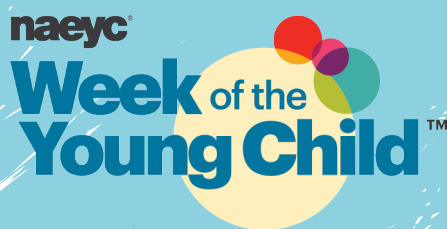


Week of the Young Child

Carrot Crunch 2020

A Guide for Tasty Tuesday



Michigan Association for the
Education of Young Children

What is Carrot Crunch?



During the **Week of the Young Child**, we are focusing on carrots as our Veggie of the Year! Because of this, we have created this little booklet filled with resources so you can spread the word about this versatile veggie in a fun and creative way!

While you start implementing some of these ideas, be sure to tag us in the posts you make with **#WOYC20**. Have any fun ideas to add? Be sure to tag us with how they have turned out! We love seeing what you have come up with!



Resource Guide

Need some help finding information about carrots to share with families and the children in your care? We have gathered up some great resources for you to utilize! Check them out:

- **Information to share with young children and families:**

cultivatemichigan.org/featured-foods/foods/carrots

- **Sourcing Guide for Carrots — Information starting on page 44:**

cultivatemichigan.org/sites/default/files/u480/Superguide_Spring_19.pdf



Carrot Recipes

Have a room filled with hungry young children? Fill their appetites with delicious, healthy recipes, all themed towards our veggie of the year - Carrots! Don't forget to take pictures and post them with the hashtag **#WOYC20**! We'd love to see what you do!

- **Cultivate Michigan — Recipe Book (Carrot theme starting on page 45):**

https://www.cultivatemichigan.org/sites/default/files/u480/Recipe%20Book_Fall2019_0.pdf

- **Child Nutrition Recipe Box — for centers or homes and searchable:**

<https://theicn.org/cnrb/recipes-for-child-care/>

- **Additional Examples for this include:**

- **Gingered carrots for Centers with CACFP compatibility**

<https://theicn.org/cnrb/resources/588/center/110816/gingered-carrots-multicultural.pdf>

- **Harvest Delight for Homes — May not be suitable for homes:**

<https://fns-prod.azureedge.net/sites/default/files/tn/harvestdelight-cc.pdf>



Integration Within Classroom

Integrating Tasty Tuesday and Carrots Across Classrooms:

The following are suggestions for activities within each of the classroom areas to support play-based, interactive learning opportunities about carrots. This includes how (and where) they grow, how they contribute to health and well-being, and the different ways families enjoy eating them.



Art Projects

For these activities, you will focus on:

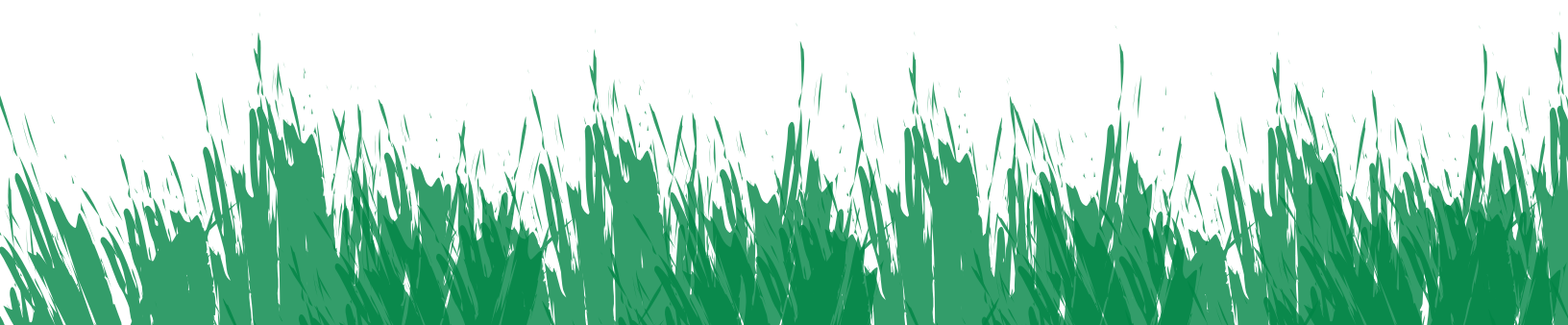
- Providing books or photos of carrots for children to paint, draw, or sculpt (as 'models')
- Use discarded, non-edible tops of vegetables or child-friendly garden tools for painting exploration
- Include books about farms, agriculture, and fruits and vegetables to inspire art projects

Block Activities



For these activities, you will focus on:

- Include books about farms, agriculture, and fruits and vegetables in the block area to inspire construction of farm and/or garden projects
- Provide small garden tools or artificial plants for inclusion in block area items



Integration Within Classroom

Literacy



Check out the following resources and specific books about carrots or with carrots in them to add to the book nook for the week (talk with your local children's librarian about checking out titles for the Week of the Young Child):

