

# MCSO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

## Carrots



## April 2008 READ ALOUD BOOKS

- Week 1:** **Welcome Books Carrots** by Inez Snyder
- Week 2:** **Tops and Bottoms** by Janet Stevens\*  
**Stems and Roots** by David Schwartz
- Week 3:** **The Giant Carrot** by Jan Peck
- Week 4:** **Carrot Soup** by John Segal  
\*From 05-06

Materials provided by:  
*Network for a Healthy California-Merced County Office of Education*  
Contact us: 209-385-5394 or [nnetwork@mcoe.org](mailto:nnetwork@mcoe.org)

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The Harvest of the Month MCSO Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.





# HARVEST OF THE MONTH ACTIVITIES

## Carrots

### HM Theme 5: Animals

### Week 1

## Exploring Carrots

**Book:** Welcome Books Carrots by Inez Snyder

### **Objectives:**

- Students will identify a carrot as a vegetable.
- Students will describe a carrot using their five senses.
- Students will describe how a carrot grows.

### **Materials:**

Carrot picture from Fruit & Vegetable Flash Cards

MyPyramid Pocket Chart and carrot picture

Supplies for Carrot Taste Test (from Food Experience)

Chart paper

Pens

### **Directions:**

1. Read Welcome Books Carrots. Explain to the students that carrots are a vegetable. Ask the students to identify the carrot picture card and place it in the vegetable category of the MyPyramid Pocket Chart. Using the pictures from the book (pages 5-11) ask the students to describe how carrots grow.
2. Prepare for Food Experience, but explain to the students that you will be doing a class activity during their Food Experience. Show the students the different types of carrots they will taste. Place one slice of a fresh carrot on each student's plate. Ask them to describe what the carrot looks like. Record the information on the chart paper. Next have them describe the carrot by touch, smell, taste and sound (while eating). Continue to record their findings on the chart paper.
3. Continue to explore each type of carrot the same way using canned carrots and baby carrots. Take a vote to determine which type of carrot was the class favorite. Ask the students to share why they voted for a certain type of carrot. Encourage them to use their descriptive words.

# HARVEST OF THE MONTH ACTIVITIES

## Carrots

### HM Theme 5: Animals

### Week 2

#### Where are the carrots?

**Book:** Tops and Bottoms by Janet Stevens  
Stems and Roots by David Schwartz  
Welcome Books Carrots by Inez Snyder

#### Objectives:

- Students will describe how a carrot grows.
- Students will identify 2 other vegetables that grow under ground.
- Students will explain why carrots are a healthy snack.
- Students will draw a carrot.

#### Materials:

Chart paper	Glue
Markers	Scissors
Brown drawing paper	Crayons
Green construction paper	Dirt

#### Directions:

1. Read Tops and Bottoms and Stems and Roots. Review with the students how carrots grow. Have them identify 2 other vegetables that grow under ground.
2. Discuss why people like to eat carrots and why they make a healthy snack. Ask the students to recall their carrot taste test from last week's Food Experience.
3. Show the children page 9 in the book, Welcome Books Carrots. Explain that they are going to draw a picture like the photograph. Do a direct drawing of carrot on brown paper, with the stem top. Have children cut out green leaves and glue them to the stem top. Have them put glue on the paper with the carrot so they can sprinkle dirt on top.

# HARVEST OF THE MONTH ACTIVITIES

## Carrots

### HM Theme 5: Animals

### Week 3

## The Giant Carrot

**Books:** The Giant Carrot by Jan Peck

### Objectives:

- Students will name different foods that can be made from carrots.
- Students will describe how they would like to eat a carrot.
- Students will create a 3-D carrot.

### Materials:

Chart paper	Liquid starch
Markers	Orange and green paint
Newspaper	Paint brushes
Tape	

### Directions:

1. Read The Giant Carrot. Discuss the story with the students. Ask the students to explain how the giant carrot grows.
2. Review with the students why carrots are a healthy snack.
3. On chart paper list all of the characters in the story. Have the students name what food each character wanted to make with the carrot.
4. Show the students the picture on the inside flap of the book jacket (the author and holding a giant carrot). Explain that they are going to make a large carrot, but not as big as the one in the picture.
5. Using newspaper, tape and liquid starch, help each student create a carrot. After it dries, they can paint them.
6. When their carrots are complete, ask each student to describe what they would make with their carrot, or if they would prefer to eat it plain. The students can use the carrots to dramatize the story.

# HARVEST OF THE MONTH ACTIVITIES

## Carrots

### HM Theme 5: Animals

### Week 4

## Who Has Rabbit's Carrot?

Books: Carrot Soup by Jon Segal

### Objectives:

- Students will name an animal that likes to eat carrots.
- Students will discuss why carrots are a healthy snack.
- Students will describe ways to stay healthy and be strong.
- Students will participate in a Carrot Hop Race.

