



# ★ SENSORY EXPLORATION

## Carrots From Top To Bottom

### OBJECTIVES:

1. Children describe the feel, smell, taste, and color of assorted carrots.
2. Children compare lengths of carrots.
3. Children compare the feel, smell, and color of carrot “tops” (greens) and carrot “bottoms” (roots).

### WHAT YOU MIGHT NEED:

An assortment of carrots of different sizes and, if possible, different colors. Make sure at least some carrots have their “tops” or greens.

Chart paper, markers

Ruler

### WHAT YOU MIGHT DO:

- Leave many of the carrots whole, so that children can explore and compare the different sizes and shapes.
  - Ask children to describe how the carrots are the same or different. Are they all the same size? Are they all the same color? Do they feel the same? (Have children try gently bending carrots to discover how some are hard and some are more flexible.)
- Have children explore the tops and roots of carrots.
  - Ask children to describe how the carrot tops are different from the carrot bottoms. What color is the top? What color is the bottom? Do they feel the same? Do they smell the same?
- Have children line up the carrots according to their length, from shortest to longest. Have children measure the lengths with a ruler.
- Cut a few carrots open so that children can explore the inside of the carrots. Ask children: what does it look like inside?
- Offer tastes of the raw vegetables, for those children who would like to try. Remind children that they will need to wash their hands after tasting and before continuing to explore the vegetables.
- Offer children a hand stamp for exploring a new vegetable!



### COLORFUL CARROTS

Carrots come in many different colors – orange, red, purple, white, and yellow. Often, you can find different colors of carrots at a local farmers market. If you can find them, bring an assortment of colors to class and have children explore the different shades. Make sure to cut some carrots to see how the color is different inside and out.

