

FOOD\$ENSE kids

Veggie Vibes

Jicama

Objectives

1. Children will explain one reason jicama is healthy for them.
2. Children will explain that jicama comes from a plant that grows in the ground.
3. Children will experience jicama using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using jicama.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Cut up piece of jicama for each child to handle
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Ask the children to list examples of root vegetables. If they don't know any, prompt them with these answers:
 - Carrots, potatoes, parsnips, turnips, rutabaga, beets
 - Show a jicama to class and ask them to guess what vegetable it is.
 - Give them the following clues:
 - It is a root vegetable
 - It tastes sweet
 - It is crunchy when you bite into it
 - It is very juicy
 - The vegetable starts with a "J" but sounds like an "H."
 - The vegetable is "Jicama"
 - Once the children have guessed or know the name of the vegetable, explain to the class that you will be talking about jicama and how to eat it at home.
-

Objective 1: Children will explain one reason jicama is healthy for them.

Time: 5 minutes

- Explain to the class that jicama is a good source of fiber.
 - Ask the class to raise their hands if they have heard of fiber.
 - Ask the class if anyone can explain what fiber is and why we would want to eat it? If they are unfamiliar with fiber then explain what it is and the benefits of eating it.
 - Fiber acts as a scrub brush in our bodies
 - Ask the class if they know what scrub brushes do? They clean things by getting rid of germs and dirt. Acting like a scrub brush, fiber gets rid of food that gets stuck inside us and cleans our intestines out.
 - This means that fiber will help prevent us from getting tummy aches. It also helps us to stay full longer so that you don't get hungry as often.
-

Objective 2: Children will explain that jicama comes from plants that grow in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
- Describe each of the six parts of the plant.
- Ask the children which part of the plant they think jicama is.
 - Jicama is the root of the vegetable.
- Jicama seeds are planted in the spring and then come back each year.
 - Ask the class when is springtime? Springtime is when the snow first melts and school is about over for the year.
 - The seeds planted are about the size of a dried pea.
- The seeds don't begin to grow into a big root under the ground until the fall (5-9 months later). This is when school begins again after summer break.
- Jicama requires hot weather with occasional rainfall. They are rarely grown in the U.S. because the weather is not hot enough. They have even tried to grow them in Florida and California, but haven't been successful.
- Jicama plants have a natural way of scaring off bugs, spiders, and any insects that might damage or harm the plant.
- Jicamas are harvested (dug out of the ground) when they are thought to be big enough.

- Jicama is usually ½ to 6 pounds in weight, but can be as much as 50 pounds. That is the weight of two large bags of potatoes, and maybe as much as some of you weigh!
- To pick jicama:
 - The roots of the plant are dug out of the ground with a shovel
 - The stem is then removed
 - All the dirt is washed off the jicama
 - Finally the jicama, once peeled, is ready to eat and enjoy!
- Explain that jicama picked earlier in the fall is sweeter, and those picked later in the fall are less sweet.

Objective 3: Children will experience jicama using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains some cut up jicama.
- Explain to the children that sometimes you have to relate unfamiliar objects with more familiar objects when trying to describe them. This is because if someone has never felt, seen, heard, or smelled an object, then they would have no idea what you were talking about. For this reason we need to associate them with something well know.
 - For example: If someone had never seen a dog, you could tell him or her it is a little bigger than a cat, furry, and has longer ears.
- Ask the children the following: Remind them to relate their answers to something familiar.
 - What does a jicama feel like?
 - What does a jicama smell like?
 - What color is jicama? What other vegetable or object is that color?
 - What is one new thing you learned about jicama today?
 - Let children taste the jicama? What other vegetable does it taste like? *Some people think jicama tastes like fresh, raw peas.*

Objective 4: Children will make and eat a simple, nutritious recipe using jicama.

Time: 10-15 minutes

- Tell the class now that we have learned all about jicama, we are going to taste it.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

