

November

Harvests of the Month

First two weeks: Carrots

Second two weeks: Cauliflower

If these are not available in your school garden, they should be available at the Boulder County Farmers Market. Grocery stores often have locally-grown produce in season, too.

Please choose at least one activity from each week to go along with your weekly gardening time. You may also create your own lesson plan.



	Monday	Tuesday	Wednesday	Thursday	Friday
CARROT ACTIVITIES	Book – <i>The Carrot Seed</i> , by Ruth Krauss, p. 2	Planting Carrots, p. 2	Carrots Taste Test, p. 3	Recipe – Orange Glazed Carrots, p. 4	Gardening!
CARROT ACTIVITIES	Book – <i>Our Community Garden</i> , by Barbara Pollack, p. 4	Carrot Feelings, p. 5	Cut Out Carrots, p. 5	Recipe – Moroccan Carrot Salad, p. 6	Gardening!
CAULIFLOWER ACTIVITIES	Book – <i>The Trouble with Cauliflower</i> , by Jane Sutton, p. 7	Cauliflower Taste Test, p. 7	Counting Cauliflower, p. 8	Recipe – Roasted Cauliflower, p. 8	Gardening!
CAULIFLOWER ACTIVITIES	C is for Cauliflower, p. 9	The Amazing Cauliflower, p. 9	Cauliflower Colors, p. 9	Recipe – Cauliflower Breadsticks, p. 10	Gardening!

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

CARROTS

Fun Facts

- **Botany**
 - The carrot is a root vegetable of the Apiaceae family.
 - The edible part of a carrot is known as a “taproot.”
 - Wild carrots are familiar wildflowers known as “Queen Anne’s Lace.”
 - Leave carrots in the garden until you’re ready to use them in the kitchen. As fall temperatures drop, these vegetables often become sweeter with the concentration of sugars. Harvest before the ground freezes (usually by mid-November).
 - Most baby-cut carrots are made from large carrots that have been peeled and trimmed. The trimmings are used in salad mixes, juices, and other carrot products.
- **History**
 - Carrots are commonly grouped into two main varieties: eastern and western. Eastern carrots are the original cultivar (i.e. variety) and are usually purple or yellow in color. Western carrots emerged in the Netherlands in the 15th or 16th century and are orange in color.
 - The carrot was one of the first vegetables to be canned in the early 1800s.
 - The high beta carotene content of carrots was discovered in the 19th century. During World War II, the British worked to develop a variety of higher beta carotene carrots to help their fighter pilots see better at night.
- **Nutrition**
 - The average person eats 17 pounds of carrots per year.
 - Carrots contain about 90% water.
 - Carrots contain different plant pigments that give them their varied colors. Purple carrots contain anthocyanin, orange carrots contain carotenoids and yellow carrots contain xanthophyll.
 - A ½ cup of fresh or cooked carrots provides:
 - An excellent source of vitamin A.
 - A good source of vitamin K.
 - A source of vitamin C, fiber and potassium.

Adapted from: http://harvestofthemonth.cdph.ca.gov/documents/Spring/Carrots/Carrots%20-%20Educator%27s%20Newsletter_Final.pdf and <https://extension.colostate.edu/docs/pubs/bloom/16-fall.pdf>.

Activity: Book – *The Carrot Seed*, by Ruth Krauss

Ages: 6 months-5 years

Time: 10 minutes

Objective(s):

- Children will be introduced to the sequence of events based on how carrots grow.

Materials: *The Carrot Seed*, by Ruth Krauss

Preparation:

1. Gather materials.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Read *The Carrot Seed* to class.
3. Discuss with class:
 - a. Who told the little boy the seed would not come up?
 - b. How many people told him that?
 - c. What two things did the little boy do every day to take care of the seed?
 - d. Did a carrot come up? How?
 - e. Have you ever grown something by yourself? Tell us about it.
4. Explain to class the importance of sequence of events:
 - a. Ask the class what the carrot seed looked like in the beginning of the book.
 - b. Ask the class what did the carrot look like at the end of the book?
 - c. Ask the class if anyone has watched something grow over time.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Planting Carrots



Ages: 3-5 years (Note: Raw carrots are considered a choking hazard for children under 3.)

