

# Carrots

## Farm to Preschool Curriculum Green Mountain Farm to School

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**Summary:** Students will understand the different vegetables and plant parts we eat. They will learn how to prepare a dish using carrots.

**Guiding Questions:** How do carrots grow? What can we make with carrots?

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### Activity 1: Story- *The Carrot Seed*

#### Materials:

- *The Carrot Seed* by Ruth Krauss
  - Picture or examples of carrots, ideally including different colored carrot varieties
  - Examples of carrot seeds
1. Gather students in a quiet circle with calm bodies. Introduce yourself and explain that we will be learning about carrots today. Remind them that we will first listen to a story, then wash our hands and prepare food that we will try at lunch. Before beginning the story, remind students that while the story is being read, they should keep their thoughts or comments to themselves until the end. Then, the group will have time to share.
  2. Read the book. Ask students what happened in the book. *Has anyone planted a garden before? Did they grow carrots, or other types of plants?* Explain that it takes time for a seed to grow into a plant. We can help by giving our seed water and warmth/sunlight.
  3. Tell students that carrot seeds are especially tiny. Put a few seeds in a small cup or bowl, and pass around. *Can you believe that a tiny carrot seed can turn into a big carrot?*
  4. Ask students who has eaten a carrot before. *Did they enjoy it? What does a carrot taste like?* Tell children that carrots can grow to be different shapes and sizes, as well as different colors. Pass around examples of different colored carrots, or images of carrots. Explain that the part of the carrot we eat is the root, which grows below the ground. *We have to pull it out of the soil before eating it!*
  5. Remind students that they will be making and trying a new recipe with carrots today. Prepare to transition to next activity.

## Activity 2: Cooking Activity- Carrot Fries

### Materials:

- Bowls
  - Cutting boards
  - Y-shaped peelers
  - Crinkle cutters or chef's knife (for adult/educator use)
  - Measuring cups
  - Measuring spoons
  - Whisk
  - Ingredients (see recipe)
1. Ask students what we should do before cooking (wash our hands!). Have everyone wash their hands, reminding students that once their hands are clean, we shouldn't touch our faces because we can easily spread germs that way.
  2. Have each student sit down at the cooking table. Tell children that we will be making carrot fries to try today- yum!
  3. Divide students into two groups. Have half peel carrots and chop off tops, while the others can mix together coating. Ideally, have an adult lead each group and switch so each student can participate in both activities.
  4. For students handling carrots, have a cutting board and peeler for each child. Demonstrate how to safely use the peeler, and allow them to peel off the outer layer of each carrot. Use crinkle cutters to chop off the tops and ends of carrots, if needed. Have an adult cut carrots lengthwise into "fries." Consider preparing some fries in advance.
  5. At the other station, have students help measure out the coating/seasoning ingredients for the carrot fries. Measure and add all ingredients to a large bowl, then whisk together until well-incorporated.
  6. Add sliced carrot fries to the bowl, and mix to combine. Students can help lay out fries on a baking sheet.

### Oven-Baked Carrots

Yield: 6-8 servings

#### Ingredients:

1 ½ lbs carrots  
1 teaspoon honey  
2 tablespoons olive oil  
½ teaspoon salt  
2 tablespoons rosemary, finely chopped  
1 pinch pepper

#### Directions:

Heat oven to 425 degrees F. Line a shallow pan with foil.  
Peel carrots. Cut in half widthwise, then cut lengthwise into sticks.

In a mixing bowl, combine carrot sticks, olive oil, honey, salt, rosemary and pepper. Stir until carrots are evenly coated.

Place carrots in pan, spreading out as much as possible. Bake for 20 minutes or until carrots are tender.

Source: food.com, modified by GMFTS

## Activity 3: Handprint Carrots

### Materials:

- Large pieces of white paper, one per student
- Pencils
- Black markers
- Green and orange paint
- Paintbrushes
- Smocks

1. Set up a station for each student with a piece of paper and pencil. Explain that we will be using our hands and arms to trace the outline of our own carrot picture, which we will color in with paint.
2. Demonstrate how to make the outline of a carrot by placing your non-dominant hand and lower arm (up to your elbow) flat on a piece of paper. Use a pencil to trace around your hand and arm- your hand will be the top or greens of the carrot, while your arm is the root. Be sure to connect your carrot at the bottom! Students can use a black marker to retrace their pencil drawings.
3. Before painting, make sure children wear smocks to prevent painted clothes, and roll up any long sleeves. Show students an image of a carrot, reminding them that the top is green and the bottom is orange. Provide students with a small container of each color paint and paintbrush and facilitate coloring in their carrots. Allow to dry, then hang up pieces or send home with students.

**Educator Note:** Although we typically think of carrots as being orange, there are varieties of yellow and even purple carrots. Consider providing these colors for students to paint their carrot prints with.

Source: teachpreschool.org