



iGrow readers
Target Age
Pre-K to 2nd Grade

Rah, Rah, Radishes!

A Vegetable Chant

About the book:

Rah, Rah, Radishes! A Vegetable Chant
by April Pulley Sayre

Publisher: Beach Lane Books
ISBN#: 978-1-4424-2141-7

Nutrition Objectives

- Identify traits of vegetables that provide variety in the diet.

Physical Education Objectives

- Perform exercise that raises the heart rate.
- Develop balancing skills.



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South Dakota State University, South Dakota counties, and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.

Activities

- Nutrition Activity #1: Vegetable Rainbow
- Nutrition Activity #2: What Am I Thinking of?
- Physical Activity #1: Old MacDonald Spinach Style
- Physical Activity #2: Bean Bag Balance

Lesson Handouts

- Cowboy Salad
- Old MacDonald Spinach Style

Parent Newsletter

- Grow a Family Garden

Intent of Lesson

Children will learn about a variety of vegetables and their distinguishing characteristics.

Previewing (5 minutes)

Rah, Rah, Radishes! A Vegetable Chant is a fun name for a book. Raise your hand if you know what a radish looks like. Raise your hand if you know what a radish tastes like.

Q: Does anyone know what bok choy looks or tastes like?

Q: How about poblano or jalapeno?

Q: Has anyone tasted kohlrabi?

Q: Last one, are you familiar with Swiss chard?

A: Answers will vary.

Active Reading: (10 minutes)

Listen for these names and look at the pictures of all of the different vegetables that we can taste as I read *Rah, Rah, Radishes! A Vegetable Chant* by April Pulley Sayre. Point out bok choy, poblano and jalapeno peppers, kohlrabi, and Swiss chard when you come to them.

Summarizing (10 minutes)

After reading the story tell the students: "Plants have many parts including the root (that grows below ground), the stem, a flower (makes the seeds), and the leaf."

Show pages from the books as you ask "What part of the plant does this vegetable come from?":

- What part is the radish? (root)
- What part is the cauliflower? (flower)
- What part is the cabbage? (leaf)
- What part is the celery? (stem)

Note: As you show the pages of the book give them clues as needed. Encourage them to see plant parts in their mind and how the vegetable in question resembles those parts. Ask them to think about the shape of the vegetable and where it is on the plant. For example: cabbage is leaf shaped, celery is tall and straight like a stem, radishes have a root tip attached, etc.

Tell them, "Vegetables have very different tastes too. We will try some."



20 minutes

Equipment:

- Seed Catalogs
- Glue
- Paper
- Scissors
- Bowl
- Spoon
- Salsa ingredients
- Can opener
- Plastic knives
- Cutting boards
- Video of similar salsa recipe: <http://www.youtube.com/watch?v=tmLFEUbnL-0&feature=youtu.be>

Vegetable Rainbow

Directions:

1. Ask children, "What is your favorite vegetable?"
2. Tell children:
 - "It is important to eat a variety of vegetables every day.
 - Vegetables contain vitamins, minerals, and fiber, which are all an important part of keeping us healthy."
3. Pass out some seed catalogs and pictures and have students cut out pictures of different colored vegetables.
4. Have students paste cut-out pictures in the form of a rainbow on a separate sheet of paper. This may be done individually or as a small group.
5. After students have completed creating their rainbows, explain that they will be making some salsa which contains a rainbow of vegetable colors.

Cowboy Salad

(Yield 15 servings. Serving size 1/2 cup.)

Ingredients

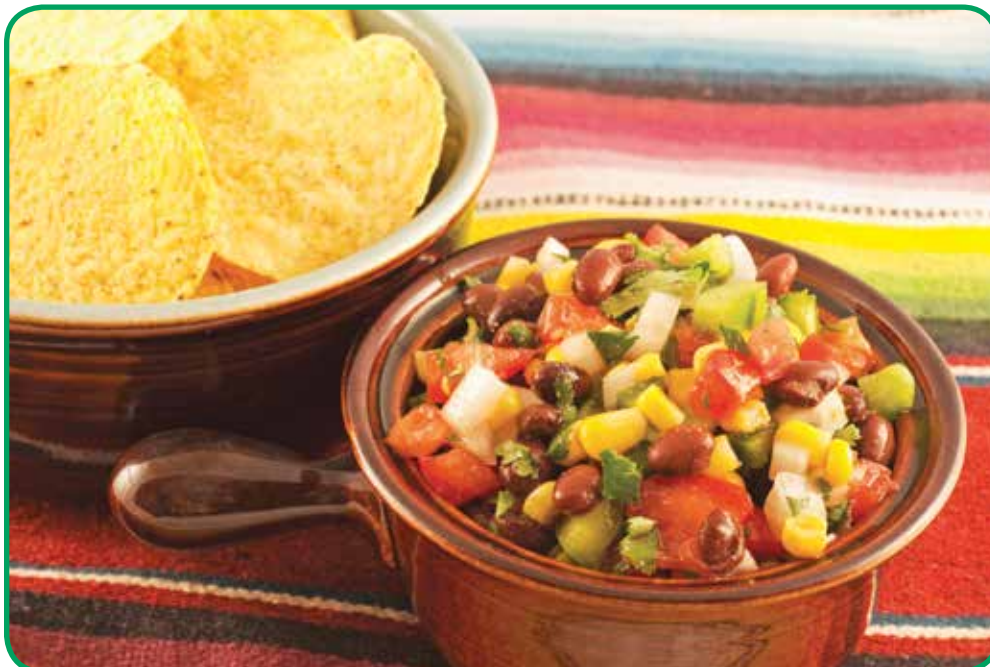
- 2 cans (15 ounces) black beans
- 1 can (15 ounces) corn
- 1 bunch cilantro (or 1 Tablespoon dried)
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 Tablespoon canola or vegetable oil
- 2 Tablespoons lime juice or vinegar
- Salt and pepper to taste

