

# Vegetables

## LEARN IT

Vegetables are a key component in a healthy diet and help our bodies grow big and strong. They can be eaten in a variety of ways—fresh, canned, frozen, baked, sautéed, or roasted. They are an important part of a healthy diet and provide our bodies with vitamins and minerals such as potassium, folic acid, Vitamin A, Vitamin C, and dietary fiber.

## SENSE IT

Plant plastic and/or paper vegetables in your sensory box using dried beans as the soil. The children will have fun tending this garden and harvesting the vegetables. Using spoons or plastic shovels, can they dig out the vegetables? When they have all the vegetables, can they sort them by colors? Now replant the vegetables for more fun!

## CRAFT IT

**Hand and Foot Carrot** Dip each child's foot in orange paint and "stamp" the foot onto heavy white card stock. Next, dip each child's hand in green paint and "stamp" the hand onto a second sheet of heavy white card stock. When the paint dries, allow the children to cut around their foot and hand. On a third sheet of paper, have the children glue their orange foot on the bottom and green hand at the top creating a foot carrot with a hand stem. This will be a cute craft parents will love to keep!



## PLAY IT

**Vegetable, Vegetable Soup** This fun game is played like Duck, Duck Goose. Ask the children to sit in a circle, with one child being chosen as the vegetable leader. As the child goes around the circle, they will name different vegetables you have learned together. They will select one child and instead of saying a vegetable, they will say SOUP! That child will get up and try to get back in their spot before the vegetable leader. If they do not, they will become the vegetable leader.

## EAT IT

### Roasted Carrots and Green Beans

1 lb Carrots  
1 lb Green Beans  
1 tbsp Olive Oil  
Garlic (optional)  
Salt and Pepper (optional)  
Balsamic Vinegar (optional)

Peel and trim carrots and green beans. Toss with olive oil. Season with salt, pepper, and garlic to taste if desired. Roast for 25 – 30 minutes on a roasting pan in a 400 degree oven. For extra flavor, drizzle with balsamic vinegar and roast for 3-5 more minutes.

*Lunch/Supper Crediting: 8 Servings ages 3-5*



## REPLANT IT

Did you know you can grow vegetables from scraps? When children look at them, they might think the seeds and trimmings of vegetables need to go in the trash, but we can show them how to grow a vegetable from a scrap. Celery, carrots, and lettuce can be regrown by placing the leaves or tops in a dish of shallow water. Place the dish in sunlight. After about a week, you will see roots and/or leaves. Once this happens, they are ready to transplant into the soil. For potatoes and sweet potatoes, cut chunks with an eye. Suspend with only one end slightly in the water by placing toothpicks in to the potato. Once potato chunks grow roots, they are ready to be transplanted. Tomatoes and peppers can be grown simply by saving the seeds and planting them. Children will love this science project and starting their own gardens.

## READ IT

Try these books during your circle time to learn more about vegetables.

*Oliver's Vegetables* by Vivian French

*The Vegetables We Eat* by Gail Gibbons

*I Will Never Not Eat A Tomato*

by Lauren Child

*Rah, Rah, Radishes!: A Vegetable Chant*

by April Pulley Sayre

*Monsters Don't Eat Broccoli*

by Barbara Jean Hicks

[cacfp.org](http://cacfp.org)

NATIONAL  
CACFP SPONSORS  
ASSOCIATION

# Vegetables

HOW MANY? Count how many of each vegetable there are and write down the number in the box below.

NAME: \_\_\_\_\_

