

February

Harvests of the Month

First two weeks: Cabbage

Second two weeks: Potatoes

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 plan.



	Monday	Tuesday	Wednesday	Thursday	Friday
CABBAGE ACTIVITIES	Book – <i>Clara Caterpillar</i> , by Pamela Duncan Edwards, p. 2	Cabbage Mystery Bag, p. 2	Cabbage Picture Cards, p. 3	Recipe – Vegetarian Stuffed Cabbage Leaves, p. 3	Movement – Sing n’ Stretch, p. 4
CABBAGE ACTIVITIES	Book – <i>Growing Vegetable Soup</i> , by Lois Ehlert, p. 4	Cooking Vegetable Soup, p. 5	Sensory Exploration, p. 5	Recipe – Vegetable Soup, p. 6	Movement – Freeze Dance, p. 6
POTATOES ACTIVITIES	Book – <i>One Potato: A Counting Book of Potato Prints</i> , by Diana Pomeroy, p. 8	“P” is for Potato, p. 8	Potato Prints, p. 9	Recipe – Herb Roasted Potatoes, p. 9	Movement – Hot Potato Dance-Along, p. 9
POTATOES ACTIVITIES	Book – <i>The Enormous Potato</i> , by Aubrey Davis, p. 10	One Potato, Two Potato, Sweet Potato, Plain Potato, p. 11	Create a Recipe Book, p. 11	Recipe – Cheesy Broccoli Potato Mash, p. 11	Movement – Pass the Hot Potato, p. 12

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

CABBAGE

Fun Facts

- **Botany**
 - The word “cabbage” comes from the French word “caboché” meaning “head.”
 - There are more than 400 cabbage varieties, but most common are the green, red, purple, and savoy varieties.
 - Cabbage is a member of the Mustard family.
- **History**
 - Cabbage is indigenous to Asia and the Mediterranean.
 - It was a staple for Europeans in the Middle Ages because of its ability to store for long periods.
 - Its juice was commonly used to heal wounds and as a cough remedy.
 - It’s said to have been introduced to North America in 1541, by French explorer, Jacques Cartier.
 - Since cabbage contains lots of vitamin C, other explorers, including Captain Cook, traveled with it in order to prevent scurvy.
- **Nutrition**
 - In addition to vitamin C, a ½ cup of cabbage provides Vitamin K, Vitamin A, folate and phytochemicals

Adapted from: http://harvestofthemonth.cdph.ca.gov/documents/Winter/Cabbages/Cabbage%20-%20Educator%27s%20Newsletter_Final.pdf

Activity: Book – *Clara Caterpillar*, by Pamela Duncan Edwards

Ages: 6 months-5 years

Time: 15 minutes

Objective(s):

- Children will understand that cabbage starts with the letter “C.”

Materials: *Clara Caterpillar*, by Pamela Duncan Edwards, chart paper, markers

Preparation:

1. Gather materials.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Read *Clara Caterpillar* to your children.
3. After you finish the story, ask children to come up with other words that start with “C,” and record their ideas on a large piece of chart paper.
4. Hang the chart paper in the classroom for the month.

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip

Activity: Cabbage Mystery Bag

Ages: 3-5 years

Time: 15 minutes

Objective(s):

- Children will identify cabbage as a round, leafy vegetable.
- Children will describe the appearance, smell and taste of cabbages.

Materials: 2 raw cabbages (1 whole and 1 cut up), 1 bag or box, paper and pencil, chef’s knife, cutting board, plates (1/child), napkins (1/child)

Preparation:

1. Gather materials.
2. Place 1 cabbage in the bag or box.
3. Wash and cut up the other cabbage and place one piece on each 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, such as:
 - a. “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.
 - b. 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.
 - c. Encourage children to use respectful language like, “I don’t care for it.”
 - d. Remind children that sometimes it takes trying new things 10 times before you begin to like them.



