

CARROTS

ACTIVITY PLAN



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★ INDICATES A FULL LESSON PLAN



Circle Time

Use circle time activities to explore fruits and vegetables through read-aloud books and other activities. Read and discuss books, pass around and talk about the featured fruit or vegetable, show and discuss Harvest for Healthy Kids picture cards, play a paper bag guessing game, and more!

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★ INDICATES A FULL LESSON PLAN



★ READ ALOUD BOOK AND DISCUSSION

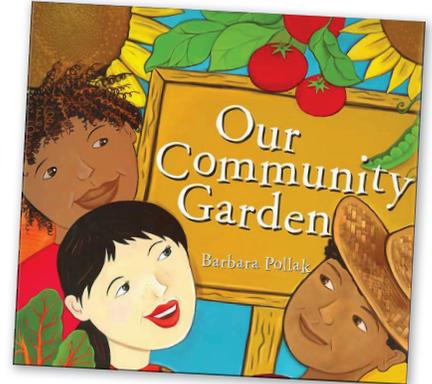
Our Community Garden

OBJECTIVES:

1. Children learn that carrots grow underground and the leaves grow above the ground.
2. Children learn that a community garden is a garden where families and neighbors grow food together.
3. Children talk about what they would grow if they had a garden.

WHAT YOU MIGHT NEED:

Book: *Our Community Garden* by Barbara Pollack
A few carrots to pass around while reading



WHAT YOU MIGHT DO:

- Pass around the carrots before reading the story, or while you are reading. Invite the children to feel and smell the vegetables as they pass them along.
- Tell the children: today we are going to read a book about a community garden. Tell children that community gardens are gardens where families and neighbors grow food together! Does anyone have a garden at home? Does anyone go to a community garden?
- Read *Our Community Garden*. Spend extra time on the garden tools and soil bugs pages identifying the different tools used in gardening and the different bugs that are found in the soil.
- While you are reading, ask children questions, like:
 - Has anyone tasted a carrot? What do they taste like?
 - Has anyone ever seen a carrot growing in a garden or on a farm? Has anyone ever harvested a carrot?
 - How do carrots grow? (The roots grow underground; the leaves grow above the ground.)
 - What would you like to grow in a garden?
- Break up the story to read over multiple days.
- If possible, connect the story with classroom gardening activities. Activities can happen indoors (sprouting or harvesting carrots, as in the lessons in this activity plan) or outdoors (as in a classroom garden).

VOCABULARY
community
garden
weeding
garden tools
tomatillos
carrots
asparagus
bean
eggplant
shoot
harvest



BOOK LIST

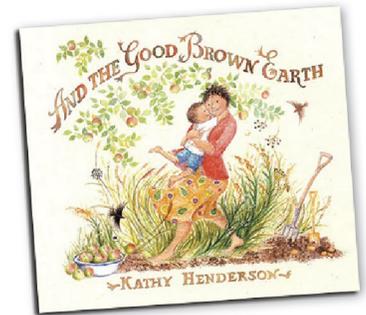
Move beyond the featured book! Here are some ideas for books to read during the carrot month:

AND THE GOOD BROWN EARTH

By: Kathy Henderson

FRUITS AND VEGETABLES: strawberries, potatoes, carrots, parsnips, beets, beans, greens, tomatoes, blackberries

Gram and young Joe plant gardens together and as the seasons change, the vegetables grow, until harvest day arrives! All thanks to the good, brown earth.

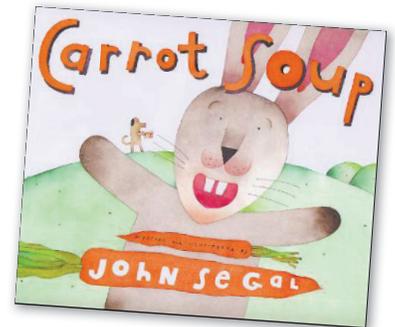


CARROT SOUP

By: John Segal

FRUITS AND VEGETABLES: carrots

A story about Rabbit, who plants and tends his carrot crop so that he can enjoy carrot soup, and his friends, who “steal” his carrots to throw him a carrot soup surprise party! A recipe for carrot soup is included.

