



Garden Plot Crackers: Preschool Lesson

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Objectives

- Children learn how to make their own snack and through a hands-on cooking experience gain motivation to try new local vegetables.
- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Children learn about kitchen utensils and how to use them to make a specific recipe.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-5, APL-7, APL-8
HPD-1, HPD-5, HPD-6
LDC-1
CD-3

Materials

- A variety of local vegetables
- Large crackers or a piece of bread (one per child)
- Spread for crackers/bread (hummus, cream cheese, or goat cheese)
- Plastic knives
- Knife (*for adult use only*)
- Cutting board
- Plates
- Bowls

Preparation

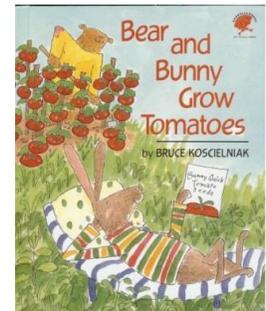
Wash and cut all vegetables into small pieces. Assemble a bowl for each child that contains each of the cut up vegetables.

Activity

Ask children to wash their hands. Begin by showing and naming the ingredients they will be using. Tell them about the farmers who grew the ingredients. Demonstrate how to assemble a garden plot cracker.

Give each child a paper plate with a cracker or a piece of bread on it and a bowl of chopped vegetables. Place a container of hummus, cream cheese, or goat cheese, and a plastic knife at every table or in reach of each group of children or make individual bowls of spread for each child.

Have the children spread the hummus/cream cheese/goat cheese onto their cracker/ bread using their plastic knife. Encourage the children to pretend that they are planting a garden. They can use the cut up vegetables to pretend to plant a garden on their cracker/bread.



Book to Read

Bear and Bunny Grow
Tomatoes
by Bruce Koscielniak



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When all of the children have finished assembling their garden plots, prompt them to try it. When they have finished, prompt them to help clean up by putting their paper products in the trash and/or wiping the table.

Class Follow Up

Send home a recipe for garden plot crackers with each child.



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Garden Plot Crackers

Ingredients:

A variety of local vegetables (cucumbers, peppers, carrots, lettuce, etc.)
Slices of bread or large crackers
Spreadable cream cheese or hummus

Tools: cutting board, knife

Steps: Cut the vegetables into small pieces and set aside. Spread about a tablespoon of cream cheese or hummus on top of the slice of bread or cracker. Design your garden plot by putting pieces of vegetables on top. Enjoy!



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