



Celery

Harvest Objectives

Families will investigate celery, including exploring size, shape, weight, etc.
Families will identify that celery are the stems that grow from the ground.
Families will taste a piece of celery.

Harvest Vocab

Firm Stem Vegetable

Materials & Prep

5-7 Celery stalks (plus enough for each family member to taste small $\frac{1}{4}$ pieces)
Images (included at end of learning plan)
Items for station discovery (magnifying glasses, ruler, string of different lengths, balance, scale, paintbrush, water, bowl)
Paper/pencils/crayons (optional)
Knife & Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)



Literature Connections

Pass the Celery, Ellery! by Jeff Fisher
Sam The Slug Paperback by Lstarte
The Vegetables We Eat by Gail Gibons

Warm Up

- In order to engage the family and activate prior knowledge, create a Celery Discovery Lab. On the table place scientific tools such as measuring tapes/rulers, string of different lengths (for measuring), a scale, magnifying glasses, tub of water, etc. Add the celery and review the different activities with the family and how they should use the equipment. Then encourage the family to explore the celery and scientific equipment. Here are some possibilities:
 - How heavy is celery? Put the celery on one side of the balance scale and see how many items are needed on the other side to balance the scale.
 - Does celery sink or float? Put the celery in a tub of water. Watch what happens. Put other classroom items in the tub. Which do the same as the celery?
 - How wide is celery? Trace around a celery on a piece of paper. How many fingers can fit inside the traced celery? Take a piece of string and measure from one side of the celery to the other. Cut the string and tape it onto the piece of paper. Use a ruler, or unifix cubes, to estimate width.
 - Can you make a celery pattern? Using other items around, make a pattern. Celery, paper, celery, paper, celery; or celery, celery, pencil, celery, celery, pencil
 - Paint with celery. Puree some celery in water and put out with brushes and paper for the family to paint with celery.
- Cut some of the celery open. Allow the family to explore and observe the celery inside.



Celery

- Add paper, pencils and crayons to the station for the family to draw their observations. Teachers can write down the child's observations on each child's paper, or collectively on one large paper.

Explain

- After the family has explored the winter squash, gather together in a group. Explain that botanically they are vegetable (because we eat the stem, and there are no seeds inside). The celery stems grow out of the ground and then are harvested before they produce a flower stalk. What other botanical vegetables can they think of? (Carrots, beets, onion, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are vegetables.
- Explain why we should eat celery (helps heal cuts, healthy blood, and healthy eyes) and for each reason come up with an action to help them remember. For example, they can point at their eyes while saying "healthy eyes." Also explain and how to pick good celery (they should be green and be crisp (not wilted)). Please see the next pages for images to share with the family.

Taste Test & Wrap-Up

- After rinsing the celery, cut into bit-sized pieces.
- Create a chart that says "I Like" with a smiley face and "I Don't Like" with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don't like celery and write that number in each column.
- Review with the family how celery grows and the health benefits.

Toddler Tasting

2 stalks celery cut into 2 inch long pieces

1 tablespoons olive oil

1 teaspoon flour

1/3 cup water or vegetable stock

To make celery baby food puree, Heat olive oil in skillet over medium heat. Add celery and cook for 2 minutes. Add flour. Cook, stirring for 2 minutes more. Add the water, bring to a boil, and then turn the heat to low. Cover and cook until celery is very tender (about 5-7 minutes). Puree or mash for desired consistency. When cool, serve and enjoy!

Taste Test Extension

Rule of 15 "Put a food on the table at least 15 times to see if a child will accept it." Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

"Chicka Chicka Boom Boom" Snack

For about 4 servings (adapted from:

<http://theveryhungrypreschoolers.blogspot.com/2011/09/celery-lovers.html/>)



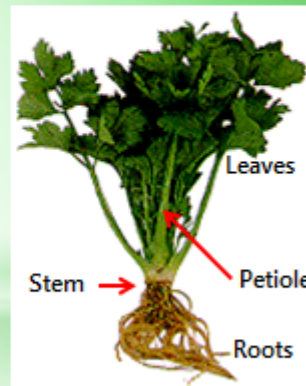
- 4 trimmed celery stalks, with the tops on
- 1 cup spread (humus/cream cheese/guacamole, peanut butter/etc)
- 1/3 cups Alpha Bits Cereal
- Plastic Knife
- Plate (1 per person)

1. All family members should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Demonstrate how to rinse the celery under running water and have a family member continue.
3. If needed, demonstrate how to hold the knife correctly, by rolling their fingers under so their finger tips are out of the way. Have each family member spread the spread into the middle of the celery stalk.
4. Once the celery stalk is full, have each family member add a few alpha bits cereal pieces. Enjoy!

How does celery grow?



Celery grows up from the ground.



We eat the petioles of the celery plant. (A petiole is a stalk attaching the leaf to the stem.)

Why should we eat
celery?

Vitamin K



Heals cuts

Folate



Healthy blood

Vitamin A



Healthy eyes