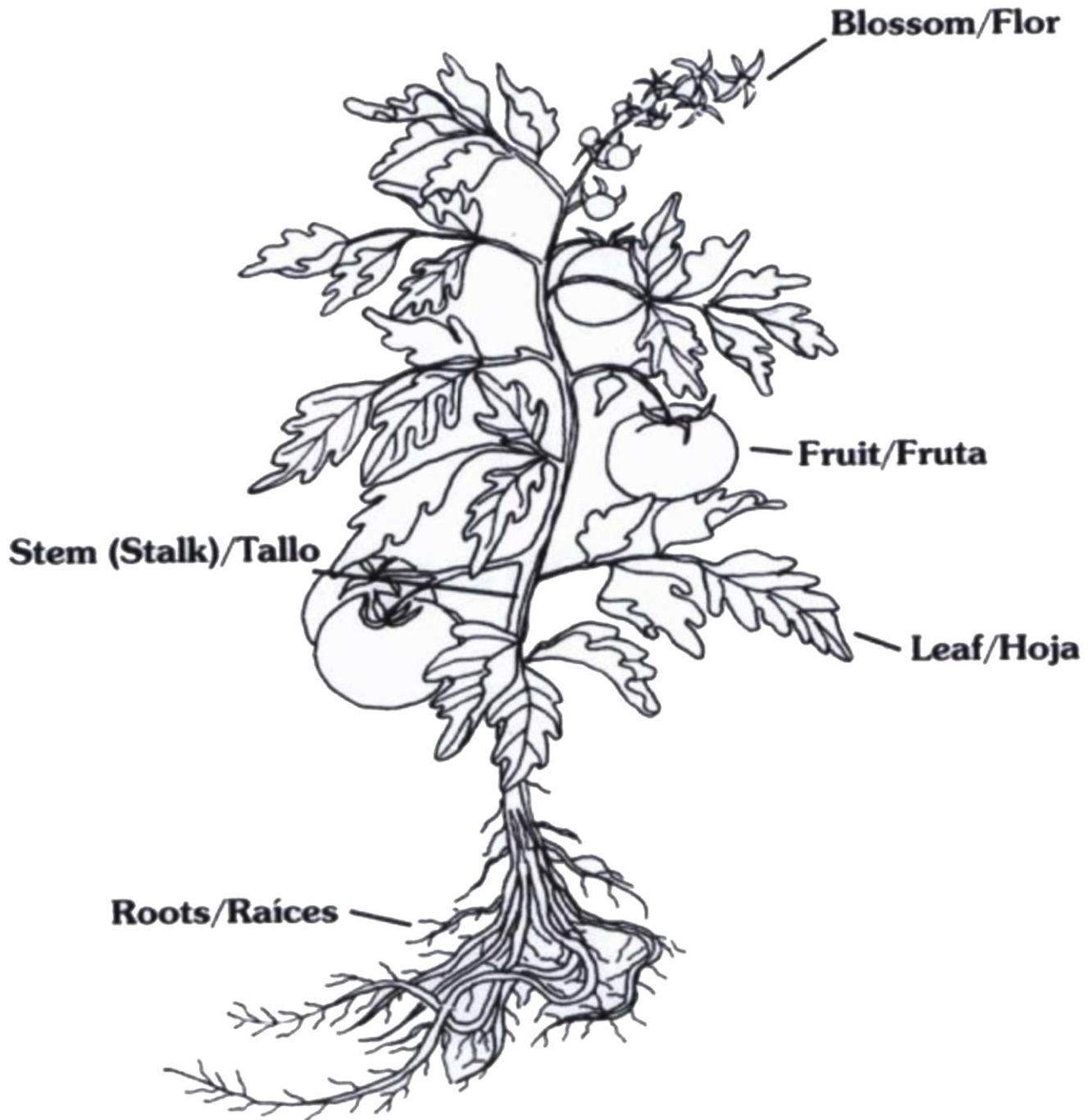
- How does jicama help our body?
- What part of the plant does a jicama come from?
- How did you like the taste of the jicama?

EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

PARTS OF A PLANT

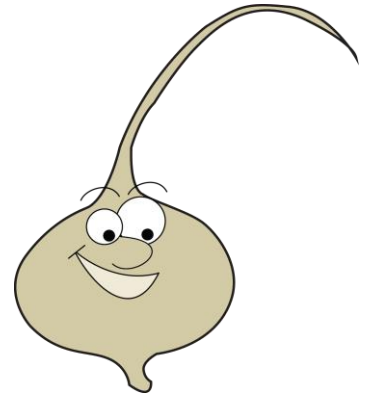
PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about jicama!

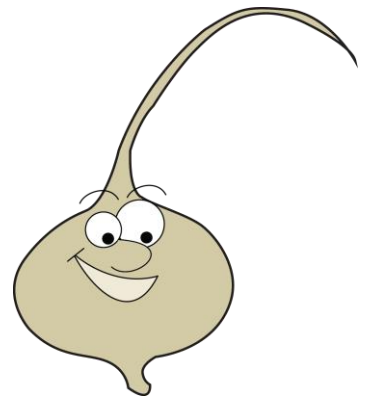


Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about jicama!

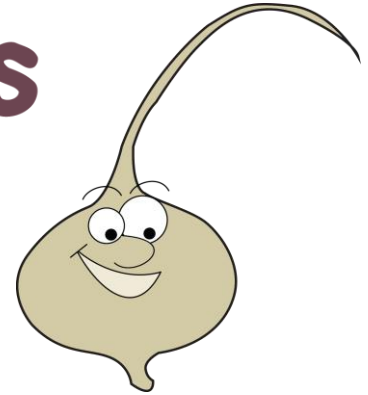


Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUN JICAMA FACTS

- Jicama is high in fiber
- Jicama is the root of the plant
- Jicamas taste delicious!

GREAT JICAMA RECIPES

Jicama with Lime

1 jicama, peeled and cut in slices
½ cup fresh lime juice

Drizzle lime juice over each piece of jicama. Enjoy!

Raspberry Jicama Salad

2 bags of mixed salad greens
2 cups fresh raspberries
½ jicama, peeled and chopped
1 cup raspberry vinaigrette dressing

Mix jicama, raspberries, and salad greens together. Add dressing as desired.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572