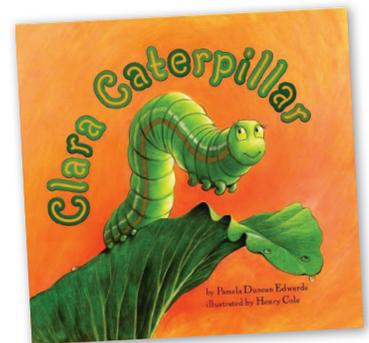


CLARA CATERPILLAR

By: Pamela Duncan Edwards, Illustrator: Henry Cole

FRUITS AND VEGETABLES: cabbage, carrot, cauliflower

Follow Clara as she goes from being a cabbage caterpillar to a courageous cabbage butterfly! This fun story is also a great way to talk about words that start with the letter “c.”

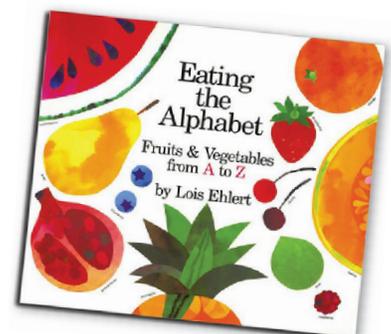


EATING THE ALPHABET

By: Lois Ehlert

FRUITS AND VEGETABLES: apricot, artichoke, avocado, apple, asparagus, blueberry, brussel sprouts, bean, beet, broccoli, banana, currant, cucumber, corn, celery, cabbage, cherry, carrot, cauliflower, date, endive, eggplant, fig, gooseberry, grapefruit, grapes, huckleberry, Indian corn, jalapeno, jicama, kumquat, kiwi, kohlrabi, lemon, leek, lettuce, lime, melon, mango, nectarine, okra, orange, onion, pineapple, peach, pear, papaya, persimmon, pomegranate, plum, parsnip, potato, pea, pepper, pumpkin, quince, raspberry, radish, rutabaga, rhubarb, radicchio, swiss chard, spinach, star fruit, strawberry, tangerine, turnip, tomato, ugly fruit, vegetable marrow, watermelon, watercress, xigua, yam, zucchini

An alphabet board book full of fruits and vegetables from A to Z.





BOOK LIST

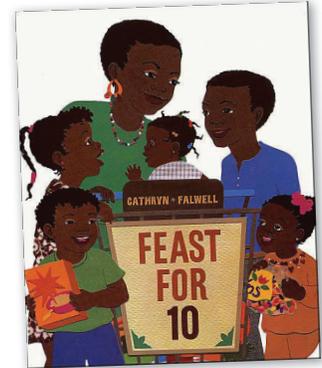
FEAST FOR 10

By: Cathryn Falwell

Age: 3 & up

FRUITS AND VEGETABLES: pumpkins, green beans, leafy greens, tomatoes, potatoes, carrots

Numbers from one to ten are used to tell how members of a family shop and work together to prepare a meal.



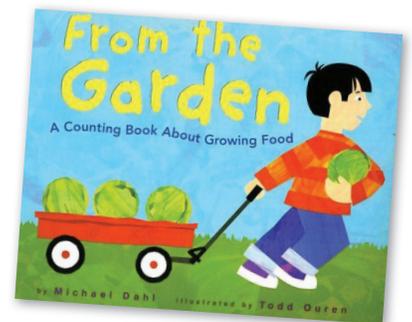
FROM THE GARDEN: A COUNTING BOOK ABOUT GROWING FOOD

By: Michael Dahl, Illustrator: Todd Ouren

Age: 3 & up

FRUITS AND VEGETABLES: tomatoes, carrots, cabbage, lettuce, broccoli, strawberries, onions, peas, cucumbers, radishes, peppers

Discover the numbers from one to twelve as family members pick a variety of vegetables from the garden. Includes counting activities and fun facts about growing vegetables.



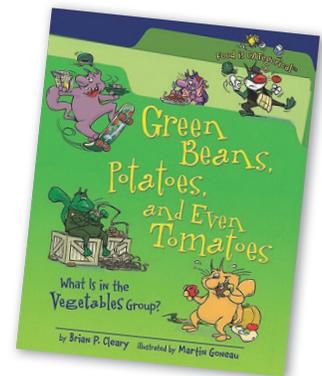
GREEN BEANS, POTATOES, AND EVEN TOMATOES: WHAT IS IN THE VEGETABLES GROUP?

