

# January

## Harvests of the Month

### Winter Root Vegetables

Produce should be available at your local grocery store. Please choose at least one activity from each week. You may also create your own lesson plans.



	Monday	Tuesday	Wednesday	Thursday	Friday
WINTER ROOT VEGETABLE ACTIVITIES	Book – <i>The Gigantic Turnip</i> , by Aleksai Tolstoy and Niamh Sharkey, p. 2	Mystery Bag, p. 2	Create a Recipe Book, p. 3	Recipe – Pan Roasted Turnips and Sweet Potatoes, p. 4	Movement – Head, Shoulders, Knees and Turnips, p. 4
WINTER ROOT VEGETABLE ACTIVITIES	Book – <i>Tops and Bottoms</i> , by Janet Stevens, p. 4	Sprouting Parsnips, p. 5	Big Roots, Little Roots, Skinny Roots, Round Roots, p. 5	Recipe – Parsnip Hummus, p. 6	Movement – Catch a Question, p. 6
WINTER ROOT VEGETABLE ACTIVITIES	Book – <i>Eat Rutabagas</i> , by Jerry Apps, p. 7	Root or Non-Root?, p. 7	Sing Along – “Garden Song,” p. 8	Recipe – Rutabaga Carrot Soup, p. 8	Movement – Shadow Dance, p. 8
WINTER ROOT VEGETABLE ACTIVITIES	Book – <i>And the Good Brown Earth</i> , by Kathy Henderson, p. 9	“R” Is For Root Vegetables, p. 9	Sing Along – “Dirt Made My Lunch,” p. 9	Recipe – Carrot Celeriac Slaw, p. 10	Movement – Stand Up/Sit Down, p. 10

*Note: Please feel free to adapt these activities as necessary. Younger children may require additional assistance with some of the tasks required.*

## Winter Root Vegetables

### Fun Facts

- **Botany**

- Root vegetables are the roots of plants that are eaten as vegetables. These roots grow into the ground from the base of the plant stem. They anchor the plant, absorb water and nutrients, and store energy.
- Root vegetables are divided into six subgroups:
  - Tubers (i.e., Potato, sunchoke, yam)
  - Tap Roots: (i.e., Beet, carrot, cassava, jicama, parsnip, radish, rutabaga, turnip)
  - Tuberous Roots: (i.e., Sweet potato, yucca)
  - Corms: (i.e., Celeriac, eddo, taro, water chestnut)
  - Rhizomes: (i.e., Arrowroot, galangal, ginger, ginseng, lotus root, turmeric)
  - Bulbs: (i.e., Garlic, onion, shallot)

- **History**

- Root vegetables were an essential part of the diet during the early evolution of humankind (about five million years ago).
- Turnip fossils were found in caves in China dating back thousands of years.
- Rutabagas are believed to have originated in Bohemia in the 1700s as a cross between the turnip and wild cabbage.
- American colonists relied heavily on root vegetables because they could be stored for months in the harsh New England winters.

- **Nutrition**

- A ½ cup of most root vegetables provides an excellent source of vitamin C.
- Complex carbohydrates (commonly referred to as “starches”) are a key nutrient in root vegetables.

Adapted from: [http://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed\\_News\\_Roots\\_Tubers.pdf](http://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Roots_Tubers.pdf)\*

**Activity:** Book – *The Gigantic Turnip*, by Aleksai Tolstoy and Niamh Sharkey

**Ages:** 6 months-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will learn that many vegetables are planted in the spring.
- Children will learn that rain helps plants grow from seeds into vegetables.
- Children will learn that turnips are roots, and they grow underground.
- Children will name other winter root vegetables (i.e., parsnips, rutabagas, celery root).

