



## Harvest Objectives

Families will investigate onions and leeks, including exploring size, shape, weight, etc.

Families will identify that onions and leeks grow in the ground.

Families will taste a piece of onion and/or leek.

## Harvest Vocab

Ground

Vegetable



## Materials & Prep

1 Onion/Leek (plus enough for each family member to taste small  $\frac{1}{4}$  pieces, for onions ideally of different varieties: yellow and orange storage onions; some sweet onions)

Images (included at end of learning plan)

Items for station discovery (magnifying glasses, ruler, string of different lengths, balance, scale)

Paper/pencils/crayons (optional)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

## Literature Connections

The Vegetable Alphabet Book by Jerry Pallotta & Bob Thomason

Leek Hotpot by Roderick Hunt

Where Are My Onions? by Paulette Sarmonpal

## Warm Up

- In order to engage the family and activate prior knowledge, create a Onion/Leek 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 onions/leeks. Before free play begins review the different activities with the family and how they should use the equipment. Then encourage the family to explore the onions/leeks and scientific equipment. Here are some possibilities:
  - How heavy is an onion/leek? Put the onion/leek on one side of the balance scale and see how many items are needed on the other side to balance the scale.
  - Do onions/leeks sink or float? Put the onion/leek in a tub of water. Watch what happens. Put other classroom items in the tub. Which do the same as the onion/leek?
  - How wide are onions/leeks? Trace around an onion/leek on a piece of paper. How many fingers can fit inside the traced onion/leek? Take a piece of string and measure from one side of the onion/leek 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 an onion/leek pattern? Using other items around, make a pattern. Onion, paper, onion, paper, onion; or onion, onion, pencil, onion, onion, pencil
- Cut some of the onions/leek open and have the family explore and observe the inside.



- Add paper, pencils and crayons to the station for children to draw their observations. Teachers/Home Visitors/Parents can write down observations on individual paper, or collectively on one large paper.

### Explain

- After the family has explored the onions/leeks, gather together in a large group. Share with the family the names of the onion/leek varieties, if you know them. Explain that botanically they are a vegetable (there are no seeds inside). What other vegetables can they think of? (Carrots, radish, etc.) If possible, put out pictures of fruits and vegetables and allow the family to think about which ones are fruit.
- Explain how onions/leeks grow (in the ground), why we should eat onions/leeks (healthy brain, healthy bones, and healthy digestion) and for each one come up with an action to help the family remember. For example, they can touch their arm bones while saying healthy bones. Also explain how to pick good onions/leeks (they should be firm and without cuts). Please see the next pages for images to share with the family.

### Taste Test

- Wash all onions/leeks well. If you did not do so at the station, cut each in half and show the family what they look like on the inside.
- Slice each into pieces. Have the family predict which they will like the best. Then taste and have each child share which was his/her favorite.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give everyone a sticker, and ask them to vote by placing it in a column. Count the number of people that like and don’t like onions/leeks and write that number in each column.
- Review with the family how onions/leeks grow and the health benefits.

### 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.

#### Baked Onion Rings (for about 4 students)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/ring-on-the-onions.php>)

1/2 cups bread crumbs  
Pinch of garlic powder  
1 eggs, beaten  
Knife/Cutting board

Pinch of seasoned salt  
1/3 large onion  
Plate (1 per person)  
2 bowls



1. All family members should wash their hands.
  - a. Wet hands with warm water



Preschool In-Class Learning Plan  
**Onion & Leek**

- 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
2. Dry hands and shut off faucet with towel
3. Have an adult combine bread crumbs, seasoned salt, and garlic powder in a bowl.
4. Have an adult, in another bowl, combine eggs, and beat till frothy
5. Have an adult slice the third onion into rings.
6. Demonstrate to the family how to dip the onion rings into egg mixture, and then into bread crumbs. Have everyone make two onion rings.
7. Arrange rings in a single layer on a greased baking sheet.
8. Bake in oven at 375° for 20 minutes. When cool, serve and enjoy!

## How do **onions** and **leeks** grow?

Onions and leeks grow in the ground. We eat the onion bulb and the stem of the leek plant.



## Why should we eat **onions** and **leeks**?

### Fiber



Healthy digestion,  
cleans out your system

### Vitamin C



Healthy immune system  
(prevents colds)

### Vitamin B-6



Healthy brain

### Manganese



Healthy bones