

Choosing More Fruits and Vegetables

RECOMMENDED CLASSROOM CENTERS

LANGUAGE

Books about planting

Planting a Rainbow by Lois Ehlert

Growing Vegetable Soup by Lois Ehlert

The Vegetables We Eat by Gail Gibbons

CONSTRUCTION

Formulate My Farm: Use various toy garden tools to construct your very own garden or farm. Have the children tell you what crops they are harvesting.

WRITING

Learning My Letters: Draw pictures of your favorite vegetable growing in your garden. Have the children draw a line separating the ground from the sky then draw their favorite vegetable growing in their garden.

SENSORY

Searching Soil: Shovel soil in sensory bin. Allow the children to use all of their senses to explore the soil. You may also add plastic bugs or vegetables to the soil as well. Have the children think about what effect the bugs have on the vegetables and the soil.

MANIPULATIVES

Fastening My Veggies: Make your own sewing card from cardboard. Print out pictures of vegetables and paste them on the cardboard. Using a hole-puncher, make holes at the edges. Use yarn to sew with. Wrap the end of the yarn with plastic wrap to make it stiff. The vegetable cards can then be hung up as mobiles in the classroom.

OUTDOORS

If a garden is available have the children water the garden (if needed) or pick out the weeds. Set aside some time to explain to the children how to tell apart a weed from one of your plants.

SCIENCE

Look at My Lima: Plant a lima bean in a clear jar, allow the children to view the growth process over time. The children can hypothesize how big the plant will grow and what it will look like when it is done growing.

ART

Painting with My Planting: Prepare firm vegetables (e.g. carrot, potato, green pepper) by cutting them in half lengthwise. Drain on paper towel to remove surplus juice. The children dip the vegetables in paint and press the vegetable on paper. Edible paint is recommended.

DRAMATIC PLAY

I Know How to Sow and Grow: Gather farmer clothes and props. Include hats, overall, boots, scarves, gardening toys such as: rake, shovel, watering can, etc. Have the children pretend they are a farmer or a gardener preparing crops for harvest.