

LESSON 5:

HARVEST HUNT

SUPPLIES

MAIN BIN

- Plates (20)
- String (1)

PENCIL BOX

- Markers
- Scissors
- Hole Punch


FOLDER

- Harvest Hunt Handout (20)

OBJECTIVES


- Learn all about root vegetables and how they grow!
- Identify four different types of root vegetables

HOOK

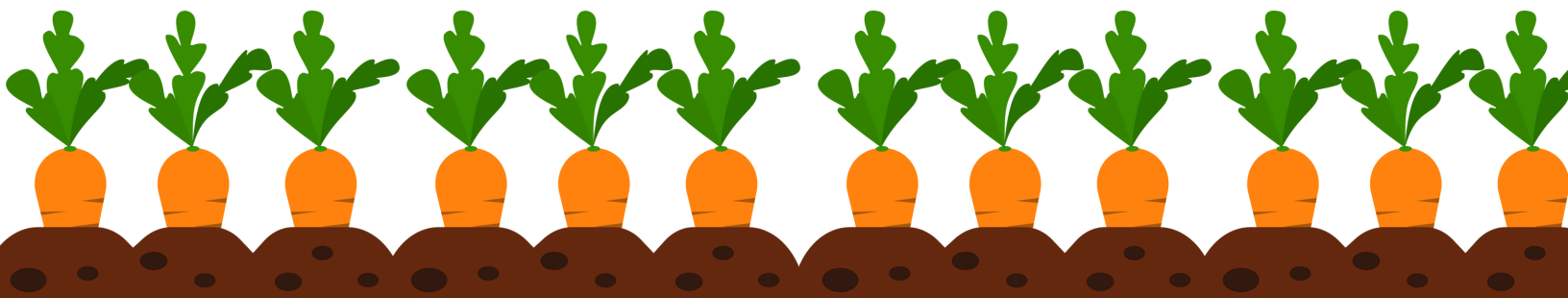
 3-5 min

Ask students:
Have you ever wondered what's happening under the ground in a garden? You see green leaves sticking out of the soil—but what's hiding underneath?

INTRODUCTION

 3-5 min

Did you know that some of the most important parts of a plant grow under the ground where we can't see them? Most plants have roots, roots are the hidden part of a plant that anchors it in the ground and acts like a straw to drink water and nutrients from the soil. They also store food for the plant to use later, helping it stay strong and grow. But some plants are nearly all root! These are called root vegetables and we eat them every day! Root vegetables grow underground, while their leafy tops grow above the soil. The leaves soak up sunlight and help the plant make food, but the root is where the plant stores that energy—kind of like a battery! This is also the part we like to eat.



HARVEST HUNT

DISCUSSION 3 min

Today, we're going to create a fun and realistic model of a root vegetable showing how it grows both above and below the ground!

Front



Back

MOVMENT BREAK

Pretend you're a tiny seed—crouch down low with your arms around your knees. As the rain falls, wiggle your fingers and toes to wake up. Plant your feet and stretch your fingers down like roots. Slowly stand tall, reaching your arms up like stems and leaves. Sway gently like a tree in the breeze, taking deep breaths—calm and strong, just like a growing plant.

PROJECT 30 min

1. Instruct student to select their root vegetables and carefully color it in. Make sure to include the leafy top and the root that grows underground.
2. Once you're done coloring, carefully cut along the lines of your vegetable.
3. Use markers to color your paper plate. The top half should show above the ground (blue sky, green grass,). The bottom half should show underground (brown or black soil).
4. Use a hole punch to make about 6-10 holes along the bottom edge of the plate (the part that represents underground). Space them out like you're making a smiley face.
5. Take a piece of yarn and weave it in and out through the holes. This will represent the soil holding your root vegetable. Use masking tape to secure both ends of the yarn to the back of the plate.
6. Gently slide the root part of your vegetable behind the string so it's "growing" in the soil (the brown, bottom part). Let the leafy top stick out above the soil.
7. Add any extra details to your scene—bugs, sun, rocks, or other plants! Encourage creativity!
8. Watch your root vegetable grow as you pluck it out of the dirt!

