



Vegetable Castles: Preschool Lesson



Harvest of the Month Featured Product- Cucumbers

Objectives

- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Children learn about and learn to identify different types of local fruits and vegetables.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-5, APL-7, APL-8
HPD-1, HPD-5
LDC-1, LDC-8, LDC-9
CD-3, CD-4

Materials

- Local fruits and vegetables in their whole form, and some that are cut up for children to taste
- Plates
- Knife (*for adult use only*)
- Cutting board

Preparation

Cut the fruits and vegetables into slices or chunks for the children to eat.

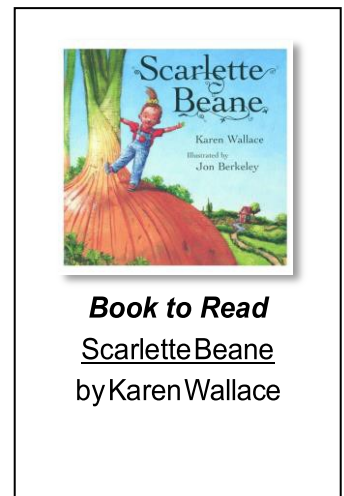
Activities

Read a book

Read Scarlette Beane by Karen Wallace. Ask children to put on their vegetable crowns and become vegetable kings and queens (do you have other dress-up clothes the kids can wear to become vegetable kings and queens?). Turn back to the page that shows the vegetable castle Scarlette Beane grew. As vegetable kings and queens, what kind of vegetable castle would the children live in? Which vegetables would be their walls and their roof?

Discussion

Explain to the children that in order to decide what kind of fruit and vegetable castle they would live in, they need to taste lots of different kinds of fruits and vegetables! Show children the bowls of fruits and vegetables cut into pieces. Ask them to guess what each one is in the bowl. Show them examples of whole fruits and vegetables. Review which part of the vegetable we eat (the leaf, the root, the stem?).



Book to Read
Scarlette Beane
by Karen Wallace

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).
www.growing-minds.org

Nourishing Connections a program of the Northwest Tennessee Local Food Network
www.nwtnlfn.org



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Taste the Vegetables!

Give each child a plate with a piece of each of the fruits and vegetables. One at a time, lead the class in trying each product (all at once; you can say, "One, two, three, try it!"). Which did the children like the most? When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.

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