

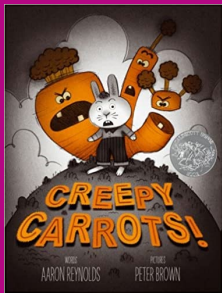
Root Veggies

ROOTING FOR THESE VEGGIES

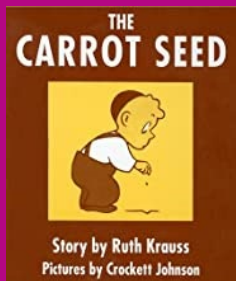
English Language Arts

PICK a good book

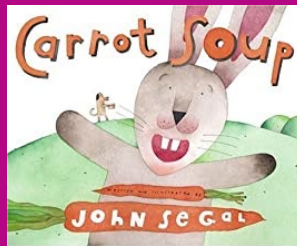
Consider exploring beet, carrot and radish themed books*:



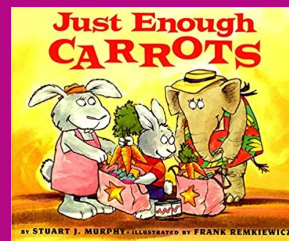
'Creepy Carrots'
by Aaron Reynolds



'The Carrot Seed'
by Ruth Krauss



'Carrot Soup'
by John Segal



'Just Enough Carrots'
by Stuart J. Murphy



'Rah, Rah, Radishes!'
by April Pulley Sayre

*The Georgia Department of Education (GaDOE) cannot and does not endorse or promote any commercial products, including books. Teachers and school leaders should check with their local district policy when selecting books to support instruction in determining age and content appropriateness for their students.

CARROTer Changes

CARROT-er Changes (aka Character Changes): Students identify the main characters in a book. Students describe how the main character changes throughout the book (beginning, middle, end).

Students research and write about the difference between a true baby carrot and a manufactured baby carrot.

Students write an essay about how beets, carrots, and/or radishes contribute to our health and/or our state's economy.

Math

CRUNCH the Numbers

Students estimate how many carrots it takes to make 1 cup of carrot juice (typically about 1 pound yields 1 cup).

Root Veggies

Put the numbers (estimates) to the test by making carrot juice. Clean carrots. Cut carrots into pieces (coins about 1 inch). Puree/blend carrots. Add water if needed when blending. Add hot water to puree, mix and let steep for about 15 minutes. Strain to remove the pulp. Optional: add orange juice. Consider having students try with and without orange juice. Then, have students graph student preferences.

Using various sizes and varieties of beets, carrots, and radishes, have students measure using different tools such as ruler, string, and/or scale. Measure the length, width, diameter, circumference, radius, and weight. Students can compare and contrast results.

Science

What's **GROWING** Down

Investigate the water content of carrots. Fill a glass of water with food coloring. Put a carrot in the glass. Remove carrot after one day and cut it in half (separating the top and bottom halves). Ask students questions about what they see. Compare it with a raw, cut carrot. Cut the halves lengthwise and observe the “veins” in a carrot.



Art

Can't **BEET** This Art Project

This root vegetable comes in an array of colors, including: red, orange, yellow, purple and red and white striped. Cook the beet. Then, puree and strain. Use the liquid to paint. Add water to obtain different shades.

Are you hungry for more food based learning opportunities?

Resources found here provide additional examples of ways to connect the classroom and cafeteria food based learning experiences: <https://snp.gadoe.org/SCE/Pages/Food-Based-Learning.aspx>.