By: Brian P. Cleary, Illustrated by Martin Goneau

Age: 6 & up

FRUITS AND VEGETABLES: spinach, sweet potato, carrot, bell peppers, brussel sprouts, broccoli, cabbage, cauliflower, chard, turnip, collard greens, tomatoes, eggplant, beans, corn, potatoes, squash, spinach, bok choy, potatoes, lettuce, cucumbers, celery

A fun, rhyming book about which foods are considered vegetables, and why they are tasty and nutritious to eat.

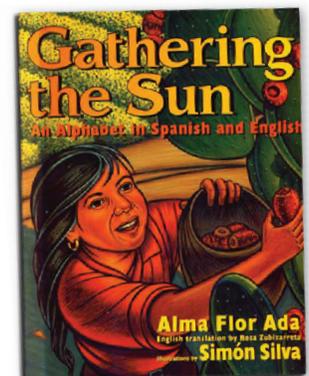


GATHERING THE SUN

By: Alma Flor Ada, Illustrator: Simon Silva

FRUITS AND VEGETABLES: carrot, beet

A beautifully illustrated alphabet book in Spanish and English. Each page has a poem in Spanish and English, celebrating fields and orchards, and the people who work them. A great book to teach children about farming and farmworkers.





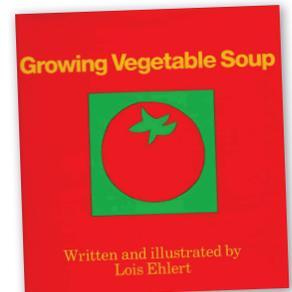
BOOK LIST

GROWING VEGETABLE SOUP

By Lois Ehlert

FRUITS AND VEGETABLES: green beans, peas, corn, zucchini, carrot, pepper, cabbage, tomato, potato, onions, broccoli

A book about growing vegetables to make carrot soup, from seed to bowl. Bright, colorful pictures and a short, easy-to-read story. Make sure to point out the carrot in the story.



LUNCH

By: Denise Fleming

FRUITS AND VEGETABLES: turnip, carrot, corn, peas, blueberries, grapes, apples, watermelon

A very hungry mouse eats a large lunch comprised of colorful fruits and vegetables.



MUNCHA! MUNCHA! MUNCHA!

By: Candace Fleming, Illustrator: G. Brian Karas

FRUITS AND VEGETABLES: lettuce, carrots, peas, tomatoes

When rabbits keep getting into Mr. McGreely's garden, he goes to desperate measures to keep them at bay!

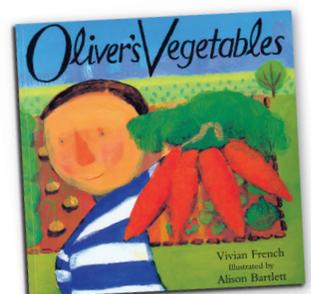


OLIVER'S VEGETABLES

By: Vivian French, Illustrator: Alison Bartlett

FRUITS AND VEGETABLES: carrots, spinach, rhubarb, cabbage, beats, peas, potatoes

Oliver is a little British boy who loves eating chips. When he visits his Grandfather, who has a large garden, Oliver is told he can look in the garden for potatoes, but he must eat whatever he finds! Throughout the week, Oliver tries new foods, from carrots to rhubarb to beets, and loves everything he tastes.





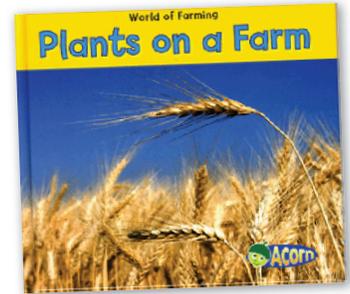
BOOK LIST

PLANTS ON A FARM

By: Nancy Dickmann

FRUITS AND VEGETABLES: pumpkin, green beans, cabbages, potatoes, carrots, strawberry, apples

Learn about the types of plants that are grown on the farm throughout the year.

