



Out of School Time Learning Plan Carrot

Harvest Out-of- School Objectives

Participants will review which plant part carrots are from
Participants will review the health benefits of carrots
Participants will make a carrot out-of-school time snack



Harvest Out-of- School Review

- Hold up the carrots and ask the participants if they remember, from school:
 - what they are called (carrots)
 - what type of plant part do they come from (roots—carrots are taproots)
- Review with them how carrots grow (the taproots grow underground), why we should eat carrots (healthy brain, healthy blood, healthy muscles and healthy eyes), and how to pick good carrots (should be bright orange, firm, and not too cracked). Please see the next pages for images to share with them.

Harvest Out-of-School Brainstorm—How can you make food look like body parts?

- Hold up the carrots and ask the participants to sketch/write what body part might carrots look like? Allow participants 1-2 minutes to visit about their ideas with a partner and sketch their brainstorms. If time permits, have a group discussion about their ideas.

Harvest Out-of-School In Action

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

Crooked Fingers (10 participants)

(Adapted from: <http://askmissa.com/2010/10/21/moms-tricks-for-healthy-halloween-treats/>)

- 1 Bunch Carrots
- 1 Container Sliced Almonds
- 1 Container Cream Cheese or Hummus or Guacamole
- Small Bowls or Plates (one per participant)
- 10 vegetable peelers
- 10 butter knives or spoons

General Directions: Using the cheese, hummus, or guacamole attach the almond slices to the tops of sliced carrot “fingers.”



1. All participants 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



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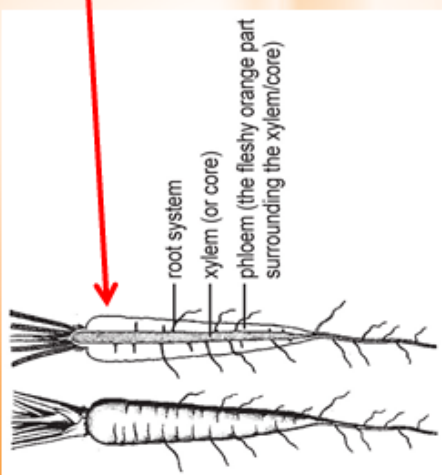
2. Wash the carrots. Demonstrate how to peel the carrots. Hold the carrot against the table at the top of the carrot with the fingers rolled under and out of the way. Placing the vegetable peeler at the top of the carrot, slide it downward.
3. After all participants have peeled their carrots, demonstrate how to add a dab of cheese or hummus or guacamole using the butter knife, or spoon, to the bottom of the carrot (where the tip is) and press an almond slice onto it.
4. Once all participants have made their slices, if you used hummus or guacamole, and there is enough leftover, each student can place some on their plate and arrange their crooked carrot slice fingers to look like they are coming out of the hummus or guacamole. Enjoy!

Harvest Out-of-School Wrap-Up


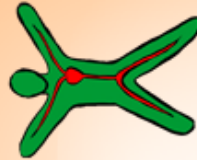



- After trying the carrots, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put carrots.
- On their “Why we should eat...” page have the participants record one health benefit of carrots.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, “What other fruits or vegetables could be turned into body parts?” (Tomatoes into faces, peapods into mouths-- <http://www.fortheloveofcooking.net/2012/10/halloween-fun-creepy-smiles-carrot-fingers.html>, etc.)

How do Carrots grow?

Carrots grow in the ground. We eat the taproot of the carrot plant.

Why should we eat Carrots?

Vitamin B6	Folate	Potassium	
			
Healthy brains	Healthy blood	Healthy muscles	
Beta Carotene	Vitamin A		
			
			
			Healthy eyes