3. 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 cabbage. Note the children's guesses that were close or correct.
4. Pass out the plates of cabbage pieces to each child. Encourage children to look at, touch and smell their cabbage. Talk about the cabbage by asking the questions below and any other questions you like.
 - a. Is cabbage a fruit or a vegetable? (Vegetable)
 - b. What color is it? (Green or Purple)
 - c. What shape is it? (Round)
 - d. How does the outside of it feel? (Bumpy)
 - e. Is it light or heavy? (Heavy)
 - f. Is it soft or hard? (Hard)
 - g. Has anyone ever tasted cabbage? (Yes or no)
5. Tasting: Conclude the lesson by inviting the children to taste their cabbage. As necessary, remind the children how the group follows polite tasting manners. Ask the children:
 - a. Is the cabbage soft or crunchy? (Crunchy)
 - b. How does the cabbage taste?
6. Optional: Create a sticker chart for children to document whether they "liked" the cabbage 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 and

<http://www.vermontharvestofthemoth.org/uploads/2/8/9/6/28966099/tastetesttoolkitaguidetotastingsuccess.pdf>

Activity: Cabbage Picture Cards

Ages: 3-5 years

Time: 15 minutes

Objective(s):

- Children will learn how to say "cabbage" in different languages.
- Children will learn how cabbages grow.
- Children will learn about different kinds of cabbage.

Materials: Cabbage picture cards

Preparation:

1. Gather materials.
2. Print picture cards:
 - a. Click on http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip
 - b. Download and print HfHK_Cabbages_PictureCards.pdf (English) and/or HfHK_Cabbages_SpPictureCards.pdf (Spanish)
3. 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.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Review the picture cards with your children.

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip

Activity: Recipe – Vegetarian Stuffed Cabbage Leaves

Ages: 2-5 years

Time: 90 minutes

Objective(s):

- Children will try cabbage prepared in a new way.

Materials: Chef's knife, cutting board, can opener, measuring spoons, measuring cups, medium pot, large pot, stove or hot plate, baking dish, oven

Servings: 24 rolls

Ingredients

- 3 heads of cabbage
- 3 bell peppers, diced
- 1 ½ cups uncooked brown rice



- 6 cloves garlic, minced
- 3 small onions, diced
- 3 cans (15 oz.) beans of your choice, drained and rinsed
- 3 cans (15 oz.) tomato sauce
- ¼ cup + 2 Tbsp freshly squeezed lemon juice

Procedure:

1. Filling:
 - a. Cook the rice according to package directions.
 - b. Sauté onion, garlic, and peppers on medium heat until cooked through.
 - c. Add beans and stir until heated.
 - d. Add rice and stir until heated through.
2. Cabbage:
 - a. Remove the core of the cabbage by cutting deeply around its base with a paring knife. Discard core.
 - b. Bring 2 to 3 inches of water to a boil in a deep pot. Place the entire cabbage in the water, cover, and boil for 7-10 minutes. Remove the cabbage from the water and cool by running under cold water.
 - c. Peel off 6-8 whole leaves from each cabbage.
 - d. With a knife, cut off the thickest part of the cabbage stem at the base of each leaf, so that they are similar in thickness to the rest of the leaf.
3. Sauce and stuffing:
 - a. Mix tomato sauce and lemon juice together.
 - b. Place 1/4 to 1/2 cup of rice mixture, depending on leaf size, in the center of each leaf.
 - c. Fold the right and left edges of the leaf in toward the center, then roll the leaf forward, tucking in the sides until reaching the far end of the leaf. Place on baking dish.
 - d. Pour the sauce mixture over the top of each cabbage roll and cover baking dish.
 - e. Bake at 350 degrees F for 40-45 minutes, or until tender.

Adapted from: <http://www.vermontharvestofthemoth.org/recipes/vegetarian-stuffed-cabbage-leaves>

Activity: Movement – Sing n’ Stretch

Ages: 2-5 years

Time: 10 minutes

Objective(s):

- Children will learn about cabbage through song and movement.

Materials: Chart paper, markers

Preparation:

1. Gather materials.
2. Write the lyrics on chart paper and post on the wall.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Explain to children that you will learn about cabbage by singing a song.
3. Teach children the lyrics and movements. (Refer to the chart paper.)

Lyrics (Sing to the tune of “Head, Shoulders, Knees and Toes”):

Cabbage heads and cabbage leaves, cabbage leaves (Point to head; reach arms straight out to sides.)