### Supplies:

Pictures of carrots (Fruit & Vegetable Flash Cards and Color Me Healthy)  
Giant carrots from previous week's lesson

### Directions:

1. Read Carrot Soup and discuss the story with the students. Did the other animals in the story like to eat carrots? Ask the students if they know any other animals that like to eat carrots.
2. Show the students page 2 with the picture of different carrot varieties. What other colors do carrots come in? Use the Fruit & Vegetable Flash Cards to show the purple carrots.
3. Review why carrots are a healthy snack. Discuss why eating vegetables, such as carrots, is healthy for you and can help you stay strong.
4. Besides eating carrots, what else does the rabbit do everyday to stay healthy and be strong (physical activity—hopping). Have the students practice hopping like a rabbit.
5. Explain to the students that they are going to have a "Carrot Hop Race." You will need to go outside on the playground for this activity. Have each student bring his/her giant carrot outside and place them on a line on the blacktop. Ask the students to stand on a line approximately 20 feet away from their carrot. Explain to the students that they will have to hop to their giant carrot, pick it up and hop back to the starting line.

# Food Experience Calendar

## April 2008

Friday	4/4	<b>Carrot Taste Test</b>
Friday	4/11	<b>Tops &amp; Bottoms Salad</b>
Friday	4/18	<b>Carrot &amp; Sunshine Salad</b>
Friday	4/25	<b>Carrot Creatures</b>

# FOOD EXPERIENCE RECIPES

## APRIL 2008

Fri 4/4/08

### Carrot Taste Test

3 raw carrots, sliced in half crosswise and then lengthwise into 8 strips total  
1 small bag (1 pound) of baby carrots  
1 can of canned carrots

#### Directions:

1. Wash the carrots and trim the ends. Slice in half crosswise and then lengthwise into 8 strips total.
2. Have students taste each type of carrots.

Makes 24 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Fri 4/11/08

### Tops and Bottoms Salad

TOPS: 2 cups of broccoli florets  
1 bunch of celery, cut into 3-4" strips  
MIDDLE: 1 (15 oz) can of baby corn, drained  
BOTTOM: 2 cups of baby carrots  
2 bunches of radishes, cut in half  
1 can of chopped beets, drained  
Low-fat Ranch dressing

#### Directions:

1. Wash and prepare vegetables.
2. Place on individual plates or in bowls.
3. Have students arrange 1 of each vegetable on their own plate from TOP to BOTTOM.
4. Serve with Ranch dressing for dipping.

Makes 24 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

# FOOD EXPERIENCE RECIPES

## APRIL 2008

**Fri 4/18/08**

### **Carrot & Sunshine Salad**

2 packs (10 ounces each) of Shredded Carrots

3/4 cup raisins

12 ounces (2 containers) low-fat vanilla yogurt

#### **Directions:**

1. Mix all ingredients together in a mixing bowl.
2. Cover with plastic wrap and refrigerate for 15 minutes
3. Toss again before serving

Makes 24 taste tests (1/4 cup each)  
Recipe adapted from Produce for Better Health

**Fri 4/25/08**

### **Carrot Creatures**

12 Large carrots, sliced in half lengthwise

1 bunch of parsley

1 cup of peanut butter (or fat free cream cheese for peanut allergy classrooms)

1 cup of raisins

1 cup silvered almonds

#### **Directions:**

1. Wash the carrots and slice in half lengthwise. Rinse the parsley and set aside.
2. Slice off the top of the carrot and discard.
3. Cut a "V" shape at the top of the carrot to make a mouth.
4. Give each student a carrot half with the mouth cut out. Place 1 teaspoon of each item on their plates: peanut butter, raisins, almonds, and a sprig of parsley.
5. Have students arrange the items on their carrot to make a creature.
6. Taste!

Makes 24 Taste Tests  
Developed by *Network for a Healthy California-Merced County Office of Education*

# Preschool Activities Shopping List

APRIL 2008

Each shopping list is for one class session (unless otherwise noted).

## Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

### Fri 4/4/08: Carrot Taste Test

- 3 medium sized raw carrots
- 1 small bag (1 pound) of baby carrots
- 1 can (15 oz) of canned carrots

### Fri 4/11/08: Tops and Bottoms Salad

- 2 cups of broccoli florets
- 1 bunch of celery
- 1 (15 oz) can of baby corn
- 2 cups of baby carrots (1 pound bag)
- 2 bunches of radishes
- 1 can of chopped beets
- 1 small bottle of low-fat Ranch dressing

### Fri 4/18/08: Carrot and Sunshine Salad

- 2 packs (10 ounces each) of Shredded Carrots
- 3/4 cup raisins (1 (15oz) box)— (to be used for both recipes)
- 12 ounces (2 (6oz.) containers) low-fat vanilla yogurt

### Fri 4/25/08: Carrot Creatures

- 12 large carrots
- 1 small jar of peanut butter (if you do not already have peanut butter in your classroom)  
OR
- 1 small block of fat free cream cheese (if you have a peanut allergy classroom)
- 1 small bag (1 cup) of slivered almonds
- 1 bunch of parsley

## Other Materials to Purchase:

Paper Plates x 4 recipes = 80 plates per class session for the month.

Plastic Forks x 1 recipe = 20 forks per class session for the month.

**PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!**