Time: 45-60 minutes

Objective(s):

- Children will observe and describe observable phenomena (objects, materials, organisms, and events) by using magnifying glasses to observe carrots. The children will ask a question, gather information, and make predictions based on their observations of the carrot.
- Children will engage in and maintain positive interactions and relationships with other children by working in partners to share their observations.
- Children will appropriately handle and take care of classroom materials by using an appropriate amount of materials for their plants.
- Children will attend to communication and language from others by listening to directions and sharing their observation with their partners.

Materials: Carrots, magnifying glass, clear cups, carrot seeds, dirt, water, 2 buckets, 1 small shovel, journals, *The Carrot Seed*, by Ruth Krauss

Preparation:

1. Gather materials.
2. Wash carrots and have ready for children.
3. Set up "Garden Station."
 - a. Place dirt inside bucket and set the shovel next to it.
 - b. Place a clear cup with all the seeds inside of it.
 - c. Place a bucket with water and a cup next to it to get water.
4. Write names on clear cups to distribute in class.

Procedure:

1. Have children wash their hands and sit at their tables.
2. Distribute one carrot and one magnifying glass per child.
3. Have children observe the carrot using the magnifying glass.
4. Pair the children up and have them share with each other what they observe. Have some pairs share aloud with class and make a list of observations on chart paper.
5. Talk about what a plant needs in order to grow. Take volunteers to answer and have class do thumbs up or thumbs down to the answers. Refer to book, *The Carrot Seed*, if necessary.
6. Pass out cups to children.
7. Have children make a line. They will add dirt to the cup and move to the next station.
8. Add seeds and water to the cup.
9. Set cups near a window to obtain sunlight.
10. Have children collect material and clean up.
11. Continue to add water to plants until the carrots grow.
12. Have children keep a journal where they draw what they observe with the plant and have them write a sentence about it. They should journal at least once per week with the support of the teacher as needed.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Carrots Taste Test

Ages: 3-5 years (Note: Raw carrots are considered a choking hazard for children under the age of 3.)

Time: 10-15 minutes

Objective(s):

- Children will have the opportunity to taste a selection of raw, locally grown, different colored carrots.

Material(s): A selection of carrots in different colors, big bowl, spoon, vegetable peeler, chef's knife and cutting board, plates (1/child), napkins (1/child)

Preparation:

1. Gather materials.
2. Wash, dry carrots and peel carrots.
3. Cut carrots into sticks, coins, or other shapes.

Procedure:

1. Hand out a couple carrots to each child. Make sure they each receive at least two colors of carrot.
2. Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands.
3. Serve the children one piece of each color of carrot.



4. Invite children to taste the carrots. As necessary, remind the children how the group follows polite tasting manners:
 - “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.
 - 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.
 - Encourage children to use respectful language like “I don’t care for it.”
 - Remind children that sometimes it takes trying new things 10-20 times before you begin to like them.
5. Ask the children:
 - Are the carrots soft/chewy/crunchy? (Crunchy)
 - How do the carrots taste? (Sweet, earthy, spicy – depending on variety)
 - Do the different colors taste differently? (Yes/No)
6. Optional: Create a sticker chart for children to document whether they “liked” the cauliflower or “don’t like it yet.” A sample chart is included at the end of this document.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Recipe – Orange Glazed Carrots

Ages: 1-5 years

Time: 40 minutes

Objective(s):

- Children will try carrots prepared in a new way.

Materials: Colander, cutting board, large pot, measuring cups, measuring spoons, medium bowl, medium skillet, chef’s knife, vegetable peeler

Servings: 4, 3/4 cup servings

Ingredients:

- 1 pound carrots
- 1 cup orange juice
- ¼ tsp salt
- ½ tsp dried basil
- Pinch ground black pepper

Procedure:

1. Fill a large pot half-full with water. Bring to a boil.
2. While waiting for water to boil, rinse, peel, and slice carrots into ¼-inch slices.
3. In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about ¾. Watch carefully after it reduces by ½ so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
4. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7–10 minutes.
5. In a colander, drain carrots. Rinse under cold water.
6. In a medium bowl, add carrots, salt, basil, black pepper, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasonings as needed.

