

Carrots for Lunch

Out in the garden, under the sun.
Grew lots of carrots, so I picked some.
I took them inside and washed the whole bunch.
Then I sat down and ate them for my lunch.



Jean Warren

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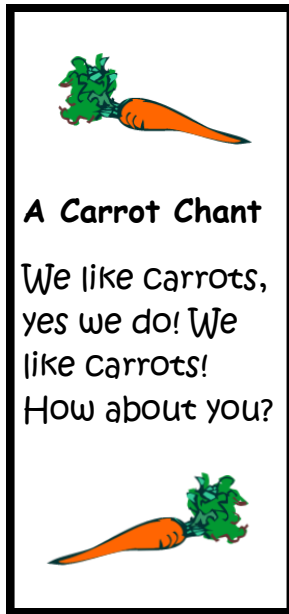
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What's on Your Plate?

Supplies needed:

Small white paper plate
Red and yellow tempera paint
Carrot

Cut a carrot in half crosswise.
Give each child one dab
each of red and orange paint
on a separate paper. Dip the
carrot into the paint and
stamp onto the plate
overlapping colors so they mix
to create some orange carrot
coins.



Growing Healthy Carrots

Supplies needed:

Carrot seeds
Potting Soil
Water
Drainage material



(such as gravel, small rocks or Styrofoam packing peanuts)

Large glass container (such as a 1 gallon jar or a 5-10 gallon fish aquarium)

Sunny window
Patience

In a clean glass container, carefully lay several layers of drainage material. Fill container almost to the top with potting soil. Sprinkle carrot seeds on the soil putting some next to the glass. Sprinkle just a bit of soil on top to just cover the seeds. Water. Set in a sunny window. The kids will enjoy seeing the growing process. Add water as needed. To keep the carrots from turning green, turn the container so the carrots growing next to the glass are facing away from the sunny window.



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Great Carrot Books to Find and Read

Carrot Soup by John Segal
The Carrot Seed by Ruth Krauss
The Enormous Carrot by Vladimir Vagin
Carrots by Gail Saunders-Smith
Harry Loves Carrots by Laura Baldwin

Carrot Bookmark



Cut an elongated triangle that is about 2 inches wide at the widest and 6-8 inches long. Round the corners. Glue red and yellow pieces of tissue paper on the shape. When dry, re-cut to the triangle shape, cover with clear contact paper, punch a hole in the middle of the 2 inch edge and tie green yarn or ribbon for the leaves.

Carrot Science Experiment

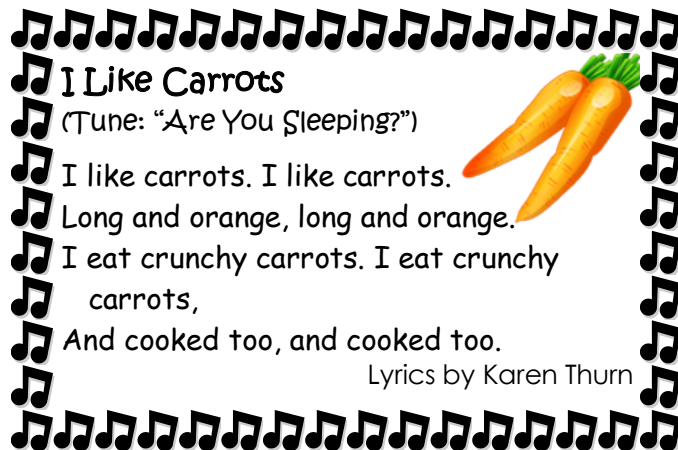


Cut a carrot one inch below the leaves. Cut off the leaves about 1/2 inch from the orange top and place carrot top in a pie tin of sand or rocks. Fill with water up to the top of the sand or rocks. Keep wet. (Optional method: Place carrot top on folded wet paper towels and keep them wet.)

Carrot-Apple-Raisin Salad

1 1/2 cup shredded carrots
1/2 cup diced apples
1/2 cup raisins
1/4 cup sunflower seeds (optional)
8 ounce can crushed pineapple with juice
Mix all ingredients and chill until serving.
Makes 3 1/2 cups.

Credit As: Lunch/Supper—serve 1/4 cup and count as 1 fruit/vegetable serving. Snack—serve 1/2 cup for 3-5 year olds and credit as 1 fruit/vegetable serving.



Lyrics by Karen Thurn