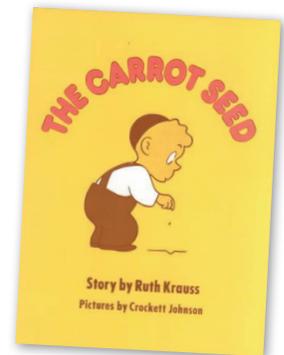


THE CARROT SEED

By: Ruth Krauss

FRUITS AND VEGETABLES: carrots

A little boy plants a carrot seed and carefully tends it until it grows into a carrot.

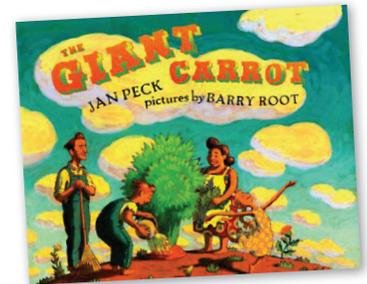


THE GIANT CARROT

By: Jan Peck, Illustrator: Barry Root

FRUITS AND VEGETABLES: carrots

A family plants a carrot seed, and each of them has a different idea of what tasty treats they'll make once the carrot is grown. Little Isabelle's dancing makes the carrot seed grow and grow until it's a giant carrot, and the whole family must pitch in to harvest.

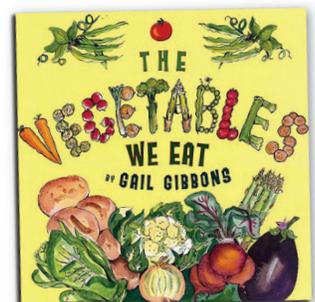


THE VEGETABLES WE EAT

By: Gail Gibbons

FRUITS AND VEGETABLES: lettuce, cabbage, spinach, brussel sprouts, onion, scallions, leeks, cauliflower, artichoke, broccoli, beets, parsnips, carrots, radishes, rutabaga, turnip, potatoes, celery, asparagus, rhubarb, tomatoes, eggplant, cucumbers, hot peppers, yellow squash, winter squash, sweet peppers, zucchini, green beans, peas, corn, soybeans

A fun and informative book all about vegetables, how they are grown, and which parts we eat. A great book to show kids the difference between "leaf" vegetables, "bulbs," "flower buds" and more. Different sections of the book could be read to highlight different themes: how vegetables grow, what parts of vegetables we eat, how to grow your own vegetable garden, etc.





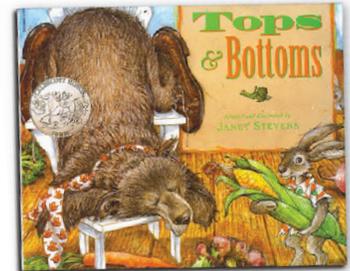
BOOK LIST

TOPS & BOTTOMS

By: Janet Stevens

FRUITS AND VEGETABLES: carrots, radishes, beets, lettuce, broccoli, celery, corn

A story about a lazy bear and a clever hare who join together as business partners in farming. Each year, Bear chooses “tops” or “bottoms” while Hare does all the work, but Hare makes sure to plant the best vegetables on his side of the dirt!

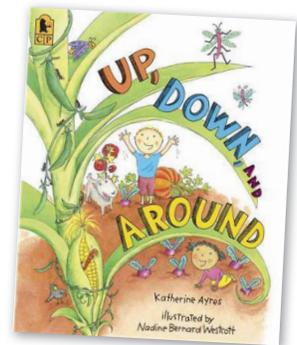


UP, DOWN, AND AROUND

By: Katherine Ayres, Illustrator: Nadine Bernard Westcott

FRUITS AND VEGETABLES: beets, pumpkins, broccoli, tomatoes, corn, green beans, cucumbers, peppers, potatoes, okra, onion, carrots

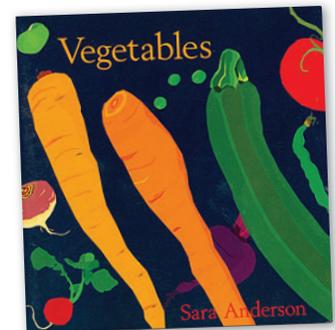
This fun, rhyming story tells the tale of how vegetables grow (broccoli grows up/beets grow down/green beans climb around and around). Children will love the bright, realistic illustrations, and the lilting rhymes.



