



Preschooler Activity



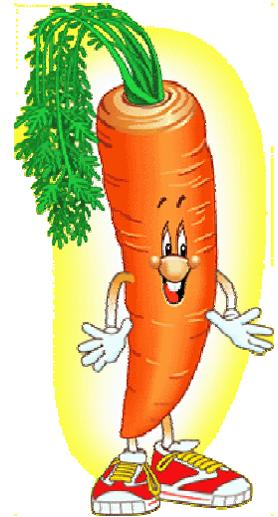
Activity #2: I Love Carrots

Learning Objectives

- To understand where carrots come from and how they grow.
- To introduce children to gardening.
- To allow children to experience different types of carrots and ways to eat carrots.
- To introduce children to food preparation.

Supplies You Need

- 10 Crunchy Carrots tape
- The Carrot Seed Book
- Package of carrot seeds
- Raw carrots with tops
- Peelers
- Mixing Bowls
- Soap
- Jug of water
- Small cups
- Paper towels
- Paper plates



Welcome

Greet each child and know each child's name. Use name tags if you need to. Tell the children your name. Have puzzles, toys for children to play with while they are waiting for everyone to join the group.

Group Time

Read the book the Carrot Seed.

Ask the following questions:

Show the children carrot seeds. How did the little boy feel when his carrot seed didn't grow?

Look at the picture that shows the top of the carrot sticking out of the ground. Where do they think the orange part is?

Have they ever grown a carrot?

What do they think the boy did with the huge carrot?

Physical Activity

Play activities from the Sport for Fun Activity Guide for 10 minutes. Try to use an activity with music and play the 10 Crunchy Carrots song.

Cooking Time

Let the kids know that they will be making trying during kinds of carrots with Peanut Dip! Have all children wash their hands. Stress the importance of handwashing.

Peanut Dip

Ingredients: ½ cup peanut butter
½ cup plain lowfat yogurt
Frozen, raw and canned carrots in different shapes
Other foods such as celery and apples can also be used

1. Let children peel some carrots. An adult should cut the carrots.
2. Let children measure the peanut butter and yogurt and stir in a bowl.
3. Heat the frozen carrots in the microwave.
4. Serve the dip with the carrots and other raw fruits and vegetables if desired.
5. Allow the children to taste the different types of carrots. Raw, frozen (cooked) and canned. Which do they like best?

Serve water and enjoy with children and parents. Remember to talk about pleasant things during the meal. Children should be allowed to choose whether or not they eat and how much they eat.

