



Roots and Shoots: Preschool Lesson

get
Local
@school

Objectives

- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Through a hands-on activity, children explore and taste local vegetables.
- Children learn how vegetables grow by will using their sense of sight and taste to determine the characteristics of vegetables that grow above and below ground.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-5, APL-7, APL-8

ESD-1, ESD-2

HPD-1

LDC-1, LDC-8, LDC-9

CD-1, CD-3, CD-11, CD-14, CD-15

Materials

- Local vegetables (a combination of vegetables that grow below and above ground)
- Knife (*for adult use only*)
- Cutting board
- Bowls
- Tongs
- Plates

Preparation

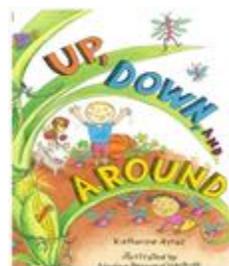
Wash vegetables and cut into small pieces for taste testing (leave one of each of the vegetables in its whole form to show to the children). Place each of the cut up vegetables in a separate serving bowl.

Activity

Read a Book

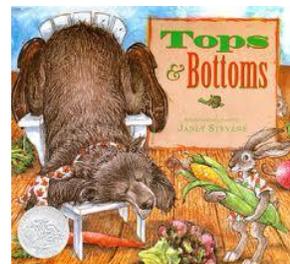
Read Up, Down, and Around by Katherine Ayres or Tops and Bottoms by Janet Stevens. Have the children brainstorm all of the different vegetables that can be found above or below ground. Show the children the vegetables in their whole form and ask them if they know which ones grow above ground and which ones grow below ground. Ask them if they know which part of the vegetable we eat. Do we eat the whole plant? Do we eat the greens of carrots? Have them brainstorm the characteristics of each vegetable. Does the vegetable that grows underground look like a root? Does the one that grows above ground have seeds?

Pass around the whole vegetables for the children to touch and smell. As a class, group the whole vegetables based on whether they grow above or below ground.



Books to Read

Up, Down, and Around
by Katherine Ayres



Tops and Bottoms
by Janet Stevens



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Taste the Vegetables

Pass out the cut up vegetable samples to each child. Have them all taste the vegetable that grows above ground at the same time, then, have them all taste the vegetable that grows below ground. Did they have a favorite? Make a graph recording the children's votes for their favorite vegetables. When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.

Optional

Take a large piece of paper and create a column for each vegetable. Give each child a sticker to vote for their favorite vegetable.

Extensions

Create a Venn diagram of the vegetables the children brainstormed. Fill one circle with vegetables that grow above ground, fill the other circle with vegetables that grow below, and fill the middle section with all the vegetables that fall in between!

Make a collage! Bring in gardening magazines and seed catalogs to have the children cut out all different kinds of vegetables. Instruct them to glue the root vegetables on the bottom half of the paper and the vegetables that grow above ground on the top half.