



Preschool Home Visit Learning Plan

Root Vegetable

Harvest Objectives

Families will compare different root vegetables.
Families will identify different root vegetables.
Families will taste a piece of a root vegetable.



Harvest Vocab

Absorb Firm Root Vegetable

Materials & Prep

Root Vegetables (enough for each everyone to taste small $\frac{1}{4}$ pieces, ideally of different unusual varieties: jicama, turnips, rutabaga, etc.)
Root Vegetable Pictures (included at end of learning plan)
Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers
Images (included at end of learning plan)
Knife & Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)

Literature Connections

Up, Down, and Around by Katherine Ayres

Tops and Bottoms by Janet Stevens

The Vegetable Alphabet Book by Jerry Pallotta and Bob Thomson

Growing Vegetable Soup by Lois Ehlert

Warm Up

- In order to engage the family and activate prior knowledge, gather the family and pass around the different root vegetables. Allow each family member to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the family members to think of the names for the food, but to keep their answer inside their head. Then when everyone has held the root vegetables, ask them, "What are these called?" Consider having everyone say the answer aloud on the count of three. This way you'll know who in the family knows.
- Then discuss, have ever seen these before? Eaten one before? How was it prepared? Where do they think root vegetables come from? How do they grow? (On trees, bushes?)
- Using the root vegetable pictures at the end of the learning plan, have the family sort them into a jicama pile, a rutabaga pile, and a turnip pile. Then use the real root vegetables and add them to the piles.
- Depending on family involvement, draw a Venn diagram on the board. Write two root vegetable types above each circle. Holding up the root vegetables, ask the family what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one root vegetable. Record their descriptions that only fit that root vegetable. Repeat with the second root vegetable.



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Explain

- Explain that botanically they are vegetables (there are no seeds inside). What other vegetables can they think of? (Lettuce, celery, spinach, rhubarb, potatoes, etc.) If possible, put out pictures of fruits and vegetables and allow the family to think about which ones are vegetables. Explain the word “root” (plant part that is in the ground, that absorbs water and nutrients for the rest of the plant).
- Explain why we should eat root vegetables (helps heal cuts, prevent colds, gives energy for play, and healthy digestion) and for each reason come up with an action to help them remember. For example, they can put a hand on their stomachs while saying “healthy digestion.” Also and how to pick good root vegetables (they should be firm when you press them gently). Please see the next pages for images to share with the family.

Taste Test

- Wash all root vegetables well. Peel (jicama, rutabaga) and cut each in half and show the families what they look like on the inside. Slice each vegetable into pieces. Have each family member predict which one he/she will like best before tasting. Then after tasting share which one he/she liked the best.
- 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 root vegetables and don’t like root vegetables and write that number in each column.
- Review with the family how root vegetables grow and the health benefits.

Toddler Tasting

- To make turnip baby food puree, wash, peel and cube turnip. Place turnip cubes in a pot with enough water to cover them then boil until soft and tender (about 5-8 minutes). Place soft cubes in blender/food processor and puree, adding water as necessary until smooth. 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.

Jicama Cucumber Salad (about 4 servings)

1/4 pound jicama, peeled and grated	1/2 cucumber, grated
4 fresh lime slices	1/4 tsp. chili powder (optional)
Plates (1 per person)	Hand grater
Knife and Cutting Board	Mixing bowl and spoon
Wheat Crackers (1 per person) (optional)	



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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. Rinse the jicama and cucumber under running water. Cut the cucumber into pieces that are the size of the hand-grater. Peel and cut the jicama into pieces that are the size of the hand-grater.
3. Demonstrate how to use the hand-grater by holding the jicama and cucumber pieces away from the grater and pushing downward. Allow everyone to grate some jicama and cucumber.
4. In mixing bowl combine ingredients and squeeze lime juice. Serve on plates and/or wheat crackers and enjoy!

How do Root Vegetables grow?



Root
Vegetables
grow in the
ground.
The bulb part
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)



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