

# FOOD\$ENSE kids

## Veggie Vibes

### Roof Vegetables

#### Objectives

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

**Total Time: 30-40 minutes**

#### Required Materials:

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- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of root vegetables such as beet, parsnip, turnip, rutabaga, jicama, potato, sweet potato, carrot, etc. (Although it is appropriate to display each of the mentioned root vegetables, Veggie Vibes includes individual lessons on jicama, potato, sweet potato, and carrot so this lesson should be focused on the remaining root vegetables)
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

#### Preparation Required:

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- 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

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### **Introduction**

Time: 2-4 minutes

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- Write the name of each root vegetable you have brought with you on the board.
  - Hold each root vegetable up one by one and ask children to guess which one it is.
  - Explain that each of these foods are also known as root vegetables and today you will be discussing root vegetables.
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### **Objective 1: Children will explain one reason root vegetables are healthy for them.**

Time: 5 minutes

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- Root vegetables are full of all kinds of things that are good for us. One of those is a mineral called potassium. Ask the students if they know what potassium is or if they have heard it before.
  - Potassium is a mineral that keeps your heart healthy. When we don't get enough potassium it gets harder for our heart to pump blood through our bodies.
  - Root vegetables are a tasty way for us to keep our hearts healthy.
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### **Objective 2: Children will explain that root vegetables come from plants that grow in the ground.**

Time: 5 minutes

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- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that usually grow from seeds. 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 root vegetables are.
    - The name 'root' is a good hint that root vegetables are the root of the plant.
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### **Objective 3: Children will experience root vegetables using their senses of feel, sound, smell, and sight.**

Time: 10 minutes

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- Have volunteers help pass out samples of several different root vegetables to all the students.
  - Ask the children to describe how the color, texture, appearance, aroma, and sound of each root vegetable is the same as the others. Write the children's answers on the board.
  - Ask the children how the color, texture, appearance, aroma, and sound of each root vegetable is different from the others. Write the children's answers on the board.
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### **Objective 4: Children will make and eat a simple, nutritious recipe using root vegetables**

Time: 10-15 minutes

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- Tell the class now that we have learned all about root vegetables, we are going to taste them.
- 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.

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**Conclusion:**

Time: 2 minutes

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**Ask the class:**

- How do root vegetables help our body?
- What part of the plant does a root vegetable come from?
- How did you like the taste of the root vegetables?

**EXTENSION** **FOOD**  
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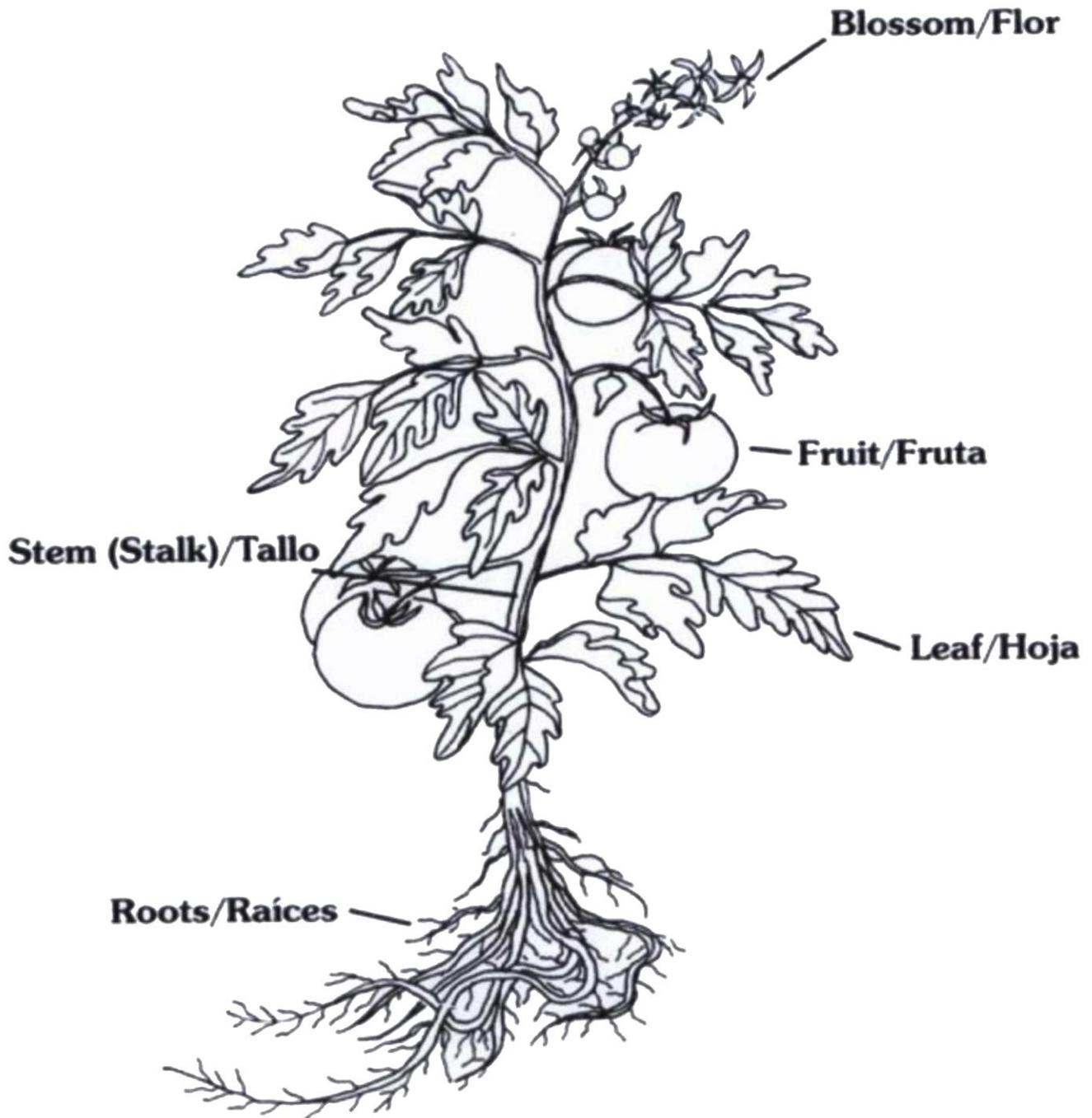
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# PARTS OF A PLANT

