



pint size PRODUCE

Carrots!

Supplies:

Book:

The Carrot Seed
By Ruth Krauss

Story: The Carrot Seed

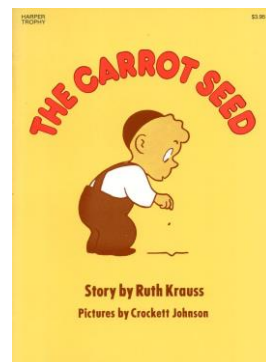
Questions you might ask while reading:

- What does the little boy give the plant to help it grow?
- What did everyone keep telling the little boy?

Highlight that the carrot is a root vegetable, so the part we usually eat grows beneath the soil.

Watch a video of *The Carrot Seed* read aloud here:

https://www.youtube.com/watch?v=t_bKqYUc-2M



Tasting :

- Carrots
- Mayonnaise
- Raisins or pineapple
- Sunflower seeds
- Grater

Activity:

- Egg cartons
- Pipe cleaners (green, white, orange, purple, red)
- Scissors

Coloring Pages:

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

Tasting: Carrot Salad *

This salad is a fun way to get preschoolers involved in preparing food, and they can be more willing to try unfamiliar flavor combinations if they helped put it together!

1. Grate carrots – little hands can help.
2. Add raisins, pineapple chunks, and sunflower seeds, if using.
3. Stir in mayonnaise, just enough to coat the salad.

Alternate:

Offer raw and steamed carrots – grate raw carrots, steam diced carrots in a microwave. Compare flavor and texture!



Activity: Carrot Tops and Bottoms

Note: The egg carton can be cut and separated so children can have their own "carrot patch"

1. Use a scissors to poke a small hole in each carton, if there isn't one already.
2. Make "carrots" by folding the "bottom" around the "tops", and twisting the pipe cleaner together. Make sure the tops are easy for little fingers to grab.
3. Push three different colored carrots through each "carrot patch"/ egg carton. Have students pull them up, and collect in their own garden basket!

Talk about the colors of carrots, and where the carrot grows (under the ground).



Song: Planting Song

(Tune: "The Farmer in the Dell")

It's time to plant the seeds,

It's time to plant the seeds,

Heigh-ho, the derry-o,

It's time to plant the seeds.

Other verses:

The warm sun shines all day...

The rain comes gently down...

The plant pops through the soil...

We need to water and hoe...

We help our garden grow...

Invite children to act out the words!



More Resources

- Check out our website for links to many other curricula and activities:
<https://www.renewingthecountryside.org/f2ece>

Sources of Information

*<https://www.brighthubeducation.com/preschool-lesson-plans/50112-the-carrot-seed-lesson-and-activities-includes-grow-your-own-carrot/>