Notes:

- To save time, steam carrots in the microwave instead of cooking on the stove. Place carrots in a microwave-safe dish with ½ cup of water for 3-5 minutes.
- Try parsnips instead of carrots.
- Use other dried herbs like dill or parsley instead of basil, if you like.
- When oranges are in season or on sale, use fresh oranges instead of orange juice. Juice 2 oranges to get 1 cup of juice. Zest just one of the oranges. Stir juice into skillet in step 3. Add zest at the end of cooking time.

Adapted from: <https://cookingmatters.org/recipes/orange-glazed-carrots>

Activity: Book – *Our Community Garden*, by Barbara Pollack

Ages: 6 months-5 years

Time: 10 minutes

Objective(s):

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



Materials: *Our Community Garden*, by Barbara Pollack, a few carrots to pass around while reading

Preparation:

1. Gather materials.

Procedure:

1. Invite children to sit in a circle on the floor.
2. 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
3. Share with 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?
4. 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.
5. While you are reading, ask children questions, like:
 - a. Has anyone tasted a carrot? What do they taste like?
 - b. Has anyone ever seen a carrot growing in a garden or on a farm? Has anyone ever harvested a carrot?
 - c. How do carrots grow? (The roots grow underground; the leaves grow above the ground)
 - d. What would you like to grow in a garden?
6. Break up the story to read over multiple days.
7. 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).

Adapted from: http://www.harvestforhealthykids.org/?page_id=291

Activity: Carrot Feelings

Ages: 3-5 years

Time: 15-20 minutes

Objective(s):

- Children will recognize and interpret emotions of others with the support of adults.
- Children will use words to describe emotions by participating in class discussion about emotions.
- Children will use hand eye coordination to carry out tasks like cutting, gluing, and painting.

Materials: Orange and green construction paper, glue, googly eyes, scissors, markers

Preparation:

1. Gather materials.
2. Create a few sample carrots to demonstrate this activity to your children.
 - a. Cut out carrots from construction paper.
 - b. Draw a selection of facial expressions on the carrots to showcase different emotions.

Procedure: (Note: Younger children may require additional assistance with some of the tasks required in this activity.)

1. Invite children to sit in a circle on the floor.
2. Talk about different emotions, such as anger, sadness, joy, excitement etc. with children and give examples of when one may feel that way. Use carrot faces with corresponding emotions when talking about the emotion.
3. Using carrot faces, call on children to have them identify the emotions and have them try to give an example. An alternative is to give them an example of what would cause one to feel each emotion and have them choose which is the correct example.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Cut Out Carrots

Ages: 3-5 years

Time: 15-20 minutes

Objective(s):

- Children will be introduced to the basic characteristics of a carrot and how it grows.
- Children will construct their own personalized carrot.
- Children will use hand eye coordination to carry out tasks like cutting, gluing, and painting.

Materials: Medium or large sized cutouts of a carrot, green tissue paper, scissors, paint, paint brushes, glue

Preparation: (Note: Younger children may require additional assistance with some of the tasks required in this activity.)

1. Gather materials.
2. Pre-cut the carrot shapes and pre-rip green tissue paper into manageable pieces.



Procedure:

1. Have children identify/describe what a carrot looks like, assist in guidance if needed.
2. Allow children to explore the different colors of a carrot, as well as the size and shape.
3. Explain that carrots are not always the same size such as, baby carrots and explain the sequence of sizes when a carrot is growing.
4. Explain to the class we'll be making a harvest of the month carrot cut out today.
5. Each child will have the opportunity to paint their carrot orange, glue the small pieces of tissue paper on top of the carrot.
6. Guide each child if needed.
7. Afterwards hang up each carrot so all of the children can see everybody else's carrots.
8. Instruct the class to give themselves a round of applause and praise their work individually through this process.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Recipe – Moroccan Carrot Salad

Ages: 3-5 years (Note: Raw carrots are considered a choking hazard for children under the age of 3.)

