

Lesson Plan #1: November Root Vegetables

1. Play Farmer Video

Root Vegetable Farmer Video is about *Carrots* **(2:36) min**

<https://www.youtube.com/watch?v=LakuVhHkvQE>

2. Do Taste Test

Have students taste the root vegetable and write down their observation using the 'Rate the Taste' chart and 'Appendix 1: Adjectives' **(5:00) min**

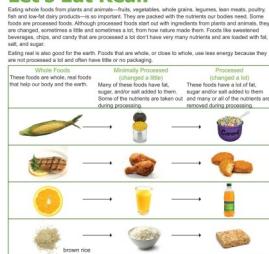
Fruit or Vegetable	I like it	I eat and love it	I eat it	I will try this again	Why it is good for me...
Peppers					
Grapes					
Root Vegetables					
Apples					
Salad Greens					
Citrus					
Cooked Greens					
Cucumbers					
Strawberries					
Stone Fruit					

Appendix 1: Adjectives				
Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.				
see	touch	taste	hear	smell
Green Red Orange Purple Yellow Brown Tan White Blue Light (+color) Dark (+color) Colorful Appealing Appetizing Shiny Small Medium Large Thick Thin Long Short Round Oval Twisted	Crunchy Crisp Soft Hard Juicy Light Heavy Sticky Smooth Wet Firm Bumpy Dry Appealing Appetizing Shiny Small Medium Large Thick Thin Long Short Round Oval Twisted	Sweet Sour Bitter Delicious Fresh Tangy Tart Tasteless Tasty Plain Mouth-watering Yummy Good Bad Refreshing	Crunchy Crisp Juicy Squeaky Noisy	Sweet Sour Bitter

3. Complete Workbook Activities



Let's Eat Real!



Note: These pages will look slightly different for each grade level.

(10:00—15:00) min

4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement

Harvest of the Month
Network for a Healthy California

Health and Learning Success Go Hand-in-Hand
Encouraging students to try new foods through taste tests is a great classroom strategy. Create a safe environment for students to taste new fruits and vegetables. A low-pressure approach to taste testing can help students develop a sense of what they like. Incorporate Harvest of the Month fruits and vegetables into lesson plans and help students expand their eating horizons.

Exploring California Root Vegetables:
Taste Testing
Getting Started:
• Partner with your school nutrition staff, local farmers' market, or grocery store to obtain produce for taste tests.
What You Will Need (per group):
• 1/2 cup each of raw, peeled, and sliced jicama and turnips
• 1/2 cup each of cooked and sliced russet potatoes and rutabagas
• Printed Nutrition Facts labels for jicama, turnips, potatoes, and rutabagas**
Activity:
• Record sensory impressions by creating a Venn diagram on the board.
• Taste vegetables and note the look, texture, smell, color, and taste.
• Ask students to write a reflection or thank you letter to the farmer or school nutrition staff. Include sensory descriptions or reasons why they liked or disliked certain items.
• Examine Nutrition Facts labels for all items. Discuss how they differ nutritionally.
• Refer to Botanical Facts (page 2) and explain how tubers differ from roots.
**Make arrangements to cook (steam) potatoes and rutabagas in advance.
**Download from the Educators' Corner of www.harvestofthemoonth.com.
For more ideas, visit www.kidscookfarmfresh.com.
Kids Cook Farm-Fresh Food, California Department of Education, 2002.

Cooking in Class: Jicama Cucumber Salad
Ingredients:
• Makes 24 tastes at 1/2 cup each
• 1 pound jicama, peeled and cut into 1/2-inch cubes
• 2 medium cucumbers, quartered, and sliced 1/2-inch thick
• 1 fresh lime
• 3 teaspoons chili powder
• Small plates and forks
1. Combine jicama and cucumbers in a large bowl.
2. Squeeze lime juice over salad and mix well.
3. Sprinkle seasoning over salad and mix well. Serve immediately.
Source: Hawthorne School District, 2009.
For additional information, visit www.harvestofthemoonth.com.

Reasons to Eat Root Vegetables
• A 1/2 cup of most root vegetables provides an excellent source of vitamin C.
• A 1/2 cup of sliced jicama is a good source of fiber.
• Complex carbohydrates* (commonly referred to as "starches") are a key nutrient in root vegetables.
*Learn about complex carbohydrates on page 2.
Champion Sources of Complex Carbohydrates*
• Corn
• Dry beans
• Peas
• Sweet potatoes
*Champion foods include those in which most of their calories come from complex carbohydrates.
Source: USDA Nutrient Database.
For more information, visit www.healthycalifornia.org.
Wellness Foods A to Z by Sheldon Margen, RD, MS, 2002.

Nutrition Facts
Serving Size: 1/2 cup (120 grams)
Amount Per Serving
Calories 23
Total Fat 0g 0%
Sodium 0mg 0%
Total Carbohydrate 5g 10%
Dietary Fiber 3g 12%
Sugars 0g
Protein 0g
Vitamin A 0%
Vitamin C 20%

ROOT VEGETABLES

Note: Remember that all your Educator Newsletters are located in the second section of your Teacher Manual and the Teacher Guide for student workbooks is located in the third section of your Teacher Manual. Each section should be separated by a yellow piece of paper.

(5:00—10:00) min

5. Energizer of the Month (with time permitting)

Energizer of the Month:
Rooting Around the Classroom

Play this fun classroom energizer after the Harvest of the Month taste-test to help students learn which vegetables are root vegetables.

Ready:

- Remind students that root vegetables are the roots of plants that are eaten as vegetables. Remind young children that roots are the part of the plant that is underground.

Set:

- Have students stand up behind their desks and push in their chairs.
- Play up-tempo music, like the *Shake It Up* CD (optional).

Go:

- Call out the name of a vegetable. If it is a root vegetable students squat down and pretend to pull it out of the ground. If it is not a root vegetable students do jumping jacks.
- Students continue the movement (squats or jumping jacks) until the next vegetable is called out.
- Call out a new vegetable every 20-30 seconds.

Root Vegetables:

- Potato
- Yam
- Sweet Potato
- Beet
- Carrot
- Turnip
- Parsnip
- Rutabaga
- Jicama
- Radish
- Onion
- Garlic
- Cassava
- Sunchoke
- Yucca
- Shallot
- Ginger
- Water Chestnut

Non-Root Vegetables:

- Asparagus
- Cabbage
- Eggplant
- Pepper
- Artichokes
- Green beans
- Bok Choy
- Broccoli
- Peas
- Zucchini
- Spinach
- Celery
- Cucumbers
- Squash
- Tomatoes
- Mushrooms
- Cauliflower
- Lettuce

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For CalFresh information, call 1-877-847-3663.
Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.calchampionsforchange.net for healthy tips.
*California Department of Public Health

Note: The 'Energizer of the Month' is a monthly physical activity you can do with your class. This document will be sent as an additional attachment. **(5:00) min**