**Materials:** *The Gigantic Turnip*, by Aleksai Tolstoy and Niamh Sharkey, an assortment of root vegetables, including turnips, rutabagas, parsnips and celery root

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Pass around the root vegetables before reading the story, or while you are reading. Ask the children to feel and smell the vegetables as they pass them along.
3. Read *The Gigantic Turnip* to your children. Highlight the part where the old woman and old man plant their garden. Talk about how water (rain) helps plants grow from seeds into vegetables.
4. While you are reading, ask children the following questions:
  - a. Has anyone tasted a turnip? What about other winter root vegetables?
  - b. What do they taste like?
  - c. What winter root vegetables do their families eat?
  - d. Ask children to name other winter root vegetables (i.e., parsnips, rutabagas, celery root).
  - e. What part of a turnip do we eat? (Note: you can eat root and the greens)
  - f. How do turnips grow? (underground)

Adapted from: [http://www.harvestforhealthykids.org/?page\\_id=291](http://www.harvestforhealthykids.org/?page_id=291)

**Activity:** Mystery Bag

**Ages:** 3-5 years

**Time:** 15 minutes

**Objective(s):**



- Children will identify turnips as a round, hard root vegetable.
- Children will describe the appearance, smell, and taste of turnips.

**Materials:** 2 raw young turnips (1 whole and 1 diced), mystery bag, paper and pencil, sharp knife, cutting board, plates (1/child), napkins (1/child)

**Preparation:**

1. Place 1 turnip in the mystery bag.
2. Wash and dice the other turnip and place the pieces on a plate.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Explain to children that we should always wash our hands before preparing and eating food. Have children wash their hands. If this is the first activity involving food tasting, talk with the children about polite food tasting habits.
3. Mystery bag: Introduce or reintroduce the mystery bag/box, if you have used it before. One at a time, ask each child to come and feel inside the bag/box without looking. If a child seems afraid, feel inside the bag/box with them. Ask each child to describe quietly to you what they feel and guess what the vegetable is. After everyone has guessed, reveal the turnip. Note the children's guesses that were close or correct. Offer each child a piece of turnip to look at, touch, and smell. Talk about turnip. Ask the questions below and any other questions you like.
  - a. Are turnips a fruit or a vegetable? (Vegetable)
  - b. What color is it? (White)
  - c. What shape is it? (Round)
  - d. How does the outside of it feel? (Smooth)
  - e. Is it light or heavy? (Heavy)
  - f. Is it soft or hard? (Hard)
  - g. Has anyone ever tasted a turnip? (Yes or no)
4. Tasting: Conclude the lesson by inviting the children to taste the turnip.
  - a. As necessary, remind the children how the group follows polite tasting manners:
    - i. "Don't yuck my yum!" Remind children that we do not say negative things about how something tastes because it might offend someone and discourage others from trying something new.
    - ii. If a child tries something that they do not like, request that they quietly spit it out in a napkin so other children have an opportunity to taste it and form their own opinions.
    - iii. Encourage children to use respectful language like "I don't care for it."
    - iv. Remind children that sometimes it takes trying new things 10-20 times before you begin to like them.
  - b. While the children are tasting the turnips, ask:
    - i. Is the turnip soft or crunchy? (Crunchy)
    - ii. How does the turnip taste? (Spicy)
5. Optional: Create a chart for children to document whether they "liked" the turnip or "don't like it yet." A sample chart is included at the end of this document.

*Adapted from: Farm to ECE May HOTM Calendar*

**Activity:** Create a Recipe Book

**Ages:** 3-5 years

**Time:** 20 minutes

**Objective(s):**

- Children will create a drawing to accompany one of the recipes they tried or help make this month.
- Children will use crayons, markers or paint to create art.
- Children will be able to tell the rest of the class about their artwork.
- Children will remember and connect experiences with root vegetables, and recall what they have learned during the month.

**Materials:** Drawing paper (1 sheet/child), crayons/markers/paint and brushes, a few winter root vegetables for display

**Preparation:**

1. Gather and set up materials on tables around the room.

**Procedure:** (Note: This activity can be repeated each month for the recipes featuring the Harvest of the Month produce, which are made for or with the help of your children. At the end of the year, bind each child's book and let them take it home to share with their families!)

1. Invite children to activity area.
2. Explain to children that they will be creating their own recipe books for each of the recipes they try/make as a class.
3. Explain that each month each child will decorate a page for his or her fruit and veggie recipe book.
4. Encourage children to draw/paint pictures of winter root vegetables using the vegetables on display as inspiration.