Time: 15 minutes

Objective(s):

- Children will try carrots prepared in a new way.

Materials: 2 small bowls, box grater, cutting board, measuring cups, measuring spoons, medium bowl, chef's knife, vegetable peeler

Servings: 6, $\frac{3}{4}$ cup servings

Ingredients:

- 6 medium carrots
- $\frac{1}{2}$ small onion
- 1 large lemon
- 3 Tbsp vegetable oil
- 1 tsp curry powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp ground black pepper
- $\frac{1}{4}$ cup dark or golden raisins

Procedure:

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a medium bowl, combine carrots and onions.
5. In a second small bowl, combine oil, curry powder, salt, pepper, and 2 Tbsps of the lemon juice. Mix well. Let marinate 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.

Notes:

- Children shall not handle, with bare hands, ready-to-eat foods for children other than themselves (https://www.colorado.gov/pacific/sites/default/files/DEHS_ChildCare_6CCR1010-7_DistribCopy_Jan2016.pdf).
- Replace half of the carrot with grated jicama or apples.
- For best taste, allow flavors to blend before serving. Let sit 15–20 minutes after you have mixed in the sauce in step 6.
- Serve as a colorful side dish.
- Layer onto a sandwich with lean turkey and fresh veggies like cucumber.

Adapted from: <https://cookingmatters.org/recipes/moroccan-carrot-salad>



CAULIFLOWER

Fun Facts

- **Botany**
 - The name cauliflower means “cabbage flower” in Latin.
 - Cauliflower is a member of the cabbage family, which also includes broccoli, Brussels sprouts, kale and Bok choy.
 - Green leaves cover the flower buds of the cauliflower plant preventing chlorophyll (green color in plants) from developing, so the cauliflower stays white.
 - Cauliflower comes in white, orange, green and purple varieties.
 - The head of cauliflower is actually called a “curd” made of undeveloped flower buds.
- **History**
 - Cauliflower is a wild descendant of ancient cabbage, which grew in Asia and the Mediterranean. It became popular in Western Europe during the 16th century.
- **Nutrition**
 - Cauliflower is high in fiber and Vitamin C. In fact, one serving of cauliflower provides 100% of your daily recommended Vitamin C!
 - Choose cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.
 - Store cauliflower in a plastic bag in the refrigerator for up to 5 days.

Adapted from: <http://www.wvps.org/departments/nutrition-services/fruit-and-vegetable-fun-facts>,
<https://www.fruitsandveggiesmorematters.org/cauliflower> and
<https://idph.iowa.gov/Portals/1/userfiles/94/School%20Grant%20Program/Year%201%20Lessons/K-1%20Broccoli%20Cauliflower%20complete%20lesson.pdf>

Activity: Book – *The Trouble with Cauliflower*, by Jane Sutton

Ages: 6 months-5 years

Time: 20-30 minutes

Objective(s):

- Children will answer questions about the details of a story.

Materials: *The Trouble with Cauliflower*, by Jane Sutton

Preparation:

1. Gather materials.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Read the book.
3. While you’re reading, ask children the following questions:
 - a. How is Mortimer feeling at this moment? Why? How do you know? (page 5)
 - b. How many of you have tried cauliflower? Do you like it? (page 6)
 - c. Think-pair-share with a partner: How does Mortimer feel according to the text and the pictures? (page 13)
 - d. Have you ever had a really bad day? What made it a bad day? (page 15)
 - e. What does Mortimer think about lemonade? What is Sadie going to do? (page 30)
 - f. End the read aloud by asking all the children whether or not they liked the book and why.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Cauliflower Taste Test

Ages: 3-5 years (Note: Raw cauliflower is considered a choking hazard for children under the age of 3.)

Time: 10-15 minutes

Objective(s):

- Children will have the opportunity to taste test raw, varieties of different colored cauliflower.

