

## Healthy Food of the Month Carrots

### Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

**Audience:** Kindergarten

### Optional Craft, Activity or Snack:

- *Harvesting Carrots*
- *Book "The Carrot Seed" by Ruth Krauss*

### Materials:

- *"The Carrot Seed"*
- *Picture of Carrots*

### Lesson:

Leader: The healthy food that we are learning about this month is carrots. Who likes carrots?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!  
Let's get ready to go out to the garden. Let's put on our gardening shoes and a nice big floppy hat to protect us from the sun and a pair of gloves to protect our hands from any prickly plants we may find. Grab your shovel and basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a vegetable garden looking for carrots. When you open your eyes we will pretend to be in that garden.  
Ready? Close your eyes.....can everyone imagine it being a hot sunny day and we are standing in a garden with vegetables growing all around us? Okay, open your eyes. Look how pretty it is!!!

Who know what carrots look like when they are growing in the garden? (Use picture here) You cannot see any of carrots because they grow underground. All we will be able to see are the long green stems that stick out of the ground. Let's see if we can see the carrots in this garden.

Oh! I think I see a bunny rabbit in the garden. Shhhh! What do bunny's like to eat? CARROTS! If we follow the bunny we will find the carrots. There they are!  
I think we scared the bunny away.

Everyone kneel down and find a carrot to pull out. Okay. Let's start pulling out carrots. They are dirty but we know they will taste good!

Let's fill our baskets and then leave the rest in the ground for another day.

Leader: Let's go in the house and get it ready to eat. Who knows some great ways to eat carrots? (Brainstorm some ideas; cooked, in salads, in casseroles, and in soups, raw with dip).

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!  
Remember to eat your carrots!

