Carrot Lesson Plan

E.Q. – Why and how do we plant carrots in our winter garden?

Overview- There is a specific way to plant carrot seeds in our school gardens. We will learn how to plant carrot seeds appropriately. Students will learn the nutritional value of carrots; especially B-carotene. Students will learn appropriate depth to plant seeds.

Objectives-

• Learn the correct method of planting carrot seeds including necessary soil preparation.
• Learn the nutritional value of carrots
• Learn truths and myths of eating carrots.
• Learn the maturation of carrot seeds.

Vocabulary-

• B-carotene- the most abundant of the carotenoids. B-carotene has strong “pro vitamin A” activity. Unlike vitamin A itself, B-carotene is a strong antioxidant.
• Maturation- the process of becoming mature, ripe or more developed.
• Nutritional value- defines what a food is made of and its impact on the body.

Materials-

• carrot seeds
• Garden folders for taking notes (grades 3-5)
• Internet access

Procedure-

• Prepare the soil – weeding, “hand digging”. (K-5)
• “Scatter” (casting) seeds by hand- like you are feeding chicken! (3-5 or an adult)
• Sow seed by “scratching” into the soil with fingers in circular motion (fingers in claw position). * If seeds go deeper than your fingernail they are TOO deep.
• Grades 3-5 will explore the meaning of the three vocabulary words for this lesson.

Extensions-

• Children can “create” fun ways to eat carrots.
• Discover varieties of carrots- colors, shapes and “flavors”.
• Research why fresh carrots are tastier in the winter than those purchased in the supermarket.
• Games, experiments and activities at www.carrotmuseum.com
• Journal the growth of the carrots
• Create/write recipes using carrots
Resources-

- [http://lenoir.ces.ncsu.edu/2012/08/carrots-your-power-food-all-year](http://lenoir.ces.ncsu.edu/2012/08/carrots-your-power-food-all-year)
- [www.Carrotmuseum.com](http://www.Carrotmuseum.com) (excellent site for activities)

Children’s books about carrots-

- The Carrot Seed- Ruth Kraus
- Carrot Soup- John Segal
- Harry Loves Carrots- Roy A. Barnes
- The Giant Carrot- Jan Peck (Russian Folktale)
- Garlic, Onion, Beet, Spinach, Mango, Carrot, Grapefruit Juice- Natalie Van Balen
- Carrots Don’t Talk- Katherine Lewis
- Just Enough Carrots- Stuart J. Murphy (Math)
- Crunching Carrots, NOT Candy- Judy Slack * voted one of 100 books by NEA as a fun nutritional picture book for kids.
- If Carrots Ruled the World- Create Poems
- The Enormous Carrot- Lynn Garner –(Narrated mini story book)
- Edward Hopper and the Carrot Crunch- Mike Smith (MacMillian winner for Art)
- Nanna’s Carrots- Aunty Rozzy (Audio Book)
- Ugly Vegetables- Grace Lin
- Top and Bottoms – Janet Stevens (Caldecott winner)
- What Will I Do with All Those Root Vegetables- Elaine Borish

Assessment

- Have students create and complete individual K-W-L charts
- Have students write reflection paragraphs about procedures
- Have students write/illustrate nutritional values of carrots
- Add vocabulary words to weekly spelling
Moore County Pacing guide/ NCSCOS/ Core Standards for NC -

Kindergarten
- 1.04 (E) – Read, begin to read - ELA
- 2.05 (I) – Predict - ELA
- 3.03 (E) – Model directional words- Math
- 4.01 (E)- Use new vocabulary-ELA

First Grade
- 1.05 (E) - Increase vocabulary- ELA
- 2.05 (E)- Make predictions- ELA
- 2.07 (E) – Respond and elaborate in answering what, when, where and how questions. ELA
- 4.04 (E)- Paraphrase when writing/communicating – ELA
- 5.01 (E)- Sort and Classify- ELA
- 5.02 (E)- Use Venn diagrams to show similarities and differences in 2 sets – Math

Second Grade
- 1.04 (E)- Apply all knowledge to read NEW text- ELA
- 4.04 (E)- Use oral communication to identify and organize information-ELA
- 5.03 (E)- Writing Paragraphs- ELA

Third Grade
- 1.04- (E)- Increase Vocabulary- ELA
- 3.01- (E)- Respond to different Genres- ELA
- 3.05- (E)- Compare and contrast- ELA
- 5.04- (E)- Compose paragraphs (journals)- ELA

Fourth Grade
- 2.03 (E)- Read a variety of texts- ELA
- 3.05 (E)- Analyze and integrate information using graphs, charts, and/or maps – ELA
- 4.02 (E)- Use oral and written language to discuss and make decisions- ELA
- 4.07 (E) -Compose nonfiction pieces (journal) - ELA

Fifth Grade
- 1.05 (E)- Independent reading- ELA
- 2.06 (E)- Analyze reading- ELA
- 3.02 (E)- Similarities and differences- ELA
- 3.06 (E)- Begin research- ELA