

New Beginnings Family Literacy Program

Submitted By: Susan Warner

Organization: New Beginnings/Flagler County Schools

Lesson Title: Discovering Carrots

Subject Area: Nutrition and Interactive Literacy Activities

Intended Student Population: Adult segment is aimed at adults learning nutrition. Child segment is aimed at children age birth and up participating in Interactive Literacy Activities.

Adult Segment

Time to execute:

Field trip: 1 ½ hours

Nutritional value overview: 45 minutes to 1 hour

Researching recipes: 1 hour

Preparing the recipe: 2 hours

Materials needed:

Varies depending on the recipe your family chooses

Objective:

Introduce adult learners to the nutritional values of carrots, building awareness

Provide an opportunity to research low-cost nutritional recipes that can be used and created in their own homes

Providing choices

Prepare the recipe chosen as a group, and allow for tasting, creating a comfort level and an opportunity to try it before introducing it to their families

Procedure:

The adult learners assist in planting and maintaining carrots in box gardens if available. If gardens are not available a possible field trip to the local grocery store or Farmer's Market would be effective as well. Once the carrots are either ready to harvest or have been purchased the Instructor then facilitates an overview of the top nutritional facts on carrots which can be found on [usda.gov](http://www.usda.gov) website and also uses Staying Healthy Chapter 4 to reference vegetables and daily serving sizes. The families together research and prepare a low cost nutritional recipe using the carrots harvested from the garden or purchased. Recipes are researched on www.snap.nal.usda.gov and www.myplate.gov. This recipe will then be recreated at home for the entire family.



The above recipe is: Veggie Dip, recipe included

Child Segment

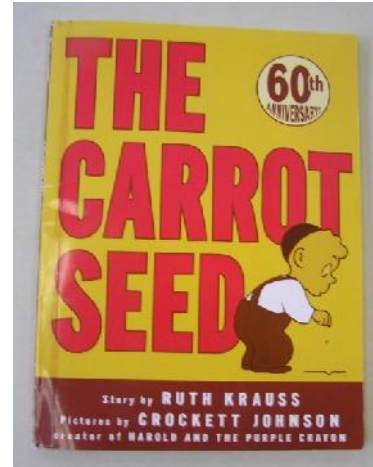
Time to execute: Approximately 1 hour

Materials needed:

- Large carrots, one for each child, large end of carrot cut off flat
- Red and yellow paint
- Carrot-shaped paper
- Glue
- Green Easter grass or tissue paper
- Paper plate
- Book: The Carrot Seed

Objective:

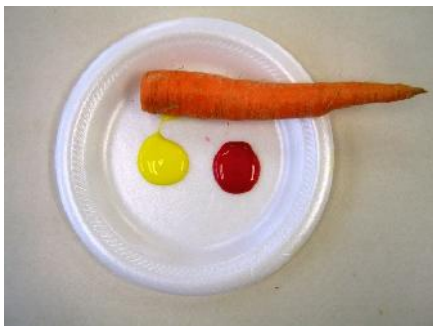
- Introduce vegetable – carrot
- Color recognition and creation
- Encourage language development
- Build fine motor skills
- Promote creativity and artistic expression
- Build vocabulary
- Associate books and learning with fun



Procedure:

During the child segment the instructor reads the book *The Carrot Seed* and asks open-ended questions to the children while reading the book. Once the book has been read, the children are invited to participate in the carrot craft.

Children use the carrot to dip into the two colors of red and yellow, which while the children are using them begin to create orange. The children discover that once the colors are mixed it creates a totally new color. The children proceed to dip the carrot and dot the paint onto the carrot shaped paper, once complete the children then glue the “Easter grass” to the top of the carrot. During the process parents are encouraged to ask open-ended questions and discuss the different colors being used, the shape that the carrot is creating on the paper, and offering a counting opportunity while pressing the carrot to the paper.



Veggie Dip

Yield 8 servings

Ingredients

1 cup	cottage cheese
1 tablespoon	onion (chopped very fine)
1/4 teaspoon	salt
1/2 teaspoon	garlic powder
2 teaspoons	parsley flakes

Instructions

1. Measure cottage cheese and put in bowl or blender.
2. Beat with a fork or mixer, or in a blender, until cottage cheese is smooth.
3. Add the other ingredients. Stir together.
4. Store the dip in the fridge for 1 to 2 hours to let the flavors blend.

Cost

Per recipe: \$1.37
Per serving: \$0.17

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Notes

Serve with slices of row vegetables such as carrots, celery, cucumbers, zucchini, broccoli, turnips, cauliflower, or green pepper.

Nutrition Facts

Serving Size 2 tablespoons dip, 1/8 of recipe (30g)
Servings Per Container 8

Amount Per Serving

Calories 20 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 4g

Vitamin A 0% • **Vitamin C 2%**

Calcium 2% • **Iron 0%**

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4
		•	Protein 4