Materials: Locally grown (if available) cauliflower in a variety of colors, paring knife, cutting board, plates (1/child), napkins (1/child)

Preparation:

1. Gather materials.
2. Wash and dry the cauliflower.

Procedure:

1. Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands.



2. Serve the children one piece of each color of cauliflower.
3. Invite children to taste the cauliflower. As necessary, remind the children how the group follows polite tasting manners:
 - o "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.
 - o 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.
 - o Encourage children to use respectful language like "I don't care for it."
 - o Remind children that sometimes it takes trying new things 10-20 times before you begin to like them.
4. Ask the children:
 - o Is the cauliflower soft/chewy/crunchy? (Crunchy)
 - o How does the cauliflower taste? (Nutty, earthy, bitter, etc.)
 - o Do the different colors taste differently? (Yes/No)
5. Optional: Create a sticker chart for children to document whether they "liked" the cauliflower or "don't like it yet." A sample chart is included at the end of this document.

Notes

- Children shall not handle, with bare hands, ready-to-eat foods for children other than themselves (https://www.colorado.gov/pacific/sites/default/files/DEHS_ChildCare_6CCR1010-7_DistribCopy_Jan2016.pdf).

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Counting Cauliflower

Ages: 3-5 years

Time: 20-30 minutes

Objective(s):

- Children will be able to count verbally to 20 and be able to distinguish which group has more or less objects.

Materials: Plates (1/child), cauliflower (1 medium head)

Preparation:

1. Gather materials.
2. Cut the cauliflower.
3. Divide the pre-cut pieces between two plates, placing an obviously greater amount on one. This can be done to show the whole class or several can be done for separate small groups of children.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Review counting numbers 1-20 by having the children count along with you. Introduce or review the terms "less," "more," and "equal."
3. Ask children to look at the plates with pre-cut cauliflower and identify which plate has less and which plate has more. Ask the children if the plates have an equal amount. Ask them to justify their answers for each question.
4. Provide each child with a plate. Have the children count chorally as you place pre-cut cauliflower on each child's plate. After counting each time, ask the child to say how many pieces are on his/her plate.
5. As an extension activity, have the children write their names on the board or on chart paper and write the numeral that shows how many pieces of cauliflower they have.
6. Allow the children to eat the cauliflower.
7. Invite the class to give "high fives" to their classmates counting well and eating healthy.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Recipe – Roasted Cauliflower

Ages: 1-5 years

Time: 40 minutes

Objective(s):

- Children will try cauliflower prepared in a new way.

Materials: Chef's knife, cutting board, oven or toaster oven, baking sheet, measuring cups, measuring spoons, medium bowl

Servings: 4, ½ cup servings

Ingredients:

- 1 large cauliflower head (1-1½ pounds)
- ½ tsp salt



- ½ tsp pepper
- 1 Tbsp olive oil
- 1 tsp turmeric, cumin or coriander, can be used in any combination or on their own (optional)

Procedure:

1. Preheat the oven or toaster oven to 400°F.
2. Wash or soak the cauliflower in water. Cut or tear off the florets.
3. Toss florets with the olive oil, salt and pepper, and spices, if you choose.
4. Place the floret pieces on a baking sheet and roast for 20-30 minutes. The florets should turn soft and slightly browned.
5. Serve warm.

Adapted from: http://www.harvestforhealthykids.org/?page_id=291

Activity: C is for Cauliflower

Ages: 1-5 years

Time: 10 minutes

Objective(s):

- Children will learn words that start with the letter "C," like cauliflower.

Materials: Chart paper, markers, pictures of things that start with the letter "C"

Preparation:

1. Gather materials.
2. Place chart paper on an easel or wall.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Ask children to practice making the "C" sound.
3. Ask the children to come up with other words that start with that sound/letter and record their ideas on a large piece of paper.
4. You could also have children sort picture cards into "words that start with the C sound" and "words that start with other sounds."

Adapted from: http://www.harvestforhealthykids.org/?page_id=291

Activity: The Amazing Cauliflower

Ages: 3-5 years

Time: 20-30 minutes

Objective(s):

- Children will discuss their experiences eating cauliflower.
- Children will use words to describe cauliflower.