Adapted from: [http://www.harvestforhealthykids.org/?page\\_id=291](http://www.harvestforhealthykids.org/?page_id=291)

**Activity:** Recipe – Pan Roasted Turnips and Sweet Potatoes

**Ages:** 6 months-5 years

**Time:** 30 minutes

**Objective(s):**

- Children will try turnips prepared in a new way.

**Materials:** Sharp knife, cutting board, measuring spoons, liquid measuring cup, frying pan, stovetop, mixing spoon

**Servings:** 6 servings

**Ingredients:**

- 3 Tbsp unsalted butter or vegetable oil
- Black pepper to taste
- 1/4 tsp allspice
- 7-8 turnips, cut into 3/4" cubes
- 1 sweet potato, peeled and cut into 1/2" cubes
- 1 cup apple cider
- 1/2 tsp salt (less if using salted butter)

**Procedure:**

1. Heat the butter or oil, black pepper, and allspice in a large skillet.
2. After the butter/oil has melted, add the turnips and sweet potatoes in a single layer.
3. Cook without stirring for 4-5 minutes, or until lightly browned. Stir and continue to cook, stirring regularly, for 4 more minutes, or until vegetables are browned on all sides.
4. Add the apple cider and salt; bring to a boil.
5. Reduce the heat and simmer for 12 minutes, or until the vegetables are tender and the cider has reduced to almost nothing.

Adapted from: <https://assets.bouldercounty.org/wp-content/uploads/2017/11/farmers-market-cookbook.pdf>

**Activity:** Head, Shoulders, Knees and Turnips

**Ages:** 3-5 years

**Time:** 10-15 minutes

**Objective(s):**

- Children will be introduced to the anatomy of a turnip

**Materials:** Music to "Head Shoulders, Knees, and Toes" (see <https://www.youtube.com/watch?v=ZanHgPprl-o>), picture of a turnip plant (visit [http://www.harvestforhealthykids.org/?page\\_id=291](http://www.harvestforhealthykids.org/?page_id=291), download "Winter Root Vegetables Activity Plan," download HfHK\_Winter Root Vegetables\_PictureCards, print the picture of the turnip on p. 22)

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Show children the picture of a turnip.
3. Write anatomy of turnip on the picture including: leaves, stem, tap root (i.e., turnip), true roots (i.e., little whiskers coming out of the bottom of the turnip).
4. Identify which human body section will represent each part of the turnip (leaves = head, stem = shoulders, tap root = knees, true roots = feet).
5. Ask the children to stand.
6. Play the music to "Head, Shoulders, Knees and Toes."
7. Model the anatomy of the turnip by singing in tune to the song and placing hands on the assigned body parts. Replace the lyrics to the original song with the new lyrics: "leaves," "stem," "tap root," "true roots"
8. Encourage children to join in while continuing to model the anatomy.

Adapted from: [http://www.farmtoschool.org/Resources/LYCO\\_Edition-Harvest-of-the-Month-FINAL.pdf](http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf)

**Activity:** Book – *Tops and Bottoms*, by Janet Stevens

**Ages:** 6 months-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will learn the difference between tops and bottoms as well as the parts of the plant.

**Materials:** *Tops and Bottoms*, by Janet Stevens



**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Read *Tops and Bottoms* to your children.
3. After you finish the story, ask children the following questions:
  - a. What do the rabbits do while the bear sleeps all summer?
  - b. Does the bear decide to eat the tops or bottoms of the plants?
  - c. What parts of the plant do we eat?
  - d. Have you ever eaten the greens of a root vegetable? Did you eat them raw or cook them first? What did they taste like? Did you like them?

Adapted from: [http://www.vermontharvestofthemoth.org/uploads/2/8/9/6/28966099/03\\_beets-rutabaga\\_lesson.pdf](http://www.vermontharvestofthemoth.org/uploads/2/8/9/6/28966099/03_beets-rutabaga_lesson.pdf)

**Activity:** Sprouting Parsnips

**Ages:** 3-5 years

**Time:** 30 minutes

**Objective(s):**

- Children will be able to describe how root vegetables grow. (the roots grow underground, and the leaves grow above-ground).
- Children will participate in an experiment to sprout root vegetables.

