



- The beet plant has dark green, leafy tops and round roots that come in a variety of colors—red, gold, orange, pink, and even striped.
- The tasty roots can be eaten raw in salads, or cooked and served with soups and meals. The colorful, leafy tops make delicious cooked greens.
- Beets are a good source of folate, a B vitamin.

Photos: Network for a Healthy California

For more information, visit:
www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Zesty Beet and Carrot Salad

Makes 25 servings. ¼ cup each

INGREDIENTS:

- 5 beets (2-inch diameter)
- 3 large carrots
- 1½ teaspoons lemon zest
- juice of one lemon
- ½ cups roasted, unsalted pumpkin or sunflower seeds

SUPPLIES:

- vegetable peeler, grater, paring knife
- large bowl, mixing spoon, plastic gloves
- 1 teaspoon, ½ teaspoon, ¼ cup and ½ cup measures
- paper plates, napkins, and plastic forks

PREPARATION:

1. Wash beets, carrots, and lemon.
2. Peel carrots and beets. Using a grater, grate the carrots and beets into a large bowl.
Note: Wear plastic gloves when grating beets, or they will stain your hands red.
3. Grate the yellow skin from the whole lemon to make the lemon zest. Sprinkle over carrots and beets.
4. Cut lemon in half. Squeeze the juice from the lemon over beets and carrots. Add pumpkin seeds and stir together well.
5. Have children serve themselves ¼ cup of the salad.

Source:

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

Nutrition information per serving:

Calories 64, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 19 mg.

Cooking in the Preschool Classroom

provides many benefits to children

- Children can help wash and trim greens from the beets.
- Children can observe while the beets are cut. Using a plastic knife they can help you peel.
- They can measure the dressing, pour it over the beets, and mix salad.

Food Safety and Sanitation:

- Have children wash their hands before food preparation and eating.
- Children can help wash and scrub beets and lemons before peeling.

- Make sure the food preparation area and utensils are clean before cooking.
- Children can help clean up the cooking and eating areas and throw away plates and napkins.
- Children should not use grater unless an adult is helping.

Create a Child-Friendly Environment

- Encourage the children to compare the color, shape, and taste of the beets and lemons.
- Discuss the steps required to prepare the beets to make the salad recipe.

Activity:

I Can Grow My Food



Children will learn about the connection between produce grown in the garden and what they eat at home, while practicing their motor skills and learning new words and basic matching concepts.



MATERIALS

- Containers and plastic shovels for “planting,” watering cans, empty beet and seed packets.*
- Picture of lemon tree, and food models for beets, carrots, and lemons.
- Cutting board, plastic bowls, and spoons
- Recipe of the salad written on a large poster board.

WHAT TO DO NEXT:

1. **Before children arrive:** Arrange the cooking area with all the cooking tools you will be using. Work with Garden Coordinators to take children to the garden and show them where the beets will be planted.
2. **Circle time:** Explain to the children they will be growing beets to make a yummy salad. Have the children practice:
 - Use their hands to mix the soil for planting.
 - Kneel and dig holes in the dirt and place the seeds into dirt.
 - Reach for the hose to water the plants.
 - Bend and pick the beets and carrots they have just “grown.”
 - Reach to pick a lemon from the tree.

Note: You may do this activity indoors or ask your garden coordinator to do it with them outside in the garden.

3. Cooking Show and Tell:

- Show and read the recipe. Explain recipes are notes that tell you about what ingredients to use and how much.
 - Hold up the recipe for the “Zesty Beet and Carrot Salad,” and read aloud what ingredients they will need and how much of each ingredient they are going to use for the salad.
 - Show the cooking tools they will be using to measure the ingredients and prepare the salad.
4. **Cooking:** Have the children wash their hands, follow the recipe as you read it, and help prepare and taste the recipe.

***Note:** Network funds cannot purchase gardening supplies.



Connections to California Department of Education

Child Desired Results: 3 years to Pre-K

Child Desired Result 1: Indicator LANG 1:16

Child Desired Result 2: MATH 2:26, 2:32

Child Desired Result 3: MOT 3:42

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.