ROOT VEGETABLES

Some examples of root vegetables are:

- Carrots



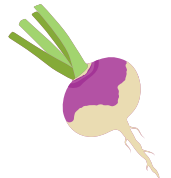
- Beets



- Radishes




- Turnips



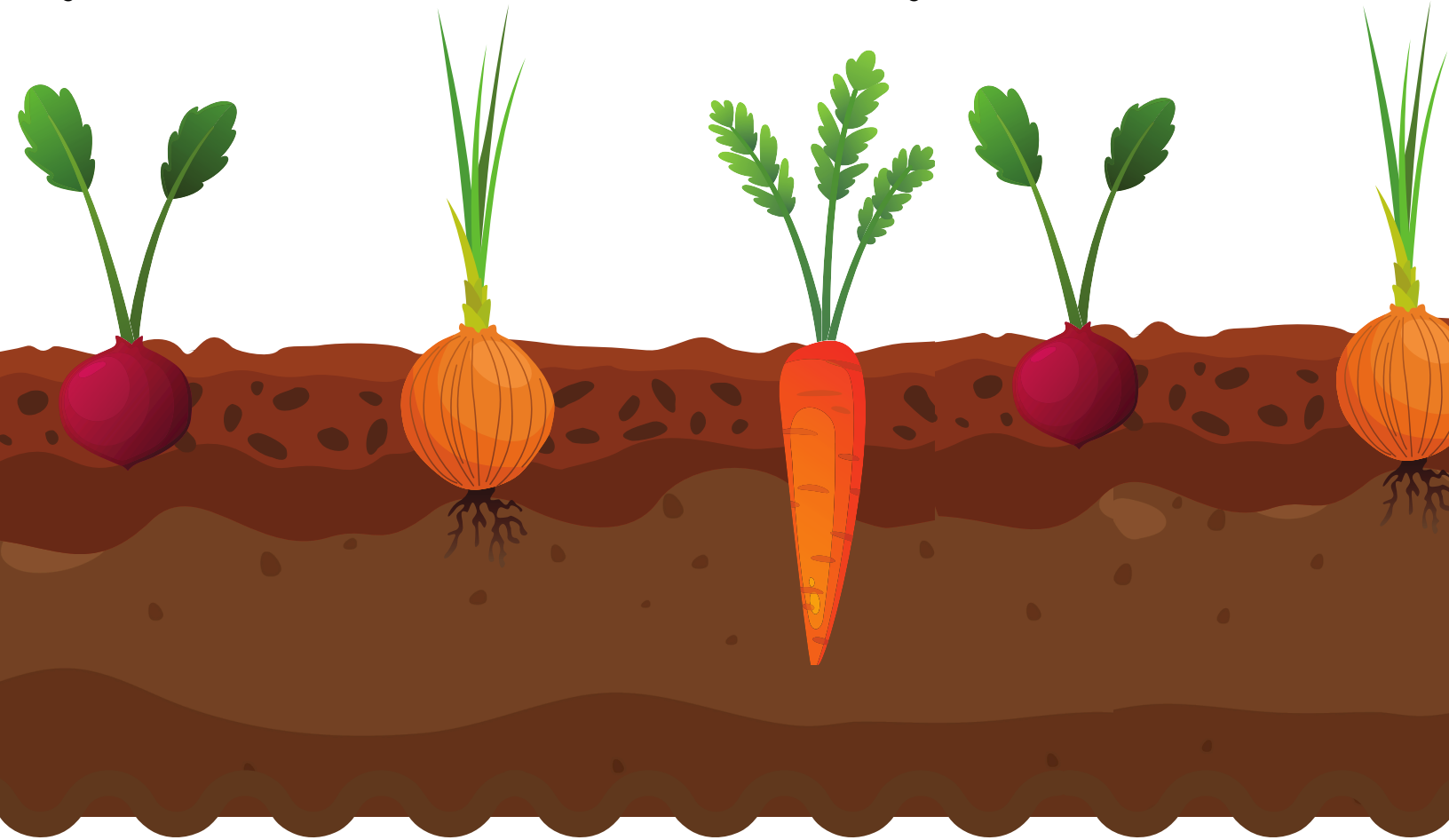
- Sweet potatoes



OBSERVE & EXPLAIN

 5 min

Root vegetables are important because they are full of nutrients that help keep our bodies healthy. They give us energy, vitamins, and fiber. Farmers grow them in soil that's rich and healthy, and they need water, sunlight, and time to grow just right. By making your own root vegetable model, you showed how a real root vegetable grows in the soil, with the root hidden in the dirt and the leaves reaching for the sun!



Exit Ticket



Ask each student the following questions as they walk out the door.

Ask students these simple questions as they leave the room:

- Q: What did you learn about how root vegetables grow?
 - A: They grow underground, the leaves grow above the soil, the root stores food for the plant.
- Q: Why do you think root vegetables are good for your body?
 - A: They have vitamins, they give us energy, they help us stay healthy.
- Q: Can you name a root vegetable you'd like to try?
 - A: Carrot, beet, radish, sweet potato, turnip.