VEGETABLES

By: Sara Anderson

FRUITS AND VEGETABLES: celery, rhubarb, cucumber, bean, potato, tomato, artichoke, turnip, carrots, peas, onion, eggplant, pumpkins, asparagus, lettuce, zucchini, beet, broccoli, spinach, corn, green bean, radish, sweet potato, cauliflower, cabbage

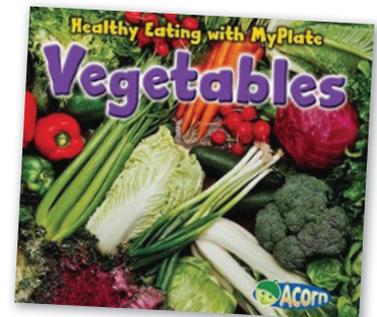


VEGETABLES

By: Nancy Dickmann

FRUITS AND VEGETABLES: carrots, peas, onion, green beans, beets, spinach, sweet potatoes,

What are vegetables and how do they help us?

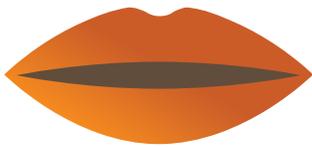




MORE IDEAS

“C” IS FOR CARROTS

Talk with children about how Carrots start with the letter “C.” Ask children to come up with other words that start with “C,” and record their ideas on a large piece of butcher paper or construction paper. Hang the chart in the classroom for the month.



TASTE AND TELL

Gather children in circle time and offer tastes of raw and cooked carrots. Ask questions like: What do carrots taste like: How do the vegetables taste the same or different? Are raw carrots different than cooked carrots? Do the children like the taste? Record children’s responses on a chart, and hang it in the classroom. To expand this activity, find carrots of different colors (orange, white, red, purple, yellow) and bring into the class. Develop a prediction chart. Ask children to predict how the different colored carrots will taste. Offer tastes of each color, and ask children to describe how they are the same or different.

PAPER BAG GUESSING GAME OR SURPRISE BOX

Place an assortment of carrots in a paper bag. Try to find carrots of different sizes and lengths. Invite children to reach their hands in the bag and describe the feel and shape of the carrots. Pull out the vegetables and ask children to describe how they are the same and different.



PICTURE CARDS

The Harvest for Healthy Kids picture cards can be used any time during the month in which the fruit/vegetable is featured. Picture cards come in three categories: Fruit and Veggie Photo Cards, How Does It Grow? (botanical illustrations of fruit and vegetables), and Same but Different (vegetables/fruits in different colors, or different varieties of a vegetable/fruit). Find ideas for how to use these cards in the Harvest for Healthy Kids Teacher Bites, and on the back of each picture card.



Meal Time

Meal time is a great time to talk about fruits and vegetables, especially when a Harvest for Healthy Kids fruit or vegetable is being served! Use meal time to review something the children learned (e.g. that carrots grow underground). You can also use the hand stamps during meal time to congratulate children who “tried something new today!”

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MEAL TIME IDEAS

PLEASE PASS THE VEGGIES!

Children may be more likely to try new fruits and vegetables if they can touch and see the fruit or vegetable before it is cooked. When carrots are served, try to have a few raw, whole carrots on hand to pass around the tables. Talk with children about how whole vegetables like these were cut up and cooked by the cooks, so that children and teachers can have delicious, healthy food to eat!



TABLE TALK

When children are trying carrots during meal time, ask them questions, like:

- What do they taste like? Are they soft? Crunchy? Sweet? Salty?
- Does anyone have a garden? What do you grow in your garden?
- Has anyone tried to grow carrots?
- How do carrots grow? (The roots grow underground, the leaves grow above ground.)
- What part of a carrot do we eat? (The root.)

“C” IS FOR CARROTS

Talk with children about how Carrots start with the letter “C.” Ask children to come up with other words that start with “C,” as you eat together.





Activity Time

Activity Time (e.g. “free choice” in Head Start centers, or full group activities) is a perfect time to introduce more activities like cooking projects and sensory explorations of fruits and vegetables.

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★ INDICATES A FULL LESSON PLAN



★ SENSORY EXPLORATION

Carrots From Top To Bottom

OBJECTIVES:

1. Children describe the feel, smell, taste, and color of assorted carrots.
2. Children compare lengths of carrots.
3. Children compare the feel, smell, and color of carrot “tops” (greens) and carrot “bottoms” (roots).