**Materials:** Fresh parsnips (1/group of children), sharp knife, cutting board, saucers or bowls (1/group of children), and marbles or pebbles

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to activity area.
2. Explain to the class will be doing an experiment to see if leaves will grow from a parsnip.
3. Teachers prepare the parsnips by cutting off the tops (leaving about two inches of the parsnip below the tops). You can save the rest of the parsnips for a cooking or tasting activity!
4. Divide children into groups.
5. Ask groups to: (provide help as necessary)
  - a. Fill the saucer or bowl with a layer of marbles or pebbles.
  - b. Place the parsnip bottoms on top of the marbles/pebbles in the bowls or saucers.
  - c. Fill the bowls or saucers with a little water (fill to the top of the marbles/pebbles).
6. Place the bowls/saucers in a sunny window, and add water to keep the level at the top of the marbles/pebbles.
7. Watch as green leaves grow from the parsnips! Measure the leaves as they grow.

Adapted from: [http://www.harvestforhealthykids.org/?page\\_id=291](http://www.harvestforhealthykids.org/?page_id=291)

**Activity:** Big Roots, Little Roots, Skinny Roots, Round Roots

**Ages:** 3-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will describe the feel, smell, taste, color of assorted winter root vegetables.
- Children will compare the size, shape and weight of different winter root vegetables.

**Materials:** Assortment of root vegetables of different sizes and shapes (i.e., parsnips, rutabagas and turnips), chart paper, markers, scale, sharp knife, cutting board, hand stamps or stickers

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Leave many of the winter root vegetables whole, so that children can explore and compare the different sizes and shapes.
3. Ask children to describe how these vegetables are the same or different. Are they big? Small? Round? Skinny? Record their answers on chart paper.
4. Have children line up the vegetables according to their size, from smallest to largest.
5. Cut a few root vegetables open so that children can explore the inside of the root vegetables.
6. If you have a scale, have children predict which vegetables will be the heaviest and the lightest. Help children weigh the different vegetables to find out.



7. 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.
8. Give children a hand stamp or sticker for exploring a new vegetable!

Adapted from: [http://www.harvestforhealthykids.org/?page\\_id=291](http://www.harvestforhealthykids.org/?page_id=291)

**Activity:** Recipe – Parsnip Hummus

**Ages:** 6 months-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will try parsnips prepared in a new way.

**Materials:** cutting board, sharp knife, measuring cups, measuring spoons, food processor, pot, stovetop, mixing spoon

**Servings:** 1 1/2 cups (About 12, 2 Tbsp servings)

**Ingredients:**

- 2 medium parsnips
- 1 garlic clove
- 1/8 cup olive oil
- 1/8 cup tahini
- juice of 1 lemon
- 1/2 tsp cumin
- Salt and pepper, to taste

**Procedure:**

1. Wash and cut parsnips into 1-inch cubes. Steam until soft, then let cool.
2. Puree parsnips, garlic, and 3 Tbsp water in a food processor until smooth.
3. Add remaining ingredients and process until well-incorporated. Adjust seasonings, if needed.

Adapted from: <http://www.vermontharvestofthemoth.org/recipes/category/parsnips>

**Activity:** Movement – Catch a Question

**Ages:** 3-5 years

**Time:** 5 minutes

**Objective(s):**

- Children will interact positively with others as they throw and catch the ball and answer questions.

**Materials:** A beach ball, marker to write questions on the beach ball

**Preparation:**

1. Before class: Prepare the Beach Ball by writing questions on it such as:
  - a. What is your favorite fruit?
  - b. What is your favorite vegetable?
  - c. Do you have a garden at home?
  - d. What is your favorite season?
  - e. What is your favorite gardening activity (digging, watering, planting, harvesting, weeding)?
  - f. Have you ever been to a farm?
  - g. Have you ever been to a farmers' market?
  - h. Name a green vegetable.
  - i. Name a red fruit.
2. Prepare a space indoors for the children to gather in a circle to play the game.

