



Out of School Time Learning Plan Root Vegetables

Harvest Out-of- School Objectives

- Participants will review the types of root vegetables
- Participants will review the health benefits of root vegetables
- Participants will make a root vegetable out-of-school time snack



Harvest Out-of- School Review

- Hold up the jicama and ask the participants if they remember, from school:
 - what type of food category it is in (root vegetable)
 - what it is called (jicama).
- In small groups have the participants try to list as many root vegetables as they can. Gather together and see which group has the most correct answers on their list. Ask them, which root vegetables they tried in school this week?
- Review with them how root vegetables grow (the base of a plant, that is found in the ground), why we should eat root vegetables (energy for play, healthy digestion, and healthy immune systems—prevents colds), and how to pick a good root vegetable (it should be firm when you press it). Please see the next pages for images to share with them.

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

Jicama with Lime Juice (10 participants) From *Diabetes and the Family Recipe Book*

1 medium jicama	5 Vegetable peelers
3-5 limes and/or 2 ½ tablespoons lime juice	5 Knives
¼ teaspoon chili powder	5 Cutting boards
Salt, to taste	Plate (one per participant)


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
2. Demonstrate how to peel the jicama using the vegetable peelers. Hold the jicama in your hand and place the peeler at the top of the jicama. Move the peeler against the skin away from you. (Optional: Watch jicama cutting video: <http://www.youtube.com/watch?v=NwbAU5-j8IE>)
3. If you have limes, demonstrate how roll the limes on the table to make them juicy and then how to cut the limes in quarters. Show them how to hold the handle correctly and how to roll their fingers under, so their fingertips are protected.
4. Have 5 participants peel the jicama while 3 cut the limes.
5. Demonstrate how to cut the jicama to all participants. Note: Jicama can be prepared up to two days ahead and stored in a bowl of water.

6. After participants cut 5-8 jicama strips each (the size of a French fry) they should sprinkle with lime juice, chili powder, and salt to their preference. Can the participants form any letters out of the jicama pieces on their plates? Enjoy!


Harvest Out-of-School Wrap-Up

- After trying the jicama, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put jicama.
- On their “Why we should eat...” page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.

How do Root Vegetables grow?




Root vegetables grow in the ground. The taproot is what we eat.




Why should we eat Root Vegetables?

Vitamin C




Healthy immune system (prevents colds, heals cuts)

Fiber



Healthy digestion, cleans out your system

Starch



Healthy bodies (energy for cells)