



# pint size PRODUCE

## Supplies:

### Book:

*Up, Down, and Around*  
by Katharine Ayres

### Tasting :

- Beets
- Vegetable peeler
- Knife
- Cutting board
- Microwave safe bowl

### Activity:

- Beet water from cooking beets
- Heavy paper
- Paintbrush
- Tape (optional)

### Coloring Pages:

<http://www.supercoloring.com/coloring-pages/vegetables/beets>

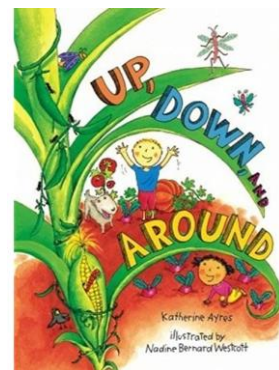
# Beets!

## Book: Up, Down and Around

Read "Up, Down, and Around" by Katharine Ayres. Read the book through once, and then repeat, having children act out up, down, and around.

Discuss with children the different parts of plants. What part do we eat for different fruits and vegetables: the fruit? The leaves? The root?

Watch a video of Up, Down, and Around here:  
<https://www.youtube.com/watch?v=yY4ZNV3BQCw>



## Tasting: Steamed Beets

Peel and chop beets, cover in water, and microwave until soft. SAVE the water to paint with (see activity)!

Consider offering raw beets as well. Grate beets, and add a little dressing or orange juice to coat. Compare flavor and texture!



# Song:

## Eat a Beet\*

(Tune: "If You're Happy and you Know It")

If you're hungry and you know it, eat a beet!

If you're hungry and you know it, eat a beet!

Beets are red, orange and striped;

Open wide, and take a bite!

If you're hungry and you know it, eat a beet!

## Activity: Beet Watercolor

This activity can let younger children practice putting tape on the paper, and holding a paintbrush. Preschoolers can make patterns with tape and make a painting!

1. Peel and chop a beet, cover in water, and microwave until soft.
1. Give children a piece of paper and brush. Provide pieces of tape to make a pattern on paper, if desired.
1. Pour small portions of the brightly colored water into containers, and let kids paint with the watercolor!

Talk about the colors of beets, and where the beet grows (under the ground).



## More Resources

- Check out our website for links to many other curricula and activities:  
[www.renewingthecountryside.org/f2ece](http://www.renewingthecountryside.org/f2ece)
- One curriculum to check out – with high quality photos of beets and many other fruits and vegetables:  
[www.harvestforhealthykids.org/](http://www.harvestforhealthykids.org/)

Sources of Information  
\* <https://www.harvestforhealthykids.org/>





# Beets!

## Try It!

Try offering both raw and cooked beets – grated beets can be good for younger eaters. Add dressing or orange juice to raw beets and mix.

See which one is your favorite!

## Did you know?

In Minnesota, peak season for beets is July to October. Red beets are most common, Chioggia beets (pictured left) are striped, and golden beets are orange! Beets are a good source of potassium and iron.<sup>1</sup> Look for local beets at the grocery store, or find beets near you using [www.minnesotagrown.com](http://www.minnesotagrown.com).

## Song

Tune: "Muffin Man"<sup>2</sup>

*Do you eat your vegetables, vegetables, vegetables?  
Oh, do you eat your vegetables-each and every day?*

*Yes, we eat our vegetables, vegetables, vegetables:  
Oh, yes we eat our vegetables - each and every day!*

Continue the song, substituting each child's name and favorite vegetable. For example:

*Oh Jonas eats beets, beets, beets,  
Oh Jonas eats beets - each and every day!*

## Resources

Find many farm to childcare resources on our website:  
[www.renewingthecountryside.org/f2ece](http://www.renewingthecountryside.org/f2ece)

More beet activities can be found here under 'activity kits':  
[www.harvestforhealthykids.org/](http://www.harvestforhealthykids.org/)

1. <https://snaped.fns.usda.gov/seasonal-produce-guide/carrots>  
2. <http://www.iatp.org/documents/farm-childcare-curriculum-package>



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# Beets!

Did you know? Beets come in different colors, including orange (golden), and striped (Chioggia, pictured above)! The peak harvest season for beets in Minnesota is from July to October.<sup>1</sup>

Ask your child what they learned about beets today! Do they grow under the ground or above the ground? What are the different ways you can eat beets?

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