



Taste and Tales: Preschool Lesson

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Objectives

- Promote childhood literacy.
- Teach children about vegetables and fruits.
- Encourage parent involvement.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-5, APL-8

HPD-1

LDC-1, LDC-8, LDC-9

CD-14

Materials

-Any books that highlight local vegetables and fruits, suggestions are listed below

-Vegetables and/or fruit for each student to have a taste (or appropriate serving size if taste test is being used as a snack)

Activities

Background

“Taste and Tales” is designed to promote early childhood literacy, teach children about vegetables and fruits, and encourage parent volunteerism. In “Taste and Tales” activities, teachers and parents partner to read a book and offer a related taste test to children. The suggested outline can easily be changed based on teacher and parent interests, time constraints, and skills.

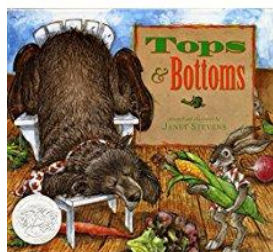
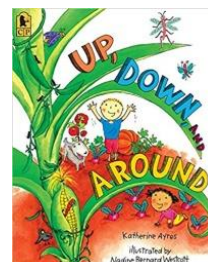
Basic Taste and Tales Outline

1. Introduce the vegetable (or fruit) and the farmer who grew the vegetable. An introduction to the farmer can be through a picture of the farmer that grew the item. Talk about how the vegetable is grown. Show the seed (or a picture of it) of the vegetable and a picture of it growing. If applicable, point out the vegetable growing in the school garden or show the children an example of the whole vegetable (for example, a carrot with the tops).
2. Read the book, highlighting the vegetable you’ll feature in the taste test.
3. Taste the vegetable!

Book Suggestions

Up, Down, and Around by Katherine Ayers and Nadine Westcott

This rhyming story is perfect for introducing young children to fruits and vegetables that grow up (like corn and peppers), down (like potatoes and carrots), and around (like cucumber and pumpkin vines). Many vegetables are featured in this book, so parents and teachers can choose which one or two they would like to highlight with a taste test. Corn, peppers, carrots, and cucumbers are all great vegetables to offer to children raw.

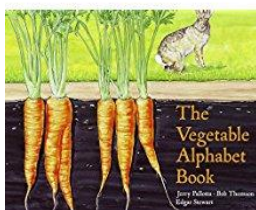
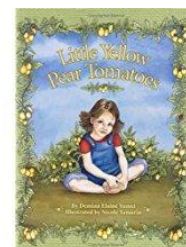


Tops and Bottoms by Janet Stevens

This is a trickster tale that also shows how different vegetables grow. Bear is too lazy to grow his own vegetables, so he enlists hare to help him out. Now they just need to figure out an equitable way to divide the harvest. *Tops and Bottoms* features carrots, beets, radishes, lettuce, broccoli, celery, and corn, all great vegetables for raw taste tests. For this taste and tale, we suggest doing a taste test of carrots vs. radishes or celery vs. lettuce. Which do students like more?

Little Pear Tomato by Demian Yumei

Everything we eat comes with a story. This book shares the stories, memories and feelings that live within each yellow pear tomato that grows in a young girl's garden. Follow this book with a taste test of little yellow pear tomatoes, sun gold cherry tomatoes, or another locally grown tomato.

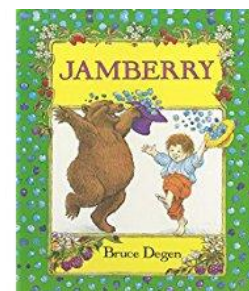


The Vegetable Alphabet Book by Jerry Pallotta and Edgar Stewart

This beautifully illustrated alphabet book includes veggies that every student will know, like green beans and corn, but also unique varieties like daikon radishes and kohlrabi! Many vegetables are featured in this book, so parents and teachers can choose which one or two they would like to highlight with a taste test.

Jamberry by Bruce Degen

Take your students on a rollicking ramble through the berry brambles! A ton of fun to read aloud, *Jamberry* features a boy and a friendly bear joyously romping through a fantastic berry world, and introduces a wide variety of berries that grow in our region. Read this book before a snack of local berries.

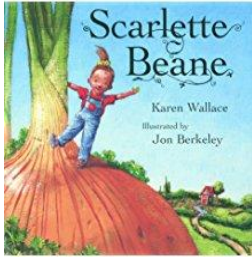




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Scarlette Beane by Karen Wallace



On Scarlette Beane's fifth birthday, her grandfather gives her a garden to grow all on her own. Her veggies grow so big it takes the whole town to help harvest them and make soup. Then one night, she plants magic seeds that grow into a vegetable castle! This book is all about the wonderful things children can accomplish and the joys gardening brings to a community. This book features many different vegetables. Parents and teachers can select which vegetable to include in a taste test according to what is in season.