Materials: Plates (1/child), napkins (1/child), 1 head of cauliflower

Preparation:

1. Gather materials.
2. Cut the cauliflower for the children and have plates ready.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Ask the class "Is cauliflower a fruit or vegetable?"
3. Hold up a piece of cauliflower.
4. Ask the children "Has anyone ever eaten cauliflower?"
5. Have the children share stories about their encounter with cauliflower. (Discuss whether it was raw or cooked, what else did they eat with it, etc.)
6. Guide the children in describing the color, shape, texture, size, and other features of the vegetable. Guide the children in discussing how the features compare to other items or vegetables with which they are familiar. For example, "Is it lighter or heavier than ___?"; "Is it rough or smooth compared to ___?").
7. Discuss why it is good to eat vegetables and the specific nutrients in cauliflower.
8. Invite the children to try the cauliflower.
9. After everyone is done eating ask them whether or not they liked the vegetable and ask why.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Cauliflower Colors



Ages: 3-5 years

Time: 10-15 minutes

Objective(s):

- Children will use various materials to make cauliflower artwork.

Materials: Pictures or real examples of a variety of cauliflower (see Harvest for Healthy Kids' Cauliflower Picture Cards - http://www.harvestforhealthykids.org/wp-content/themes/harvest/assets/HfHK_Cauliflower.zip), crayons and drawing paper

Preparation:

1. Gather materials.
2. Print color pictures of the different color cauliflower or use real cauliflower, have crayons that are the same color as each of the different color cauliflower, drawing paper for each child.

Procedure:

1. Invite children to sit in a circle on the floor.
2. Prompt the children to identify features and details of the cauliflower, such as size, shape, color, texture, lines, etc.
3. Provide each child with a piece of drawing paper, along with crayons, and explain they are going to draw a picture of cauliflower.
4. While children are working, prompt them to look at the cauliflower, examine the details, and replicate them in their drawing. Give the children an allotted time to finish their coloring and display their own creative expressions. Allow children to share their drawings and prompt them to discuss the features.

Adapted from: http://www.farmtoschool.org/Resources/LYCO_Edition-Harvest-of-the-Month-FINAL.pdf

Activity: Recipe – Cauliflower Breadsticks

Ages: 1-5 years

Time: 45 minutes

Objective(s):

- Children will try cauliflower prepared in a new way.

Materials: Baking sheet, chef's knife, cutting board, food processor/blender (optional), measuring cups, measuring spoons, mixing bowl, parchment paper

Servings: 32 pieces (see notes below regarding CACFP creditable food serving size)

Ingredients:

- 8 cups cauliflower rice (from about 2 medium heads of cauliflower)
- 6 eggs (beaten)
- 7 cups mozzarella cheese (shredded)
- 2 tsp salt
- 3 tsp dried oregano
- 3 tsp dried rosemary

Procedure:

1. Pre-heat oven to 425°F, prepare 1 large baking sheet with parchment paper.
2. Shave cauliflower heads using a circular cutting motion. Alternatively can cut into florets and use food processor or blender to achieve rice consistency.
3. Place 6 cups of water into a pan and bring to a boil. Place cauliflower rice in pan, boil/steam for 5 minutes.
4. Remove from heat and drain thoroughly, use a spatula and press out as much water as possible.
5. Combine cauliflower, 4 cups of cheese, eggs, salt, and dried herbs, mix to combine.
6. Press mixture into pan until ¼ inch thick and even.
7. Bake for 30 minutes. Remove from oven and top with remaining 3 cups of cheese. Bake for additional 7 minutes.

Notes:

- Recipe must be cut into 32 equal pieces.
- CACFP creditable food serving size: 1 piece at snack or 2 pieces at lunch meets the meat/meat alternate component and provides 1/8 cup of vegetable for children 3-5 years old.

Adapted from: <https://www.colorado.gov/pacific/cdphe/cacfp-chop>



Name of Taste Test: _____

"I LIKE THIS"



"ME GUSTA"

"I DON'T LIKE THIS YET"



"NO ME GUSTA
TODAVÍA"