Cabbage heads and cabbage leaves, cabbage leaves (Point to head; reach arms straight out to sides.)

Eat them up; you’ll grow as tall as trees! (Mime eating cabbages; reach both arms high above head.)

Cabbage heads and cabbage leaves, cabbage leaves (Point to head, reach arms straight out to sides.)

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip

Activity: Book – *Growing Vegetable Soup*, by Lois Ehlert

Ages: 6 months-5 years

Time: 15 minutes

Objective(s):

- Children learn that vegetables grow from seeds.
- Children learn that plants need water and sunlight to grow.
- Children become familiar with tools used in gardening activities, such as weeding.

Materials: *Growing Vegetable Soup*, by Lois Ehlert, 2 cabbage heads to pass around

Preparation:

1. Gather materials.



Procedure:

1. Invite children to sit in a circle on the floor.
2. Pass around the head cabbage or sections of head cabbage before reading the story, or while you are reading. Invite the children to feel and smell the cabbage as they pass them along.
3. Read *Growing Vegetable Soup*.
4. Highlight and list the garden tools. Point out the cabbage as it grows from sprout to cabbage head. Explain that plants grow from seeds. Sometimes, seeds are grown indoors into sprouts before they are planted in the ground outside.
5. While you are reading, ask children questions, like:
 - a. Has anyone tasted cabbage? What did it taste like?
 - b. Has anyone worked in a garden? Has anyone used one of the gardening tools in the book?
6. What do plants need to grow (water, sunlight, weeding)?

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip

Activity: Cooking Vegetable Soup

Ages: 3-5 years

Time: 90 minutes

Objective(s):

- Children participate in a cooking activity and learn how to make vegetable soup.
- Children learn some different ways that cabbage is eaten (e.g., boiled, stir-fried, raw in coleslaw, in soup, raw on fish tacos, etc.).
- Children taste vegetable soup.
- Children review the story of *Growing Vegetable Soup*.
- Children recognize and review the different vegetables in vegetable soup.

Materials: Large soup pot, stove or hot plate, chef's knife, cutting board, scissors (optional), vegetable peelers, kid-friendly vegetable choppers (optional), hand stamps or stickers, small cups or bowls and spoons for tasting

Preparation:

1. Gather materials and ingredients. (See [Vegetable Soup recipe](#) on p. 6)

Procedure: (Note: Remember to keep children away from all sharp cutting utensils, electrical devices, and hot food and surfaces at all times.)

1. Invite children to the activity area.
2. Explain to children that today we are going to make a recipe called Vegetable Soup. Ask if anyone has tasted vegetable soup before. What did it taste like?
3. Remind children of the story, *Growing Vegetable Soup*. Engage children in conversation about the fruits and vegetables grown in the book, gardening, and cooking.
4. Introduce each ingredient as you place it on the activity table. Highlight the Harvest of the Month vegetables – potato and cabbage and ask children to recall what they know about these vegetables.
5. Ask for volunteers to help with the following tasks. (Note: Make sure volunteers wash their hands.)
 - a. Tear or cut cabbage leaves with scissors.
 - b. Chop vegetables with kid-friendly vegetable choppers, or a hand-held crinkle cutter with adult support.
 - c. Add ingredients to the pot. (Note: Make sure children can reach pot easily, and that pot is removed from heat source before adding ingredients.)
6. When the soup is ready, encourage children to taste it!
7. Give children a hand stamp or sticker for trying something new!

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip

Activity: Sensory Exploration

Ages: 3-5 years

Time: 30 minutes

Objective(s):

- Children describe the feel, smell, taste, color of head cabbage.
- Children learn that cabbage leaves grow in packed layers, and that these layers form a "head."
- Children compare the size of cabbage leaves.