WHAT YOU MIGHT NEED:

An assortment of carrots of different sizes and, if possible, different colors. Make sure at least some carrots have their “tops” or greens.

Chart paper, markers

Ruler

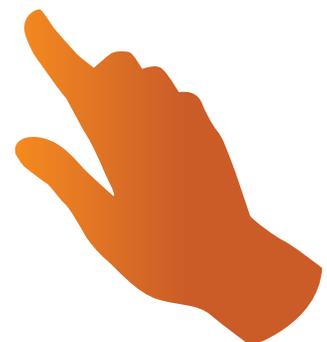
WHAT YOU MIGHT DO:

- Leave many of the carrots whole, so that children can explore and compare the different sizes and shapes.
 - Ask children to describe how the carrots are the same or different. Are they all the same size? Are they all the same color? Do they feel the same? (Have children try gently bending carrots to discover how some are hard and some are more flexible.)
- Have children explore the tops and roots of carrots.
 - Ask children to describe how the carrot tops are different from the carrot bottoms. What color is the top? What color is the bottom? Do they feel the same? Do they smell the same?
- Have children line up the carrots according to their length, from shortest to longest. Have children measure the lengths with a ruler.
- Cut a few carrots open so that children can explore the inside of the carrots. Ask children: what does it look like inside?
- Offer tastes of the raw vegetables, for those children who would like to try. Remind children that they will need to wash their hands after tasting and before continuing to explore the vegetables.
- Offer children a hand stamp for exploring a new vegetable!



COLORFUL CARROTS

Carrots come in many different colors – orange, red, purple, white, and yellow. Often, you can find different colors of carrots at a local farmers market. If you can find them, bring an assortment of colors to class and have children explore the different shades. Make sure to cut some carrots to see how the color is different inside and out.





★ COOKING ACTIVITY AND TASTING

Tangy Carrot Salad

OBJECTIVES:

1. Children participate in cooking activity and learn how to make tangy carrot salad.
2. Children learn that different families eat different foods. Children share how they eat carrots at home, and learn how their classmates eat carrots at home.
3. Children taste tangy carrot salad.

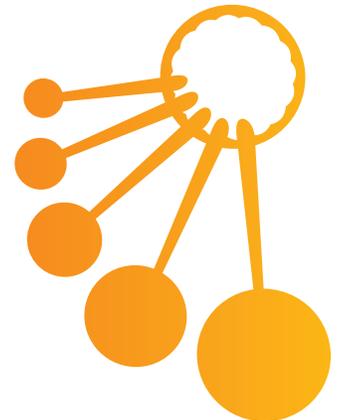
WHAT YOU MIGHT NEED:

Ingredients for recipe **(next page)**

One or more box graters or a small food processor, large bowl, medium bowl, wooden spoon or other mixing utensil, measuring spoons and cups

WHAT YOU MIGHT DO:

- Children wash their hands and sit or stand around the activity table. Announce, “Today we are going to make a recipe called tangy carrot salad.” Ask if anyone has eaten a carrot salad before? Invite children to tell each other how they eat carrots at home with their families. Record on chart paper, if desired.
- Introduce each ingredient as you place it on the activity table.
- Children can wash the carrots.
- Children can help grate the carrots or add them to the food processor.
- Children can help measure out the yogurt, sour cream and mayonnaise.
- Children can help stir the carrots, yogurt, sour cream, mayonnaise mixture.
- Children can help sprinkle the dill, salad and pepper over the salad.
- Give children a hand stamp for trying something new!
- As always, remember to keep children away from all sharp cutting utensils, electrical devices, and hot food and surfaces at all times





★ COOKING ACTIVITY AND TASTING

Tangy Carrot Salad

TANGY CARROT SALAD*

20 servings/Serving size (each serving provides $\frac{1}{4}$ c. vegetable): $\frac{1}{4}$ cup

Recipe from Head Start Family Worker

INGREDIENTS:

- 1.5 lbs. carrots
- 1 cup plain yogurt
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup mayonnaise
- 2 large cloves of garlic, minced
- 2 Tbs. – chopped fresh dill (or 1 Tbs. dried dill)
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

DIRECTIONS

1. Wash, peel and finely shred carrots, put in a bowl
2. Add yogurt, sour cream, mayonnaise and minced garlic – lightly fold together until carrots are coated.
3. Add chopped dill, salt and pepper. Fold together.
4. Chill and serve.

