

# Tips for Busy Early Childhood Professionals



- There are many different types of root vegetables. Some of the most familiar include carrots, onions, potatoes, garlic, and sweet potatoes.
- Root vegetables grow under the ground. They have different tastes, shapes, and colors.
- Root vegetables are good sources of fiber.

*Vegetable photos: Network for a Healthy California*

**For more information, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



University of California  
Cooperative Extension in Alameda County  
1131 Harbor Bay Pkwy, Ste. 131  
Alameda, CA 94502  
Ph: 510-567-8812 ■ Fax: 510-748-9644  
<http://neta.ucdavis.edu>

## Jicama Sticks with Lime Juice

Makes 25 servings, 3 jicama sticks each

### INGREDIENTS:

- 1 medium jicama (about one pound)
- 1 lime

### SUPPLIES:

- Cutting board, medium plastic bowl
- Paring knife, plastic knives for the children
- Small paper plates, napkins
- Serving spoon, plastic forks

### PREPARATION

1. Wash and dry the jicama and lime
2. Peel the jicama skin with a paring knife. Cut the jicama in half, and then into four pieces. Slice into ¼-inch slices. Cut each slice into 2-inch long sticks. Cut 75 sticks.
3. Children can help cut the sticks.
4. Place jicama sticks into the medium plastic bowl.
5. Cut the lime in half, squeeze the juice over the jicama in the bowl.
6. Stir the jicama and lime juice together.
7. Serve three jicama sticks to each child.

### Recipe from:

University of California Cooperative Extension, Alameda County, NETA Program, <http://neta.ucdavis.edu>

### Nutrition Information per serving:

Calories 7, Carbohydrate 2 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 g, Sodium 1 mg, Dietary Fiber 1 g.



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can practice hand and finger coordination when they help with food preparation.
- Children can help cut the jicama into sticks using the plastic knives.
- They can place the sticks into a plastic bowl, and stir the jicama and lime juice together.

### Food Safety and Sanitation

- Children can help wash the jicama and lime before preparing recipe.
- Ask children to wash their hands before handling the food.

### Create a child-friendly environment

- Demonstrate the task to the children.
- Teach children to take turns and work with classmates.
- Provide utensils and supplies that are easy for children to use.

## Activity:

# I Eat Them All !!!!

Children will learn that different parts of a plant provide food for people, and that many of these foods cannot be seen until they are ready to eat. They will also learn new words and colors.

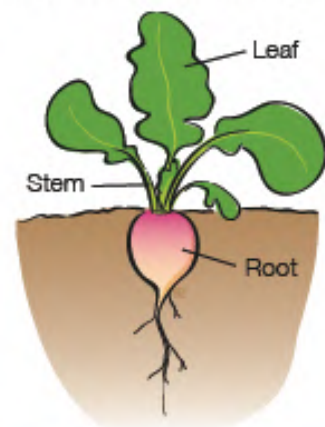


### MATERIALS

- A plant that has leaves, stems, and roots.
- Small bag of soil\* and plastic cartons or containers (strawberry baskets, plastic milk bottles washed and cut in half, or milk cartons cut in half).
- A variety of root vegetables (jicama, beets, radish, carrots, turnips, parsnips).
- Plastic spade.\* Supermarket paper bags or old paper.

### WHAT TO DO NEXT;

1. **Preparation ahead of time:** Collect strawberry baskets. You may also cut ½ gallon milk carton or plastic milk bottle. Rinse before cutting. Cover the work table with supermarket paper bags or any paper available. Gently remove the plant you brought in and place one root underneath the soil.
2. **Circle Time:** Explain to the children that plants provide different kinds of foods we eat. We eat leaves, like spinach and lettuce. Stems like celery, fruits like tomatoes, and we eat roots like the ones displayed in the middle of the table. Explain that plants provide us with different fruits and vegetables at every season. There are four seasons (fall, winter, spring, and summer). Most roots vegetables grow in the fall.
3. **Show and Tell:** Sitting around the table. Show the plant you brought in. Point out the leaf and stem. Then remove



- the plant carefully and show the roots. Explain that the vegetables you have on display are roots that grew up underneath the soil. You can grow all these roots from seeds.
4. **Activity:** Give each child one of the containers you have collected. Ask children to place one of the roots available inside the container. Using the spade or large old spoon, ask children to pour the soil over the root. The root vegetable should be completely covered with soil. After completing this activity, ask each child, what root is underneath the soil in your container? Each child names the root they have buried (radish, carrot, beet, turnips, parsnips). Can we eat roots? (Answer: yes). Which of the seasons is best for root vegetables? (Fall).
5. **Next:** Ask children to pull the root vegetable out of the soil, and pretend they are picking root vegetables to eat. Place all the root vegetables at the center of the table. When they are done, name each of them.
6. **Cooking:** Ask the children to help you put everything away and clean up the area. Children should wash and dry their hands. Prepare the recipe included from the front page. While preparing the recipe, explain that roots can be eaten **raw** (jicama, radish), they can be cooked and **mashed** like potatoes, can be **chopped** and added to a salad (carrots, beets), and **baked** (like sweet potatoes).

\* Note: Network funds cannot purchase soil or gardening supplies

### Connections to California Department of Education Child Desired Results: 3 years to Pre-K

**Activity:** CDR 1: Language 12, 14, 15; CDR 2: Learning 16, 17; Cog 18,20: Math 24,28

**Cooking in the Classroom:** CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14; CDR 2: Math 23, 27; CDR 3: Motor Skills 35; CDR 4: Safety and Health

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.