Materials: 3 small cabbage heads, scissors, chart paper, markers, chef's knife, cutting board, plates (1/child), hand stamps or stickers

Preparation:

1. Gather materials.
2. Leave one cabbage whole, cut one in quarters and peel the leaves from the third.



3. Place 1 cabbage leaf on each plate.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Show children the cut cabbage and ask: what does it look like? Point out the layers and explain that cabbage leaves grow tightly together in a “head.”
3. Pass around the cut cabbage for children to explore.
4. Give each child a plate with a cabbage leaf. Encourage children to explore the layers of cabbage leaves. Ask children to describe the feel, smell, and color of the cabbage.
5. Invite children to compare the sizes of the leaves. Ask children to line up with their leaves from smallest to largest.
6. Provide children with scissors and encourage children to experiment with cutting shapes or strips from the cabbage leaves.
7. Invite children to taste their cabbage leaves. Remind them about polite food tasting habits, such as:
 - a. “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.
 - b. 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.
 - c. Encourage children to use respectful language like “I don’t care for it.”
 - d. Remind children that sometimes it takes trying new things 10 times before you begin to like them.
8. Ask children to describe the taste of the cabbage.
9. Make a chart to record who has tasted cabbage, and record children’s descriptions of the taste.
10. Remind children that they will need to wash their hands after tasting and before continuing to explore the vegetables.
11. Give children a hand stamp or sticker for exploring a new vegetable!

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip and <http://www.vermontharvestofthemoon.org/uploads/2/8/9/6/28966099/tastetesttoolkitaguidetotastingsuccess.pdf>

Activity: Recipe – Vegetable Soup

Ages: 6 months-5 years

Time: 45 minutes

Objective(s):

- Children will try cabbage prepared in a new way.

Materials: Chef’s knife, cutting board, vegetable peeler, measuring spoons, measuring cups, large soup pot, can opener, stove or hot plate

Servings: 6 cups

Ingredients:

- 1 small onion
- 1 garlic clove
- 1 Tbsp olive oil
- 1 carrot, peeled
- 1 small potato, peeled
- 1 beet, peeled (optional)
- ½ tsp salt
- 4 cups vegetable broth
- 1 tsp dried thyme or other seasoning of choice
- 1 16 oz. can whole tomatoes, with juice
- 1 cup cabbage (about ¼ small head)
- 1 winter squash (i.e., butternut) or sweet potato, peeled (optional)
- Salt and pepper, to taste

Procedure:

1. Chop the onion and mince garlic. Set aside.
2. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.
3. Heat the olive oil in a large, wide pot.
4. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes).
5. Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes.
6. Add the broth and bring to a boil.
7. Once the soup boils, reduce the heat and simmer for 20 minutes.
8. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.



9. Taste the soup, and add a little salt and pepper if desired.

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cabbage.zip

Activity: Movement – Freeze Dance

Ages: 2-5 years

Time: 5 minutes

Objective(s):

- Children will practice starting and stopping.

Materials: 4 cones or bean bags, music, device to play music on

Preparation:

1. Create an activity area large enough for all children to be able to move around in.
2. Use cones or bean bags to create boundaries.

Procedure:

1. Invite children to the activity area.
2. Tell children –
 - a. When the music starts, start dancing.
 - b. When the music stops, stop quickly and freeze, like a statue. (Ask a child to demonstrate what this looks like.)
 - c. When the music starts again, start dancing again.
3. Review personal space and boundaries with children.
4. Start and stop the music every 10-20 seconds.

Adapted from: https://sparkpe.org/wp-content/uploads/2011/01/starting-stopping_EC1.pdf



POTATOES

Fun Facts

- **Botany**
 - Potatoes are tubers that are members of the nightshade family.
 - Potatoes come in more than 200 varieties. The most common American main crop variety, the Russet Burbank potato, was named after horticulturist, Luther Burbank.
- **History**
 - Potatoes are America's number one vegetable crop and are grown commercially in 35 states in the United States.
 - Americans consume on average 130 pounds of fresh and processed potatoes annually.
 - More than half of all potatoes are used for processing (e.g., French fries, chips) while the remainder are sold fresh.
 - Wild potatoes originated in the Andes mountain range and were first cultivated about 7,000 years ago.
 - By the 1400s, the potato was a staple crop of the Incas and was grown throughout western South America. Spanish conquistadors shipped potatoes back to Spain in the mid-16th century.
 - Captain Nathaniel Butler (Governor of Bermuda) shipped the first potatoes to North America in 1621 as a gift to the Governor of Virginia.
 - The Irish Potato Famine of 1845 to 1851 was the result of a fungus that wiped out Ireland's potato crop, which were the primary food source for much of the population. More than one million Irish died and another three to four million emigrated.
 - In 1995, NASA grew the first vegetable, the potato, in space.
- **Nutrition**
 - A ½ cup of cooked potatoes provides Vitamin C, carbohydrates, fiber, Vitamin B6, niacin, thiamin, and potassium.