** If preparing the night before serving, mix in dill, salt and pepper before serving.*



★ PLANTING ACTIVITY

Sprouting Carrots

OBJECTIVES:

1. Children are able to describe how carrots grow (the roots grow underground, and the leaves grow aboveground).
2. Children participate in an experiment to sprout carrot greens.
3. Children measure the leaves as they grow.

WHAT YOU MIGHT NEED:

Fresh carrots, greens removed
Sharp knife
Saucer or small bowl
Marbles or pebbles
Ruler or other measuring tool

WHAT YOU MIGHT DO:

- Explain to children that the class will be doing an experiment to see if leaves will grow from a carrot.
- Teachers prepare the carrots by cutting off the tops (leaving about two inches of the carrot below the tops). You can save the rest of the carrots for a cooking or tasting activity!
- Children help fill the saucer or bowl with a layer of marbles or pebbles
- Children help place the carrot tops on top of the marbles/pebbles in the bowls or saucers.
- Children help fill the bowls or saucers with a little water (fill to the top of the marbles/pebbles)
- Place the bowls/saucers in a sunny window, and add water to keep the level at the top of the marbles/pebbles.
- Watch as green leaves grow from the carrots! Measure the leaves as they grow.





★ PLANTING ACTIVITY

Harvesting Carrots

OBJECTIVES:

1. Students learn a fingerplay about harvesting and eating carrots.
2. Students review how carrots grow (e.g. underground, in a row).
3. Students “harvest” a carrot out of a pot of soil.

WHAT YOU MIGHT NEED:

A couple of carrots with tops still attached

A couple of containers that will hold soil and a whole carrot with just the top sticking up (e.g. buckets, plastic pots)

Soil (you can use dirt, or leftover soil from a planting activity)

WHAT YOU MIGHT DO:

- Gather the children for circle time and tell them today they are going to “harvest” carrots.
- Bring out *Our Community Garden* and show children Cassandra’s carrots. Ask students to remember how carrots grow (e.g. underground; they need rain, sunlight).
- Now tell children that they are ready to practice harvesting carrots. Show the children one of the containers filled with soil and with a buried carrot. Tell the children they can practice “harvesting” carrots one at a time. Demonstrate pulling the carrot gently out of the bucket of soil.
- Put the soil-filled buckets on two or three areas in the classroom (place down plastic if you are “harvesting” over carpet – soil may come out of the buckets during harvesting). Invite the children to “harvest” the carrots one at a time. Ask them about their experience.



CARROT FINGERPLAY

See the carrots in the ground

(position hands and arms in a point to form a carrot, and point to the ground)

I pull them up without a sound

(pull them out)

I wash and clean them up and down

(scrub up and down with your palms of your hands)

I love to eat them all year round.

(Pretend to bring carrots to your mouth and eat!)

**Adapted from
www.childfun.com*





★ HARVEST FOR HEALTHY KIDS RECIPE BOOK

Have children decorate and put together a recipe book throughout the year, including each month's cooking activity recipe!

OBJECTIVES:

1. Children create a drawing to accompany the Tangy Carrot Salad recipe, and use crayons, markers or paint to create art.
2. Children tell the class about their artwork.
3. Children will remember and connect experiences with carrots, and recall what they have learned during the month.

WHAT YOU MIGHT NEED:

Printed copies of family versions of recipes for each child; recipe on ½ of page (8 ½ x 11)

Crayons, markers, paint, magazines with fruits and vegetables, crayons, scissors, glue

A few carrots for display

Family Recipe: Tangy Carrot Salad (**page 20**)



HARVEST FOR HEALTHY KIDS RECIPE BOOK:

Start this activity in the beginning of the year. Have each child decorate a cover for his or her fruit & veggie recipe book. Bind each child's book with enough pages for a recipe and picture for each month (8 months). Have children take the recipe book home with the welcome newsletter. Then, each month, using the recipe decorating activity to add recipes to the books! Children can take home their decorated recipe with a monthly newsletter, or just pinned to their bags or clothing!



