

# MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Asparagus and Carrots



**April 2009**  
**READ ALOUD BOOKS**

**Week 1: Welcome Books Carrots** by Inez Snyder (06-07)

**The Vegetable Alphabet Book** by Jerry Pallotta, Bob Thompson & Edgar Stewart

**Week 2: Tops and Bottoms** by Janet Stevens (05-06)

**Stems and Roots** by David Schwartz (06-07)

**The Giant Carrot** by Jan Peck (06-07)

**Week 3: The Mighty Asparagus** by V. Radunsky (06-07)

**I Eat Vegetables** by Hannah Tofts (05-06)

**Additional books for reading:**

**Carrot Soup** by John Segal (06-07)

**Just Enough Carrots** by Stuart J. Murphy

Materials provided by:

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

Contact us: 209-381-5974 or [nnetwork@mcoe.org](mailto:nnetwork@mcoe.org)

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The Harvest of the Month MCS D 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

## Asparagus & Carrots Flex Week: Cultural Celebrations/Trustworthiness Week 1

### Exploring Carrots

#### **Books:**

Welcome Books Carrots by Inez Snyder

The Vegetable Alphabet Book by Jerry Pallotta, Bob Thompson and Edgar Stewart

#### **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 Produce for Better Health Flash Cards (old 5 a Day cards)

MyPyramid Pocket Chart and carrot picture

Supplies for Carrot Taste Test (from Food Experience)

Chart paper and 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. Show the students pictures of how a carrot grows from Welcome Books Carrots and The Vegetable Alphabet Book. 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

## Asparagus & Carrots

### Flex Week: Cultural Celebrations/Trustworthiness Week 2

#### Where are the carrots?

##### Books:

Tops and Bottoms by Janet Stevens

Stems and Roots by David Schwartz

The Vegetable Alphabet Book by Jerry Pallotta, Bob Thompson and Edgar Stewart

Welcome Books Carrots by Inez Snyder

The Giant Carrot by Jan Peck

##### Objectives:

- Students will describe how a carrot grows.
- Students will identify 2 other vegetables that grow underground.
- 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\* (we are unable to provide this item)

##### Directions:

1. Read Tops and Bottoms, Stems and Roots and The Vegetable Alphabet Book. Review with the students how carrots grow. Have them identify 2 other vegetables that grow underground.
2. Read The Giant Carrot and discuss why people like to eat carrots and why they make a healthy snack. Ask the students to recall the different ways to eat a carrot from the story.
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 a carrot on brown paper, with the stem top. Have the students 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

## Asparagus & Carrots HM Theme 5: Animals Everywhere/Trustworthiness Week 3

### I Eat Asparagus

#### **Books:**

I Eat Vegetables by Hannah Tofts

The Mighty Asparagus by V. Radunsky

*Story is a little different with some adult-type humor and concepts. You may need to paraphrase or omit certain parts.*

#### **Objectives:**

- Students will describe asparagus.
- Students will identify asparagus as a vegetable.

#### **Supplies:**

Butcher paper (folded like the pages from the book)

Markers

Pictures of asparagus and spinach

MyPyramid Pocket Chart and asparagus picture.

#### **Directions:**

1. Ask the students to identify the asparagus picture card and place it in the vegetable category of the MyPyramid Pocket Chart. After reading I Eat Vegetables and The Mighty Asparagus, explain that in the book there is not a page for asparagus and you need the students help in creating one.
2. Interactive Writing: show the students the picture of the asparagus and attach (tape) it to the paper and encourage them to help you write the words.
3. Ask the students to verbally describe asparagus. Open the fold and write the words that describe something about asparagus. Examples include: spear, tips, stalk, and green.

# FOOD EXPERIENCE

## April 2009

Fri 4/3/09

### Carrot and Asparagus Taste Test

- 1 pound asparagus (approximately 10-12 spears)
- 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. Wash the asparagus and cut each spear into 2-3 pieces.
3. In a microwave safe dish, place asparagus spears and ½ cup water. Microwave on high for 1-2 minutes, or until slightly tender. Remove and allow to cool.
4. Have students taste the asparagus and each type of carrot.

Makes 24 Taste Tests

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

Fri 4/10/09

### Carrot & Sunshine Salad

- 2 packs (10 ounces each) of Shredded Carrots
- ¾ 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

# FOOD EXPERIENCE

## April 2009

Fri 4/24/09

### The Mighty Asparagus Salad

2 pounds asparagus, trimmed (20 spears)

1 (2 pound bag) of baby carrots

2 large broccoli crowns (1 ½ cups broccoli florets)

Low-fat Ranch dressing

### Directions:

1. Wash asparagus and trim (or snap) off the ends. Place asparagus spears in a bowl and set aside.
2. In a microwave safe dish, place asparagus spears and ½ cup water. Microwave on high for 1-2 minutes, or until slightly tender. Remove and allow to cool.
3. Place 1 tbsp of low-fat Ranch dressing in a straight line on each student's plate.
4. Have each student build his/her own *Mighty Asparagus* salad picture by placing one asparagus stalk in the middle of the plate (with the end resting in the cloud of low-fat Ranch dressing), and the carrots and broccoli florets on the sides (like the illustration on the front of the book).

Makes 20 Taste Tests

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