Adapted from: http://harvestofthemoth.cdp.ca.gov/documents/Summer/Potatoes/Potatoes_Educator%27s-Newsletter.pdf

Activity: Book – *One Potato: A Counting Book of Potato Prints*, by Diana Pomeroy

Ages: 6 months-5 years

Time: 15 minutes

Objective(s):

- Children will practice identifying numbers and vegetables.

Materials: *One Potato: A Counting Book of Potato Prints*, by Diana Pomeroy

Preparation:

1. Gather materials.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Read the text and encourage children to repeat after you. This text is easily memorized and children should be able to recite it after a few readings.
3. Practice identifying numbers. Turn to any page and point to the number on the page. Ask children: What is this number? Repeat this activity with several numbers.
4. Practice identifying vegetables. Ask children to guess the names of vegetables you describe for them. Here are some examples:
 - a. It is long. It is orange. What is it? (carrot)
 - b. These grow underground. What are they? (carrots and potatoes)
 - c. It begins with the letter "p." What is it? (potato)

Adapted from:

https://books.google.com/books?id=gB_Cswl2DoQC&pg=PT162&lpg=PT162&dq=%22One+Potato:+A+Counting+Book+of+Potato+Prints%22+%2B+activity&source=bl&ots=pZXCDMXjaj&sig=ACfU3U3zDhmV_l6G-EKrRhJ4CPJiuOKjtg&hl=en&sa=X&ved=2ahUKewjN2L_EjJngAhXG7oMKHVotDkk4ChDoATACegQIAxAB#v=onepage&q=%22One%20Potato%3A%20A%20Counting%20Book%20of%20Potato%20Prints%22%20%2B%20activity&f=false

Activity: "P" is for Potato

Ages: 3-5 years

Time: 10 minutes

Objective(s):

- Children will learn words that start with the letter "P."

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 the word, "potato" starts with the letter "P."
3. Ask children to come up with other words that start with "P," and record their ideas on chart paper.
4. Hang the paper in the classroom for the month.

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip

Activity: Potato Prints

Ages: 2-5 years

Time: 30 minutes

Objective(s):

- Children will learn how to make potato prints.

Materials: 5 potatoes (this will make 10 stamps), paring knife or paper clip, old cotton washcloth or paper towel, small paintbrushes, selection of acrylic paints, small bowls of water to clean brushes, paper for printing (1/child), smocks (1/child)

Preparation:

1. Gather materials.
2. Cut potatoes in half, lengthwise.
3. Wipe the exposed potato "faces" with washcloth/paper towel to remove any excess moisture.
4. With the knife or paperclip, cut the outline of a shape (i.e., triangle) into the potato face. Once your triangle shape is outlined, start cutting away the rest of the potato to leave the triangle standing alone, in relief. You need to cut away the meat of the potato from the outside of your triangle about half an inch deep all around. Once this is done, your stamp is ready to paint. Repeat this process with the remaining potatoes. For additional guidance, check out this video – <https://www.metmuseum.org/metmedia/video/metkids/metkids-create/make-a-potato-print>.
5. Set up potato prints, paint, paint brushes and paper for your children.

Procedure:

1. Invite children to the activity area.
2. Ask children to put on their smocks.
3. Explain to children that the pictures in the book, *One Potato: A Counting Book of Potato Prints* were made with potatoes. This process is called potato printing. Today, we are going to make our own potato prints.
4. Demonstrate how to make a potato print. Explain the process while you do so:
 - a. Dip your paintbrush first into the water to moisten it and then into the paint. (The paint should be fairly thick.) Paint the face of the potato.
 - b. Place the painted stamp face down on the paper, putting even pressure on the potato with the palm of your hand.
 - c. Press firmly and lift up. Repeat the process with the other stamps.

