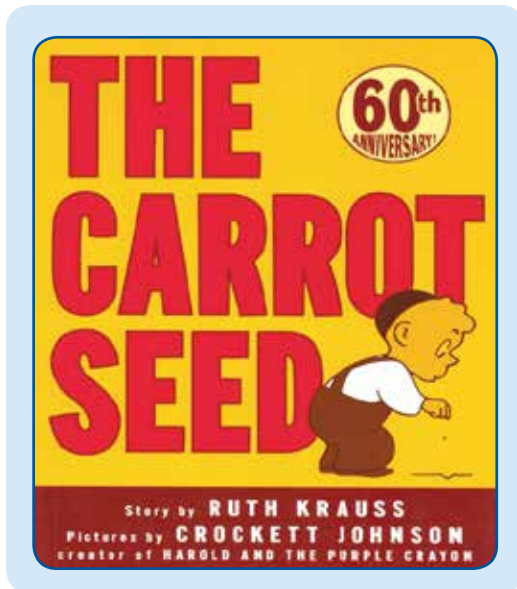


The Carrot Seed



About the book:

The Carrot Seed
by Ruth Krauss

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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.

Mix-A-Salad Game



15-20 minutes

Equipment:

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

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 leader 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



I'm Planting a Garden...



20 minutes

Equipment:

- Letter Cards
- Suggestion list Fruit and Vegetable Alphabet

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

Vegetables in green. Fruits in red.

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
 Broccolini
 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

C

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

F

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

K

Kale
 Kohlrabi
 Key Lime
 Kiwano
 Kiwifruit
 Kumquat

L

Leaf Lettuce
 Leek
 Lemon

Fruit and Vegetable Alphabet (continued)

Vegetables in green. Fruits in red.

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

F	A
G	B
H	C
I	D
J	E

K

L

M

N

O

P

Q

R

S

T

Z

U

V

W

X

Y

I Grew a Carrot!



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.

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!

Shape of Yoga



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.

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.

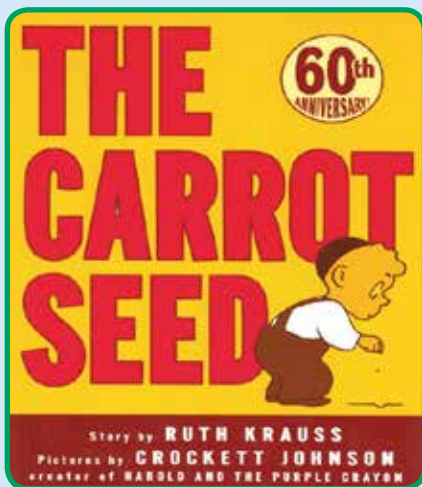
Demonstrate the yoga poses. Have children make the pose and hold for about 2 or 3 breaths. Don't allow them to force themselves into a pose.

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.



Funding for this project provided by The Wellmark Foundation.

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: http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=459