Instructions:

1. Using plastic knives or food choppers have children finely chop the cilantro and green onions.
2. Using plastic knives, have children dice the tomatoes and avocado.
3. Adult leader should open, drain and rinse the black beans and corn.
4. Assist children to combine all ingredients in a large bowl and chill.
5. Serve with baked tortilla chips.

Nutrition Facts: Calories 70, Total Fat 0g, Cholesterol 0mg, Sodium 230mg, Total Carbohydrate 13g, Dietary Fiber 3g

Source: Oregon Food Hero, foodhero.org



What Am I Thinking of?



20 minutes

Equipment:

- Food model cards (National Dairy Council, 200 cards, 1-800-426-8271) or pictures from seed catalogs

Presentation of Knowledge & Ideas

- CCSS.ELA-Reading. SL.K.4, SL.K.6, SL.1.4, SL.1.6

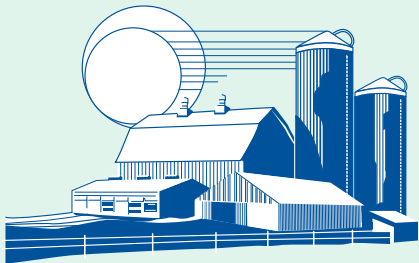
Conventions of Standard English:

- CCSS.ELA- Literacy. K.1, L.1.1

Directions:

- Divide students into groups of 3 or 4.
- Model the activity by describing a vegetable to students using descriptive adjectives. For example, say “I’m thinking of a small heart-shaped food, that’s red on the outside and white on the inside. It sometimes taste a bit hot,” to describe a radish.
- Ask “What food am I thinking of?” and students take turns guessing.
- Instruct them: “One student at a time in each group should think about a specific vegetable. Use word clues to describe it to the other students in your group. The other students take turns guessing what food they are thinking of. Take turns until every person in the group has had a chance to describe a food. Use all of your senses to describe the vegetable (see, hear, taste, smell, feel).
- Note: Provide food model cards or pictures if children need help thinking of traits to describe.
- Variation: Use all 5 food groups.

Old MacDonald (Spinach Style)



10 minutes

Connection:

Children will practice vegetable names while singing and dancing to a vegetable variation of the song "Old MacDonald."

Equipment:

- Old MacDonald (Spinach Style) Handout

Directions:

- Have students form a circle to sing about growing and eating vegetables and dance along.
- Insert the names of the vegetables you are studying into the song. See next page.

Closure:

Who else might have a job that deals with vegetables? How would you imitate some of their motions?

Source: "Grow It, Try It, Like It!: Preschool Fun with Fruits and Vegetables." USDA Team Nutrition, http://www.fns.usda.gov/sites/default/files/growit_book3.pdf.

Old MacDonald Had a Farm, Spinach Style

The children sing about growing and eating spinach and act out motions to this familiar tune.

1st Verse

Old MacDonald had a farm, EIEIO!
On this farm, he grew some spinach, EIEIO!
Plant seeds here and plant seeds there,
Here seeds, there seeds, everywhere spinach seeds!
Old MacDonald had a farm, EIEIO!

2nd Verse

Old MacDonald had a farm, EIEIO!
On this farm, he grew some spinach, EIEIO!
Water spinach here and water spinach there,
Here water, there water, everywhere water, water!
Old MacDonald had a farm, EIEIO!

3rd Verse

Old MacDonald had a farm, EIEIO!
On this farm, he grew some spinach, EIEIO!
Pick spinach here and pick spinach there,
Here a pick, there a pick, everywhere pick spinach.
Old MacDonald had a farm, EIEIO!

4th Verse

Old MacDonald had a farm, EIEIO!
On this farm, he grew some spinach, EIEIO!
With a bite, bite here, and a bite, bite there,
Here a bite, there a bite, everywhere a spinach bite.
Old MacDonald had a farm, EIEIO!