**Procedure:**

1. Invite children to activity area.
2. Explain to children that you will be playing a fruit and vegetable game using a beach ball.
3. Explain how the game works. The ball has several questions about fruits and vegetables on it. The person with the ball will decide on a child to roll or throw it to. Before rolling or throwing the ball, they will call out this person's name. When the child catches the ball, they will have to answer whatever question their right thumb lands on. The teacher will walk around and help the children read the questions. After the child answers the question, they call out the name of someone else and roll or throw the ball to them. This child will also answer whatever question their right thumb lands on.
4. Continue playing until everyone in the class has had the chance to answer a question.

Adapted from: [https://d3knp61p33sjvn.cloudfront.net/2016/04/Classroom\\_Activities\\_Lesson\\_Plans.pdf](https://d3knp61p33sjvn.cloudfront.net/2016/04/Classroom_Activities_Lesson_Plans.pdf)



**Activity:** Book – *Eat Rutabagas*, by Jerry Apps

**Ages:** 6 months-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will understand that rutabagas are a root vegetable that grow underground.
- Children will understand the entire gardening process from planting to harvesting.
- Children will understand farmers grow and sell vegetables for people to eat.

**Materials:** *Eat Rutabagas*, by Jerry Apps

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Read *Eat Rutabagas* to your children.
3. After you finish the story, ask children the following questions:
  - a. What is breaking ground? (Soil that has never been plowed)
  - b. How did Pa plant the rutabaga seeds – by machine or by hand? (By hand)
  - c. What color are the rutabaga leaves? (Purple/green)
  - d. How many bushels of rutabagas did the farmers harvest? (352 bushels)
  - e. How did the farmers sell their rutabaga harvest? (Door to door)
  - f. What happened to the rutabagas in the basement? (They rotted)
  - g. What did the farmers use the rotten rutabagas for? (Compost)
  - h. What did they grow instead of rutabagas? (Oats)

Adapted from: <https://campus.plymouth.edu/cbcp/community-engagement/who-grew-my-lunch/eat-rutabagas/>

**Activity:** Root or Non-Root?

**Ages:** 3-5 years

**Time:** 10 minutes

**Objective(s):**

- Children will be able to distinguish between root vegetables and non-root vegetables.

**Materials:** Pictures of different vegetables (root and non-root)

**Preparation:**

1. Print a few examples of pictures of root vegetables and non-root vegetables
  - a. Root vegetables
    - i. Beets (<http://harvestofthemoth.cdp.ca.gov/Documents/images-graphs/botanical/Beets-BotImage-2010-01-23.pdf>)
    - ii. Potatoes (<http://harvestofthemoth.cdp.ca.gov/Documents/images-graphs/botanical/Potatoes-BotImage.pdf>)
  - b. Non-root vegetables
    - i. Tomatoes (<http://harvestofthemoth.cdp.ca.gov/Documents/Botanical%2051212/Botanical%20Images%20PDFs%20-%20FALL/TomatoesBotImage.pdf>)
    - ii. Corn ([http://harvestofthemoth.cdp.ca.gov/Documents/images-graphs/botanical/corn\\_diagram.pdf](http://harvestofthemoth.cdp.ca.gov/Documents/images-graphs/botanical/corn_diagram.pdf))
    - iii. Winter squash (<http://harvestofthemoth.cdp.ca.gov/Documents/Botanical%2051212/Botanical%20Images%20PDFs%20-%20FALL/WinterSquashBotImage.pdf>)
    - iv. Asparagus (<http://harvestofthemoth.cdp.ca.gov/Documents/Botanical%2051212/Botanical%20Images%20PDFs%20-%20SPRING/AsparagusBotImage.pdf>)

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Review the differences between root and non-root vegetables.
3. Ask children to provide an example of a root vegetable and a non-root vegetable.
4. Explain to children that you will show them pictures of different kinds of vegetables – root and non-root vegetables.
5. Ask children to stand up if they think the vegetable is a root vegetable and stay seated, if they think it's a non-root vegetable.
6. Reveal the correct answer, once all children have made their decision.

Adapted from: [http://www.vermontharvestofthemoth.org/uploads/2/8/9/6/28966099/03\\_beets-rutabaga\\_lesson.pdf](http://www.vermontharvestofthemoth.org/uploads/2/8/9/6/28966099/03_beets-rutabaga_lesson.pdf)



**Activity:** Sing Along – “Garden Song”

**Ages:** 2-5 years

**Time:** 5 minutes

**Objective(s):**

- Children will practice performing different activities in the garden.

