



Harvest Objectives

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

Harvest Vocab

Firm Stem Vegetable



Materials & Prep

5-7 Celery stalks (plus enough for each child 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)
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 children and activate prior knowledge, for 1 – 3 days set a table aside for 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. Before free play begins review the different activities with the students and how they should use the equipment. Then during free play encourage the children 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 children to paint with celery.



- One day, cut some of the celery open. Allow the children to explore and observe the celery inside.
- Add paper, pencils and crayons to the station for children to draw their observations. Teachers can write down the child's observations on each child's paper, or collectively on one large paper.

Explain

- 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 children.

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 child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don't like celery and write that number in each column.
- Review with the students how celery grows 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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Note: This can be prepared by the students in the morning and then eaten for snack or as part of lunch.

"Chicka Chicka Boom Boom" Snack

For 20 students (adapted from:

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

20 rinsed & trimmed celery stalks, with the tops on
3 cups spread (humus/cream cheese/guacamole, peanut butter/etc)
2 cups Alpha Bits Cereal



Plastic Knife

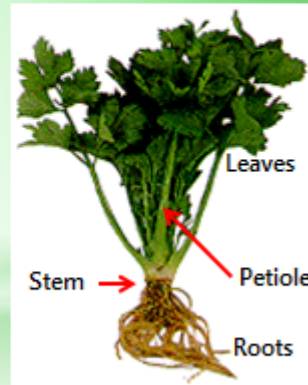
Plate (1 per student)

1. Rinse the celery stalks and have the spread and cereal available.
2. Invite the students to wash their hands and then come to the table for a cooking activity.
3. Demonstrate how to hold the knife correctly, by rolling their fingers under so their finger tips are out of the way. Have each child spread the spread into the middle of the celery stalk.
4. Once the celery stalk is full, have each child add a few alpha bits cereal pieces. If eating later, place on a plate with the child's name. 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