



## Preschool Home Visit Learning Plan

### Carrot

#### Harvest Objectives

Families will investigate carrots, including exploring size, shape, weight, etc.

Families will identify that carrots grow in the ground.

Families will taste a piece of carrot.



#### Harvest Vocab

Ground

Root

Vegetable

#### Materials & Prep

Carrots (enough for each family member to taste small  $\frac{1}{4}$  pieces, ideally of different varieties: purple, yellow, and orange)

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

Carrots Grow Underground by Mari C. Schuh

Carrot Soup by John Segal

Tops & Bottoms by Janet Stevens

The Very Big Carrot by Satoe Ton [board book]

#### Warm Up

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



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

### Explain

- After the family has explored the carrots, gather together in a large group. Share with the family the names of the carrot plant 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 carrots grow (in the ground), why we should eat carrots (healthy brain, healthy blood, healthy muscles, and healthy eyes) and for each one come up with an action to help the family remember. For example, they can flex their muscles while saying healthy muscles. Also explain how to pick good carrots (they should be firm and without cuts). Please see the next pages for images to share with the family.

### Taste Test

- Wash all carrots well. If you did not do so before, cut each in half and show the family what they look like on the inside.
- Slice each into pieces. Have the family predict which color carrot they will like the best. Then taste the different varieties and have everyone 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 each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like and don't like carrots and write that number in each column.
- Review with the family how carrots grow and the health benefits.

### Toddler Tasting

To make carrot baby food puree, rinse and then peel the carrots. Remove tops, if present. Cut the carrots into small chunks and steam until tender. Place into blender/food processor and puree. Add water as necessary to achieve a smooth, thin consistency. 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

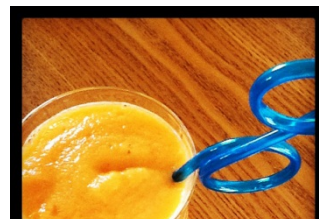
For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

Carrot Apple Smoothie (for about 4 servings)

(adapted from: <http://socialcafemag.com/apple-carrot-smoothie/>)

1/2 cup baby carrots

1 medium banana



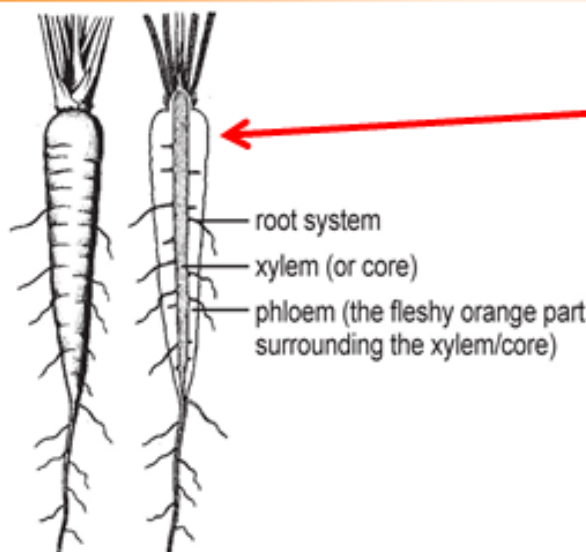


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2 oz orange juice                      Measuring cups  
1 small apple, peeled, cored and cubed  
Apple corer, or knife and cutting board  
Blender                                  Cup (1 per person)

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. Have a family member rinse the carrots and apple under running water. Have an adult peel the apple. Then, if needed, demonstrate how to use the apple corer and have a family member core the apple.
  3. Demonstrate how to put the items in the blender. (Each family member could add 2-3 carrots and/or apple pieces.)
  4. Blend everything for about 1 to 2 minutes, or until smooth. Serve and enjoy!
- This makes about 8 oz. servings.

## How do Carrots grow?



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



Why should we eat  
Carrots?

Vitamin B6



Healthy brains

Folate



Healthy blood

Potassium



Healthy muscles

Beta Carotene



Vitamin A



Healthy eyes