(Skip in place)

(Pretend to carry a basket of spinach)
(Pretend to dig ground and plant
using large, vigorous motions)

(Skip in place)

(Skip in place)

(Pretend to carry a basket of spinach)
(Pretend to hold a watering can
and water plants-walking along the rows)

(Skip in place)

(Skip in place)

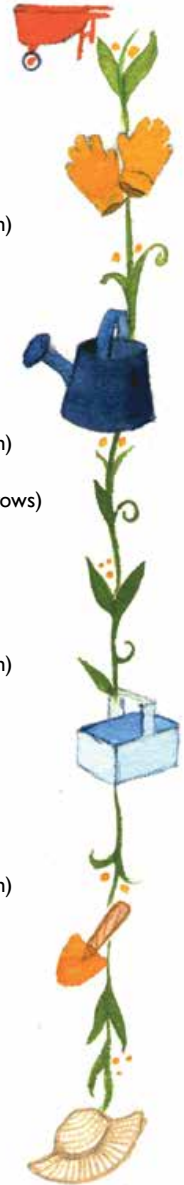
(Pretend to carry a basket of spinach)
(Pretend to kneel and pick spinach)
(Pretend to kneel and pick spinach)

(Skip in place)

(Skip in place)

(Pretend to carry a basket of spinach)
(Pretend to eat spinach)
(Pretend to eat spinach)

(Skip in place)



Bean Bag Balance



15 minutes

Connection:

Beans are a healthy vegetable to eat but they also make a fun game when placed into a small bag. Encourage balance skills and gross motor skills.

Equipment:

- Bean bags for each child (or fill heavy duty zipper storage bags with beans, corn or aquarium gravel)
- Line on the floor
- Cones/jugs
- Box, basket or bucket

Directions:

Give each child a small bean bag. Instruct them to place the bean bag on their head and try to keep it there as they do the actions.

Balance Activities:

- Walk along a line marked in the floor without letting the bean bag fall from your head.
- Try walking heel to toe.
- Stop at the cone and crouch to touch the top of the cone.

Coordination Activities:

- Toss the bean bag in the air and catch it.
- Try a one handed catch.
- Try to clap between tossing and catching.

Bean Bag Relay:

1. Arrange the children in a line facing the back of the person before them. Place a pile of bean bags at the head of the line. Place a box or container at the end of the line.
2. Whoever is first in line, grab a bean bag from the pile and with both hands holding the bean bag pass it over your head to the next person in line.
3. Second person take it with both hands and pass it over your head to the third person. Keep passing until the bag reaches the back of the line. The last person drops it into the bucket.
4. Pass all of the bean bags.

Closure:

Did you become better with practice? Why?

Grow a Family Garden

Family Fun

For a family activity check out *Rah, Rah, Radishes! A Vegetable Chant* from your local library.

Read together and then discuss how your family could grow a garden of fresh fruits and vegetables together.



Grow Green

Gardening is a great way to spend some quality time with your family. Growing vegetables, fruits, and other plants can teach your children the importance of food and water for not only themselves but for the plants as well. A garden can also give your children a chance to taste what they grow! And, caring for plants can also help your kids develop some responsibility and self-esteem.

Here are some healthy foods you can grow easily in your family garden:

- Lettuce
- Carrots
- Cucumbers
- Green beans
- Onions
- Peppers

Garden Checklist

You can easily grow your own family garden, however, you need to make sure you have the proper supplies before you begin growing. Here is a checklist of the things you will need:

- Containers for city gardens: milk & juice cartons, empty cans, empty bleach buckets, dishpan, plastic bucket
- Garden plot: a 2 foot plot is large enough
- Soil for containers
- Child size garden tools: watering can, hose, small shovel, fork, spoon, small rake, digging stick, hoe & spade, sticks for labeling
- Seeds or seedlings
- Water
- Fertilizer: compost, manure, or chemical types

Use the seed packet for information on planting and caring for the seedlings.

Gardening For Kids

Many kids are proud of the things they grow. Gardening may be messy, but that just means your child is learning. It's alright if the garden isn't perfect. Your child can help with any of these gardening tasks:

- Pick out the vegetables to grow
- Find a place with lots of sun
- Supply the garden with soil
- Plant the seeds or seedlings in the soil
- Water the plants
- Measure the plants while they grow & form
- Pull the weeds
- Help pick the vegetables or herbs when they are ready
- Wash the food



- Pick and make something to eat
- Eat your home-grown foods and enjoy them

If you cannot have your own garden, volunteer as a family to plant, visit farmer's markets, or help out at a community garden.

Whole Meal Salad

Servings: 1

Ingredients:

- 2 cups salad greens (romaine, spinach, or mixture)
- 1 cup chopped vegetables or fruits (cucumber, frozen peas, onion, tomato, mango, avocado, carrots, or salsa)
- 1 ounce chopped cooked chicken or beef
- 1 tablespoon chopped dried fruit, shredded cheese, or chopped nuts
- 2 tablespoons low-fat salad dressing



Instructions:

1. Arrange greens on a salad plate or bowl.
2. Add vegetables and/or fruits.
3. Add meat.
4. Add dried fruit, cheeses, or nuts.
5. Add dressing.

Tips: Use fresh produce when possible. Add a few oyster crackers if you want more crunch.

Nutrition Facts: Calories 238, Total Fat 6.1g, Cholesterol 24.1mg, Sodium 352mg, Total Carbohydrate 35.5g, Dietary Fiber 5.6g, Protein 13.5g.

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

Modified from <http://www.extension.iastate.edu/foodsavings/recipes/salad>