Adapted from: *One Potato: A Counting Book of Potato Prints*, by Diana Pomeroy

Activity: Recipe – Herb Roasted Potatoes

Ages: 6 months-5 years

Time: 60 minutes

Objective(s):

- Children will try potatoes prepared in a new way.

Materials: Chef's knife, cutting board, baking dish, aluminum foil, oven, measuring spoons, measuring cups, small plates, napkins

Servings: 36, 1/3 cup servings

Ingredients

- 4 lbs potatoes
- 4 Tbsp olive oil
- 1 small bunch fresh rosemary or thyme or 1 Tbsp dried rosemary or thyme
- 1 1/2 tsp salt

Procedure:

1. Preheat oven to 450 degrees F. Remove rosemary or thyme from stems (if using fresh).
2. Cut rinsed potatoes into one inch cubes.
3. In large bowl, toss potatoes with oil, herbs, and salt.
4. Place in baking dish. Cover. Bake for 30 to 40 minutes or until done. Serve warm on plates.

Adapted from: http://harvestofthefmonth.cdph.ca.gov/documents/Summer/Potatoes/Potatoes_Educator%27s-Newsletter.pdf

Activity: Movement – Hot Potato Dance-Along

Ages: 3-5 years

Time: 15 minutes

Objective(s):

- Children will practice singing and dancing.

Materials: Computer or cell phone with internet access and speakers

Preparation:

1. Gather materials.
2. Write the lyrics to "Hot Potato" on chart paper and hang on the wall.
3. Watch "Hot Potato" (<https://www.youtube.com/watch?v=ov4-eAefurY>) to practice the lyrics and learn the choreography.

Procedure:

1. Invite children to the activity area.
2. Play "Hot Potato" (<https://www.youtube.com/watch?v=ov4-eAefurY>).
3. Teach children the lyrics and choreography to "Hot Potato."
4. Invite children to sing and dance along.

Lyrics:

Hot potato, hot potato (hot potato, hot potato)
Hot potato, hot potato (hot potato, hot potato)
Hot potato, hot potato (potato), potato (potato)
Potato, potato, potato

Cold spaghetti, cold spaghetti (cold spaghetti, cold spaghetti)
Cold spaghetti, cold spaghetti (cold spaghetti, cold spaghetti)
Cold spaghetti, cold spaghetti (spaghetti), spaghetti (spaghetti)
spaghetti, spaghetti, spaghetti

Whooo, wiggly wiggly wiggly
Whooo, wiggly wiggly wiggly
Gimme that, gimme that, gimme that, hoo

Whooo, wiggly wiggly wiggly
Whooo, wiggly wiggly wiggly
Gimme that, gimme that

Mashed banana, mashed banana (mashed banana, mashed banana)
Mashed banana, mashed banana (mashed banana, mashed banana)
Mashed banana, mashed banana (banana), banana (banana)
Banana, banana, banana

Whooo,...

Adapted from: <https://www.youtube.com/watch?v=ov4-eAefurY>

Activity: Book – *The Enormous Potato*, by Aubrey Davis

Ages: 6 months-5 years

Time: 15 minutes

Objective(s):

- Children will learn about different characteristics of potatoes.

Materials: *The Enormous Potato*, by Aubrey Davis, potato, box

Preparation:

1. Gather materials.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Explain to the children that they have to figure out what type of plant you will be reading about before reading the story. Show children a box that contains a hidden potato inside and the story, *The Enormous Potato*. Have children listen to clues to figure out what type of plant might be growing in the story. You may wish to use the following clues...
 - a. This plant is a root that we can eat.
 - b. It has eyes all over it.
 - c. It is white on the inside.



- d. It has a brown skin.
 - e. It grows with a green leafy stem.
 - f. It is usually in the shape of an oval.
 - g. You can do many things to this plant to make it taste different (fry, bake, mash, etc.).
3. Once children have correctly guessed the potato, show them the potato and the book from the bag.
 4. Introduce the title, author, and illustrator. Then, read the story aloud!

