

FOOD\$ENSE kids

Veggie Vibes

Carrot

Objectives

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

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Raw carrots for children to handle
- Carrot with green top still attached
- 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

- Explain to the children that they have a mystery to solve. They are going to pretend to be detectives to find out what vegetable they will learn about today. All of their senses will need to be used, eyes to see, nose to smell, ears to listen and hands to touch.
 - Pull out the “mystery bucket” so the children can find out what the surprise vegetable is.
 - Have each child feel inside the bucket and describe how it feels (rough, smooth, hard, etc.)
 - After every child has had a chance to touch the vegetable, then have them guess what it is.
 - After they have guessed correctly, pull the carrots out of the bag and explain to them that we will be learning about carrots today.
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Objective 1: Children will explain one reason carrots are healthy for them.

Time: 5 minutes

- Ask the children why they think carrots are good for them. Commend them for any answers they share.
 - Explain that carrots have vitamin A.
 - Ask the class if anyone can explain what vitamin A does.
 - Explain that vitamin A is a construction worker in the eye. Just like a construction worker helps to build a house vitamin A helps to build the different parts of the eye that help us to see.
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Objective 2: Children will explain that carrots come 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. Sometimes 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 carrots are.
 - Carrots are the root of the vegetable plant.
 - Ask the class if they think the root is above the ground or below the ground. Show students a carrot with the top attached and explain that this is the part of the carrot we see growing in the garden.
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Objective 3: Children will experience carrots using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a piece of carrot and have them describe the different characteristics
 - Feel (rough, smooth, soft, hard)
 - Look (orange, round, long, short)
 - Smell
 - Sound (break large carrots in half for “crack”)
- Then have the children compare carrots to other items they are familiar with.
 - Orange like a ... (basketball)
 - Round like a ... (finger)
 - Long like a ... (sugar cone)

- Cracks like a ... (tree branch)
- Hard like a ... (rock)

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

Time: 10-15 minutes

- Tell the class now that we have learned all about carrots, 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.

Conclusion:

Time: 2 minutes

Ask the class:

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

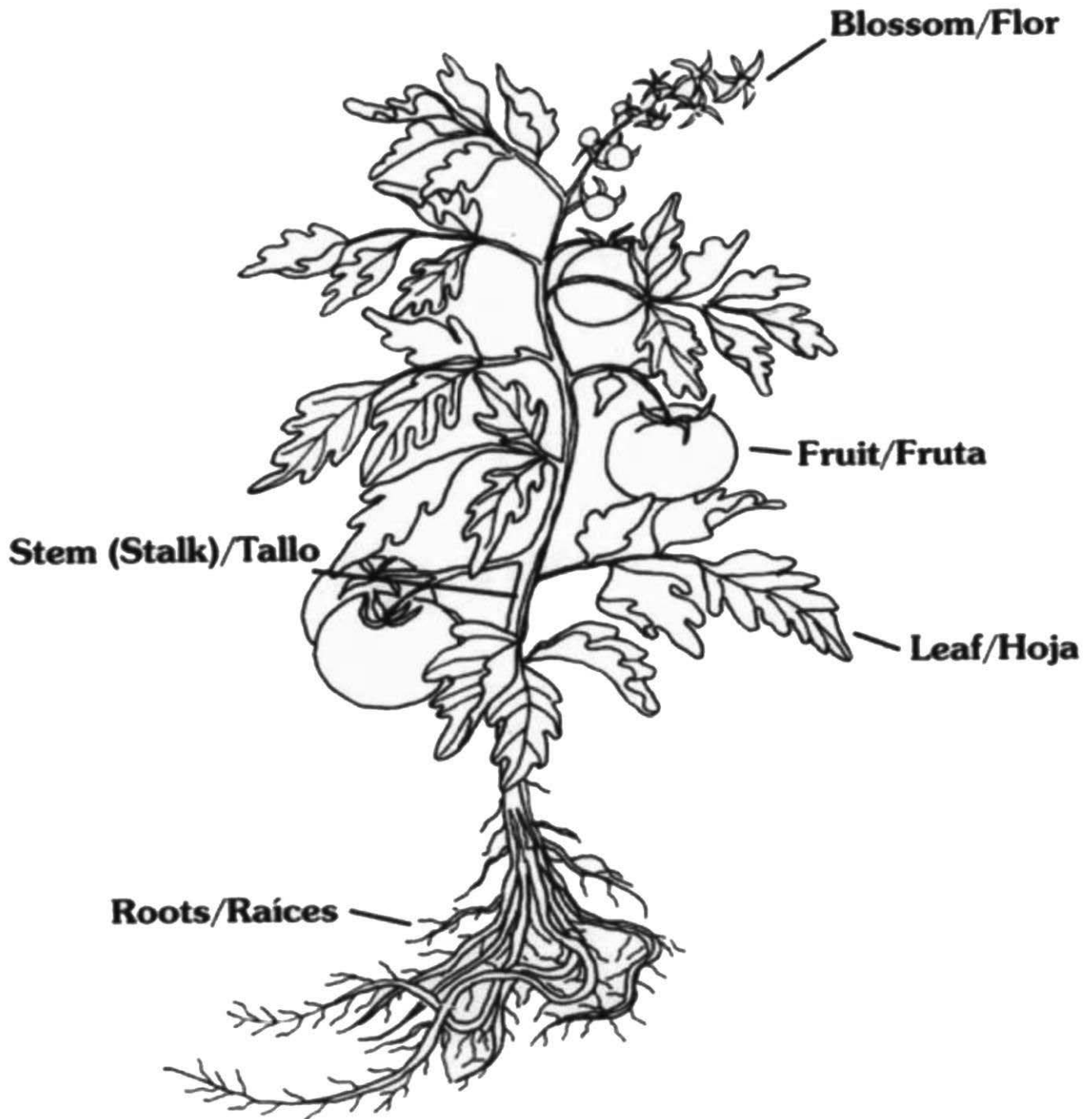
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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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 carrots!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

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



Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUNCARROTFACTS

- Carrots are high in vitamin A so they help us see
- Carrots are the root of the vegetable plant
- Carrots taste delicious!

GREAT CARROT RECIPES

Carrot Pennies

2 medium-long carrots cut into thin rounds
1 teaspoon butter
3 shakes of salt
1 squeeze of lemon juice from a small wedge

1 teaspoon sesame seed
1 tablespoon brown sugar
¼ cup water

Boil or steam carrots until tender but not mushy. Add all ingredients to the pan. Turn the heat to medium. Cook and stir over medium heat until the carrots are nicely coated with syrup. Add more sugar and/or water, depending on how syrupy you like it. Transfer to plates and serve to the children. This snack may be better eaten with a fork to avoid sticky fingers.

crispy carrot Sticks

5 or 6 carrots, peeled and cut sticks
1 packet ranch type dressing mix
1 teaspoon olive oil

Preheat oven to 400° F.

Combine carrots with dressing mix and olive oil and toss well to coat.

Spray baking sheet with cooking spray and arrange carrots on sheet in single layer. Bake 25-30 minutes or until crispy.

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