Family Recipe

TANGY CARROT SALAD*

Serves 4-6

Recipe from Head Start Family Worker

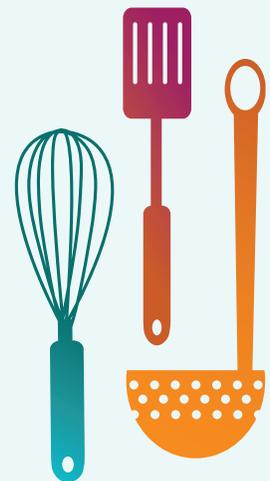
INGREDIENTS

- 1.5 lbs. carrots
- ½ cup plain yogurt
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 large cloves of garlic, minced
- 1 Tbs. – chopped fresh dill (or ½ Tbs. dried dill)
- Salt and pepper to taste

DIRECTIONS

1. Wash, peel and finely shred carrots, put in a bowl
2. Add yogurt, sour cream mayonnaise and minced garlic – lightly fold together until carrots are coated.
3. Add chopped dill, salt and pepper. Fold together.
4. Chill and serve.

** If preparing the night before serving, mix in dill, salt and pepper before serving.*





★ CREATIVE ARTS

Watch our Garden Grow

OBJECTIVES:

1. Children learn that we can grow carrots in a garden.
2. Children review how carrots grow.
3. Children make their own carrot to display in the classroom “garden.”

WHAT YOU MIGHT NEED:

Colored paper, yarn, paint, or other art supplies
Scissors
Glue

WHAT YOU MIGHT DO:

- Cut out thin triangles using orange, white, red, yellow and/or purple paper. Cut strips of green construction paper to use as carrot greens. Create a carrot sample by attaching green strips to a yellow triangle.
- Tell children: we can grow carrots in a garden. Ask children if anyone has ever grown carrots in a garden.
- Ask children to remember how carrots grow (the roots grow underground; the leaves grow above the ground).
- Show children example carrot and tell children, today we will be making carrots for our “class garden.”
- Provide children with carrot tops and bottoms and glue.
- Invite children to make their own carrot for the “class garden.”
- Designate a space on a wall in the classroom for the “class garden.” Add to the wall each month with children’s colorful creations of the featured fruits and vegetables in the Harvest for Healthy Kids program.





Fast and Fun

Beyond circle time, meal time, and activity time, there are other simple ways to highlight the Harvest for Healthy Kids program, and teach children about fruits and vegetables. Take a look at the ideas below for easy ways to have fun with Harvest for Healthy Kids throughout the day.

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FAST AND FUN

PUPPETS

If you have puppets in the classroom, bring them into your Harvest for Healthy Kids activities! Try having a puppet introduce the featured fruit or vegetable at the beginning of the month. Puppets might also be used to introduce ingredients for a cooking activity, or during other activities.

HAND STAMPS

Use your favorite hand stamps or stickers to acknowledge children's participation in Harvest for Healthy Kids activities (e.g. cooking, sensory exploration, planting, reading) throughout the month.

DISCOVERY TABLE

Use the "discovery table" or another area of the classroom to explore different activities on a farm. Put out soil and various garden tools, such as rakes, hoes, and small shovels and spades. Include seeds and a small watering can. Allow children to explore the soil and use the tools, while practicing different jobs on a farm. This can be a great activity for children if you plan to have (or already have) a school garden at your center.

TASTING CHART

Create a chart with children's names on the left side in rows and the featured fruit and vegetable names on the top in columns. Each month, give children a stamp or sticker in the fruit/vegetable box next to their name if they tasted the fruit or vegetable anytime during the month. Hang the tasting chart in the classroom.

FINGERPLAY

Teach this fun fingerplay to the class!

Say

See the carrots in the ground

I pull them up without a sound

I wash and clean them up and down

I love to eat them all year round!

**Adapted from www.childfun.com*

Do

position hands and arms in a point to form a carrot, and point to the ground

pull them out

scrub up and down with your palms of your hands

pretend to bring carrots to your mouth and eat!



ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children in early care and education settings to a wide variety of locally grown fruits and vegetables through their meals and snacks and classroom activities. Monthly family engagement activities support parents in promoting healthy eating habits at home. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and Early Head Start and the School of Community Health at Portland State University.