.
- Plant the seeds in the soil.
- Water plants when needed.
- Measure the plants as they grow.
- Pull the weeds.
- Pick vegetables or herbs as they are ready.
- Wash the food.
- Make something to eat with the family.
- Eat and enjoy it!

Oven Roasted Vegetables

Servings: 6

Ingredients:

- 2 tbsp. vegetable oil
- 1 tbsp. lemon juice
- 1/2 tsp. dried herbs
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 3 cups fresh vegetables (potatoes, broccoli, carrots, cauliflower or red peppers)

Instructions:

Preheat oven to 450°

F. In a small bowl, mix oil, lemon juice, herbs, salt and pepper.

Wash, peel and cut the fresh vegetables to get 3 cups. Spread vegetables on baking

sheet. Coat vegetables with the oil mixture. Bake for 20 minutes. Stir after the first 10 minutes of baking. Serve warm.



Nutrition Facts: 70 calories; 5g total fat; .5g saturated fat; 0mg cholesterol; 110mg sodium; 7g carbohydrates; 1g protein

Adapted from: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Source: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/oven-roasted-vegetables>