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*

<table>
<thead>
<tr>
<th>Fruit or Vegetable</th>
<th>Taste</th>
<th>Touch/Feel</th>
<th>Sight</th>
<th>Smell</th>
<th>Appendix 1: Adjectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Wheat, Seedy, Aroma</td>
</tr>
<tr>
<td>Carrot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sweet, Juicy, Aroma</td>
</tr>
<tr>
<td>Potato</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Starchy, Juicy, Aroma</td>
</tr>
</tbody>
</table>

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

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)

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