



# Beets and Carrots

*This lesson plan works well with children 3-5 years old. Adaptations for younger children are also mentioned below. The lesson involves learning about carrots and beets through reading and singing, seed, color, and taste investigations, and a cooking activity. This plan was based off of ideas from the Harvest for Healthy Kids activity kits (available for free with registration at [harvestforhealthykids.org](http://harvestforhealthykids.org)). The "Rainbow Crunch Salad", a parent newsletter/recipe, teacher background information, and more can be found there.*

## **Prep to do before class:**

- Buy/assemble carrots and beets and Rainbow Crunch Salad ingredients:
  - If you don't have carrots or beets from your own garden, see if you can buy locally grown carrots or beets from your local Wisconsin farmer or farmers' market (see [farmfreshatlas.org](http://farmfreshatlas.org) to find one)
  - If close enough, consider a walk or a field trip to a local garden or farmers' market to get the carrots and beets
  - If these are not possible options, local grocery stores and food co-ops often carry local produce in season as well, or ask your distributor
  - For this lesson, getting different colored beets and carrots, or ones that have different colors inside than outside are fun
- Gather cutting boards, knife, grater, wavy choppers, lemon juicer, measuring spoons and cups, bowls, and stirring spoons
- Get carrot and beet seeds to show (put them in baby food jars to make them easy to see and pass around)
- Pre-cook beets by boiling them in water until soft (for younger children for taste testing)
- Pre-shred some carrots and beets for younger children to mix into the Rainbow Crunch Salad (older children may be able to do some shredding themselves)
- Print "I tried it!" or "Ask me about carrots and beets" stickers. Print 'I Tried It' stickers using our free template and Avery 1.5" round labels #8293 (<http://bit.ly/ITriedItStickers>)
- Check out from the library or purchase the books ("Tops and Bottoms" by Janet Stevens, or "Up, Down, and Around" by Katherine Ayres for younger children)
- Make copies of the parent newsletter with recipe

*Remember that just taking one idea or activity from this plan is a great start!*

## Large Group:

- Start by reading the book “Tops and Bottoms” by Janet Stevens, or “Up, Down, and Around” by Katherine Ayres for younger children
- Talk about what letters “carrots” and “beets” start with, name other foods/vegetables with those letters
- Talk about how carrots and beets grow – pass around the seeds
- Show different carrots and beets and their colors, have the children guess what they would look like inside, then cut them open for the children to see inside
- Finish with the beet sing-along or carrot finger play:

### *Beet Song (to the tune of “If you’re happy and you know it)*

“If you’re hungry and you know it, eat a beet!  
If you’re hungry and you know it, eat a beet!  
Beets are red, orange and striped;  
Open wide, and take a bite!  
If you’re hungry and you know it, eat a beet!”

### *Carrot Finger Play*

See the carrots in the ground (position hands and arms in a point to form a carrot, and point to the ground)  
I pull them up without a sound (pull them out)  
I wash and clean them up and down (scrub up and down with your palms of your hands)  
I love to eat them all year round (Pretend to bring carrots to your mouth and eat!)

## Smaller Groups – Activities:

- Beet stamping – making artwork with cut-off beet tops to stamp on paper
- Help make the salad – grating beets and carrots (older children), each child can help squeeze the lemons/oranges and add a scoop of grated beets or carrots.
- Sorting carrots in order of length and/or measuring them
- Taste tests of different colored carrots and cooked or raw beets – for younger children, taste tests of shredded carrots work well

## Additional Notes:

- Any child that samples something can get an “I tried it!” sticker
- Send home the parent newsletter with the salad recipe on it
- Lemon juice can be used to remove beet stains from hands

## Questions? Comments? Get in touch!

Contact our Farm to ECE team at [wifarmtoece@rootedwi.org](mailto:wifarmtoece@rootedwi.org). Visit our website at [rootedwi.org](http://rootedwi.org) for more Farm to ECE resources.

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