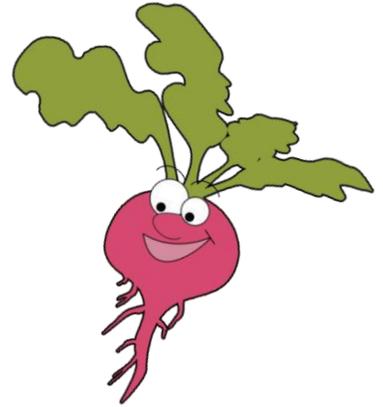
## PARTES de una PLANTA

(English/Spanish words are provided.)



# VEGGIE TASTERS AWARD

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

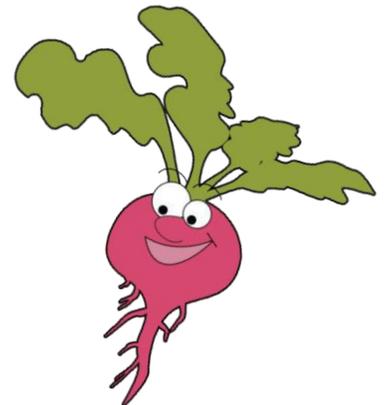


*Teacher Signature:*

*Date:*

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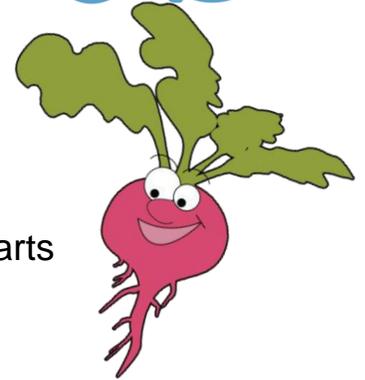


*Teacher Signature:*

*Date:*

# FOOD\$ENSE kids

## Veggie Vibes



### FUNROOT VEGETABLEFACTS

- Root vegetables are high in potassium so they help our hearts beat
- Root vegetables are the root part of the plant
- Root vegetables taste delicious!

## GREAT ROOT VEGETABLE RECIPES

### Roasted Beets

6 medium beets, peeled and cut in 1" cubes  
1 tablespoon olive oil  
1 teaspoons dried thyme  
1 teaspoon salt

½ teaspoon pepper  
1 tablespoon red wine vinegar  
Juice of 1 small orange

Preheat the oven to 400°F. Place beets in large bowl and toss with olive oil, thyme, salt, and pepper. Spread on baking sheet in single layer. Roast 35-40 minutes, turning once or twice. Remove from oven when beets are tender and toss with vinegar and orange juice.

### Mashed Root Vegetables

1 cup sweet potatoes, peeled and cubed  
1 cup parsnips, peeled and cubed  
1 cup potatoes, peeled and cubed  
1 tablespoon butter  
½ cup milk  
Salt and pepper to taste

Preheat oven to 400° F. In mixing bowl, toss sweet potatoes, parsnips, and potatoes with oil. Place on baking sheet and roast 20-25 minutes, or until golden brown. Pour roasted vegetables into large bowl; add butter and mash until butter melts. Add milk and stir to mix. Season with salt and pepper. Serve hot.