**Materials:** Computer or cell phone with internet access and speakers

**Preparation:**

1. Gather materials.
2. Listen to “Garden Song” (<https://www.youtube.com/watch?v=ugoqRE2F7CM>).
3. Write the lyrics on chart paper and post on the wall.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Listen to “Garden Song”
3. While listening to the song, tell children that you will practice acting out different activities in the garden. Create movements to go along with the chorus and demonstrate them to your children. Act out these movements as a class when you hear the chorus.

Inch by inch, row by row (planting)

Gonna make this garden grow (watering)

Gonna mulch it deep and low (raking)

Gonna make it fertile ground (harvesting)

*Adapted from:* <http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>

**Activity:** Recipe – Rutabaga Carrot Soup

**Ages:** 6 months-5 years

**Time:** 45-60 minutes

**Objective(s):**

- Children will try rutabaga prepared in a new way.

**Materials:** Cutting board, sharp knife, liquid measuring cup, blender or stick blender, large saucepan or Dutch oven

**Servings:** 8 servings

**Ingredients:**

- 6 Tbsp unsalted butter or vegetable oil
- 1 large onion
- 2-3 celery stalks, diced
- 3 garlic cloves, finely chopped
- 1 lb rutabaga
- 1 lb carrots
- 6 cups chicken or vegetable stock

**Procedure:**

1. Melt butter or oil in a large saucepan or Dutch oven. Add root vegetables and onions and stir well to coat vegetables with butter.
2. Cover pot for 10 minutes until vegetables are softened.
3. Add stock and season with salt and pepper. Bring to a boil, then lower heat and simmer, covered, for 30 minutes.
4. Remove from heat and blend soup until smooth.

*Adapted from:* <http://www.vermontharvestofthemoth.org/recipes/rutabaga-carrot-soup>

**Activity:** Movement – Shadow Dance

**Ages:** 3-5 years

**Time:** 5 minutes

**Objective(s):**

1. Children will practice observing and imitating others’ movements.

**Materials:** Computer or cell phone with internet access and speakers

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to activity area.





1. Tell children that we will be having a dance party!
2. Ask for a volunteer to be the lead dancer.
3. Tell the lead dancer to think of their favorite dance move to share with the class. When the music starts, they should demonstrate their favorite dance move to the class. The rest of the class will try to shadow the lead's movements.
4. Explain that when the music stops, everyone is to stop dancing and someone else will get to be lead dancer.
5. Play "Local Food" ([https://www.youtube.com/watch?v=6gp7NCMBK\\_g](https://www.youtube.com/watch?v=6gp7NCMBK_g))
6. Start and stop the music several times, choosing a new lead dancer each time.

Adapted from: N/A

**Activity:** Book – *And The Good Brown Earth*, by Kathy Henderson

**Ages:** 6 months-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will learn that some vegetables grow above the ground and some (i.e., root vegetables) grow underground.
- Children will learn that vegetables grow from seeds.

**Materials:** *And The Good Brown Earth*, by Kathy Henderson

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Read *And The Good Brown Earth* to your children.
3. While you are reading, ask children the following questions:
  - a. What are Gram and Joe doing in the garden in the Fall?
  - b. Why does Gram put a scarecrow in the garden?
  - c. Why does Gram need to weed the garden?
  - d. Why does Gram need to water the garden?
  - e. How was Joe's garden different than Gram's garden?
  - f. How do root vegetables grow?
  - g. What do you think Gram and Joe will do after they pick all of the vegetables?

Adapted from: <https://www.eupschools.org/cms/lib/MI17000134/Centricity/Domain/42/Good%20Brown%20Earth.pdf>

**Activity:** "R" Is For Root Vegetables

**Ages:** 2-5 years

**Time:** 5 minutes

**Objective(s):**

- Children will learn that "root vegetables" start with the letter "R."

**Materials:** Chart paper, markers

**Preparation:**

1. Gather materials.

**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Explain to children that "root vegetables" start with the letter "R."
3. Ask children to come up with other words that start with "R," and record their ideas on chart paper. Hang the chart in the classroom.