- The Runaway Garden Programming Guide containing a list of activities and suggestions for reading aloud with young children
 - https://www.michigan.gov/libraryofmichigan/0,9327,7-381-88855_89743_89747-405358--,00.html

Michigan Team Nutrition Preschool Booklist (annotated list of over 250 books containing positive food, nutrition, and physical activity messages for young children, noting specific books of interest:

- **The Carrot Seed** by Ruth Krauss and illustrated by Crockett Johnson
- **The Enormous Carrot** by Vladimir Vasilevich Vagin
- **Growing Colors** by Bruce McMillan
- **Growing Vegetable Soup** by Lois Ehlert
- **Pick, Pull, Snap!** By Lola M. Schaefer and illustrated by Lindsay Barrett George
- **Our Community Garden** by Barbara Pollak
- **The Runaway Garden** by Jeffery Schatzer and illustrated by Jeffrey Ebbeler
- **The Vegetables We Eat** by Gail Gibbons
- **The Ugly Vegetables** by Grace Lin
- **Vegetables in the Garden** by Pascale de Bourgoing

Engage young children in classroom cooking activities using Rebus recipes or helping them to read and follow simple directions. Check out this easy recipe with children for roasted carrots with cinnamon and orange from Chef Sean Gartland and Flint Kids Cook:

- <https://www.canr.msu.edu/resources/michigan-farm-to-school-kids-in-the-kitchen>

Integration Within Classroom

Math & Manipulatives



- Place seeds in an empty and clean egg carton or other container with multiple sorting options to enable children to sort seeds by shape, color, or size.
- Place colors of different lengths on a piece of clean paper or cutting board and help children measure them, graphing the results together.



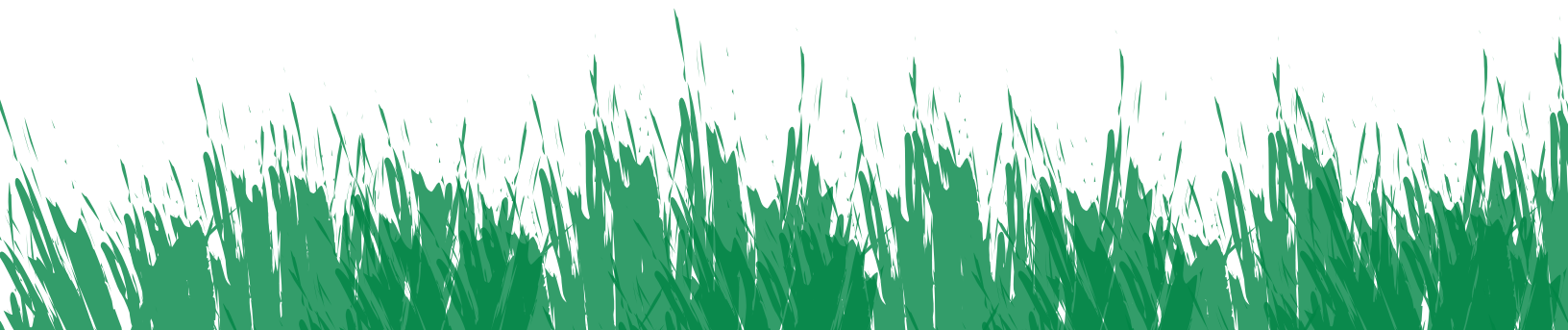
Water Table

- Place vegetables in fresh, clean water for children to wash in the water table (make sure children wash their hands before handling any produce).
- Offer child-sized (and safe) utensils and help children peel and cut carrots and other vegetables for preparation in a recipe.

Nature & Science



- Plant seeds and encourage children to observe the plants as they grow. Measure sprouts, observe the plants asking children to “document” color, size, texture, and other things they notice, and graph together the different attributes of the plants.



Integration Within Classroom

Dramatic Play



- Change up the dramatic play area to a gardening/farming theme by adding child-sized gardening tools, gardening gloves, hats, harvest baskets, play produce, farm stand, and other items to encourage dramatic play with gardening. Ask children for ideas of items that should be included as well.

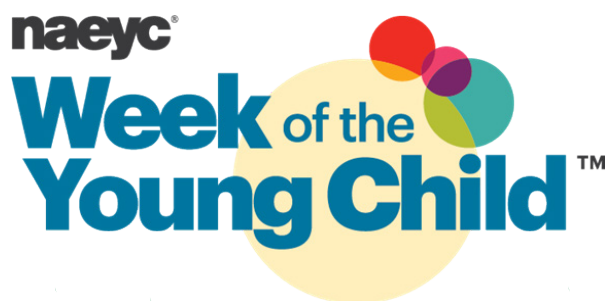


Music & Movement

- Visit <http://www.angelfire.com/la/kinderthemes/pfingerplays.html> for a variety of songs young children can enjoy about gardening, including a gardening twist on Head, Shoulders, Knees, and Toes.



Coordinators



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