Adapted from: <http://www.hubbardscupboard.org/the-enormous-kinder-garden/#TheEnormousPotato>

Activity: One Potato, Two Potato, Sweet Potato, Plain Potato

Ages: 3-5 years

Time: 30 minutes

Objective(s):

- Children describe the feel, smell, taste, and color of different types of potatoes.
- Children compare sweet potatoes to regular potatoes.

Materials: A few different types of potatoes (i.e., Red Potatoes, Blue Potatoes, Yukon Gold Potatoes, Russet Potatoes, Fingerling Potatoes) – some cooked (and cut into large dices for tasting) and some raw (whole), forks and spoons (1/child), napkins (1/child), plates (1/child), vegetable peeler, medium pot for boiling potatoes, stove or hot plate, chart paper, markers, hand stamp or stickers

Preparation:

1. Gather materials.
2. Cut potatoes into a large dice and boil until fork tender.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Introduce potatoes to the children. Ask them to compare the potatoes. How are they the same? How are they different? Do they have different shapes? Are they different colors? How do they compare when you cut them open?
3. Offer children tastes of cooked potatoes. Have children compare the textures and flavors.
4. Give children spoons and forks to explore the texture of the cooked potatoes, if desired. Children can mash potatoes, spoon potatoes out of skins, rake potatoes with a fork.
5. Make a chart comparing sweet potatoes with potatoes.
6. Give children a hand stamp or sticker for exploring a new vegetable!

Adapted from: http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Sweet%20Potatoes%20and%20Potatoes.zip

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 potatoes, and recall what they have learned during the month.

Materials: 8.5x11" paper (1 sheet/child), crayons/markers/paint and brushes, a few types of potatoes for display

Preparation:

1. Gather and set up materials.

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 the 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

Activity: Recipe – Cheesy Broccoli Potato Mash

Ages: 6 months-5 years

Time: 45 minutes

Objective(s):

- Children will try potatoes prepared in a new way.



Materials: Chef's knife, cutting board, measuring cups, large pot, stove or hot plate, potato masher or food processor

Servings: 24, 1/2 cup servings

Ingredients:

- 3 lbs potatoes
- 2 ¼ lbs broccoli crowns
- 2 ¼ cups shredded cheddar cheese
- 1 ½ cups milk (1% or fat free), warmed
- Salt and pepper, to taste

Procedure:

1. Cut potatoes into wedges or cubes. Add to a large pot and cover with water. Boil until tender, about 15-20 minutes.
2. Cut broccoli into small florets and steam for 5 minutes, until tender.
3. Transfer broccoli to a large bowl and coarsely mash with a potato masher or food processor.
4. Add potatoes, cheese, milk, salt, and pepper, and continue mashed until desired consistency is reached. Serve immediately.

Adapted from: <http://www.vermontharvestofthemonth.org/recipes/cheesy-broccoli-potato-mash>

Activity: Movement – Pass the Hot Potato

Ages: 3-5 years

Time: 15 minutes

Objective(s):

- Children will practice listening skills and work on reflexes.

Materials: Potato or bean bag, device to play music on, music

Preparation:

1. Gather materials.

Procedure:

1. Invite children to the activity area and form a standing circle.
2. Explain to children how the game works:
 - a. Tell children they are going pass the potato around the circle while the music is playing.
 - b. When the music stops, the child holding the potato must sit down. Each time a child sits down, ask children to take a step forward to make the circle smaller. Continue until there is one child left in the circle.
 - c. If you'd like to add some variety to the game after the first round, tell children that the children that you are going to play the game again, but that the first child holding the potato will name something that starts with the letter "A" as quickly as possible before passing the potato to the next child. The next child must name something that starts with "B" and so on. Start the music and follow the instructions indicated in steps "a" and "b" above.

Adapted from: <https://www.brighthubeducation.com/preschool-crafts-activities/119478-fun-with-potatoes/>



Harvested produce comments

"I LIKE THIS"



"ME GUSTA"

"I DON'T LIKE THIS YET"



"NO ME GUSTA
TODAVÍA"