Adapted from: [http://www.harvestforhealthykids.org/?page\\_id=291](http://www.harvestforhealthykids.org/?page_id=291)

**Activity:** Sing Along – "Dirt Made My Lunch"

**Ages:** 3-5 years

**Time:** 15 minutes

**Objective(s):**

- Children will learn that how dirt helps grow the food we eat.

**Materials:** Computer or cell phone with internet access and speakers, chart paper, marker, dirt from your garden, small bowl, shovel

**Preparation:**

1. Gather materials.
2. Put a scoopful of dirt from your garden in a bowl.
3. Listen to "Dirt Made My Lunch" (<https://bananaslug.bandcamp.com/track/dirt-made-my-lunch-3>) before class starts.



4. Write the lyrics (see below) on chart paper and post on the wall.

**Procedure:**

1. Invite children to activity area.
2. Show children the dirt in the bowl and tell them that it came from their garden outside.
3. Ask children why they think dirt is important in the garden.
4. Tell children we will be learning about how dirt helps grow the food we eat.
5. Listen to "Dirt Made My Lunch" with the children.
6. Teach children the lyrics –  
(Chorus)  
Dirt made my lunch. Dirt made my lunch.  
Thank you, dirt, thanks a bunch – for my salad, my sandwich, my milk and my munch  
Cause dirt, you made my lunch.

Dirt is a word we often use, when we're talking about the earth beneath our shoes.  
It's a place where plants can sink their toes, and in a little while a garden grows.  
(Chorus)

A farmer's plow will tickle the ground. You know the earth has laughed when wheat is found.  
The grain is taken and flour is ground for making a sandwich to munch on down.  
(Chorus)

A stubby green beard grows upon the land. Out of the soil, the grass will stand.  
But under hoof it must bow for making milk by way of a cow.  
(Chorus)

Adapted from: <https://bananaslug.bandcamp.com/track/dirt-made-my-lunch-3>

**Activity:** Recipe – Carrot Celeriac\* Slaw

\*Celeriac = celery root (<https://en.wikipedia.org/wiki/Celeriac>)

**Ages:** 6 months-5 years

**Time:** 30 minutes

**Objective(s):**

- Children will try root vegetables prepared in a new way.

**Materials:** Box grater, measuring cups, measuring spoons, mixing bowl, sharp knife, cutting board, whisk

**Servings:** 4, 3/4 cup servings

**Ingredients:**

- 2 cups shredded carrots (about 4 medium)
- 1 cup peeled and shredded celeriac (i.e., celery root)
- ¼ cup raisins
- 2 Tbsp oil
- 2 Tbsp lemon juice
- 1 Tbsp honey
- 1 small shallot, minced
- ½ tsp salt
- ¼ tsp black pepper

**Procedure:**

1. Whisk oil, lemon juice, honey, shallot, salt, and pepper in a large bowl.
2. Add carrots, root vegetables and raisins. Toss to combine.

Adapted from: <http://www.vermontharvestofthemoth.org/recipes/category/carrots>

**Activity:** Movement – Stand Up/Sit Down

**Ages:** 3-5 years

**Time:** 5 minutes

**Objective(s):**

- Children will have the chance to express which elements they liked from this month's HOTM curriculum through movement.

**Materials:** N/A

**Preparation:** N/A



**Procedure:**

1. Invite children to sit in a circle on the floor.
2. Tell children that you are going to read a series of questions. If their answer is “yes,” they should stand up. If their answer is “no” or “I don’t know,” they should stay seated.
3. After all children have answered, invite everyone to sit down again and proceed to the next question.
4. Here are a few sample questions you might try:
  - a. Do you like parsnips?
  - b. Have you ever tried a rutabaga?
  - c. Have you ever seen a turnip growing in a garden or farm?
  - d. Did you try the *(enter name of recipe you made for/with the class recently)*?
  - e. Did you like *(enter name of recipe you made for/with the class recently)*?

Adapted from: <http://www.coloradoinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>



Harvested produce comments

"I LIKE THIS"



"ME GUSTA"

"I DON'T LIKE THIS YET"



"NO ME GUSTA  
TODAVÍA"

