

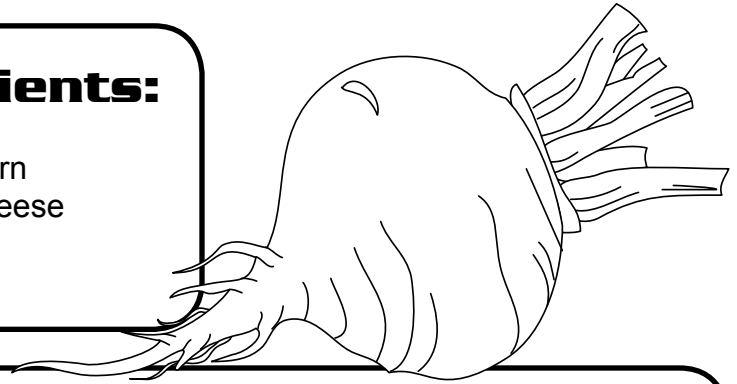
What You Will Need

Equipment:

Cutting board
Vegetable grater
Vegetable peeler
Paring knife
Tablespoon
Plastic knives
Paper plates
Small mixing bowl
Spoon for stirring

Ingredients:

Celery
Frozen corn
Cream cheese
Salsa
Carrots



Other Possible Activities:

Get Up and Move: Have the kids gather around you in a circle. Name a vegetable and have the kids touch their head if we eat the tops (lettuce, broccoli, cauliflower), waist if we eat the middle (corn, beans, peas) and toes if we eat the bottoms (carrots, potatoes, beets). End with turnips where everyone has one hand on their head and one on their toes and everyone ends up laughing!

Special thanks to Karen Eifert Jones, Geary County, for sharing this activity.

Flower Pot Garden: Fill a flower pot with potting soil. Before your lesson, put some radishes or a carrot, with their tops, in the soil as though they were growing. “Pull” the vegetable with the class, to illustrate how vegetables grow.

Bean sprouts: Fill a small plastic container with dry beans or lentils. Add water and snap lid on tight. Leave the container overnight. What happens?

Cut open some fresh green beans and count the seeds in each one. Taste raw and cooked green beans.

Place a veggie in a paper bag. Without peeking, children will reach in the bag and describe how the veggie feels – bumpy, smooth, soft, hard or fuzzy. What vegetable is in the bag?

Buy packages of vegetable garden seeds, or save some seeds from fresh vegetables. Compare size and shape of seeds, and talk about where the seeds come from in a plant.

Veggie taste test: Bring a variety of familiar and less familiar veggies for tasting. Consider broccoli, cauliflower, carrots, turnips, jicama, celery, radishes and peas for tasting.



Busy Hare's Bear Tracks

18 pieces

Ingredients:

- 4 ounces fat free cream cheese, softened
- 3 tablespoons salsa
- 4 celery ribs, cleaned and trimmed
- ¼ cup frozen corn kernels, thawed
- 1 carrot, peeled and finely shredded

Directions:

1. Remember to wash hands thoroughly.
2. Combine cream cheese and salsa in small mixing bowl. Chill.
3. Wash and pat dry celery ribs. Cut into 3-inch pieces.
4. Fill celery pieces with cream cheese mixture.
5. Top with corn kernels and shredded carrot. Enjoy!

Nutrition Facts: *One serving (2 pieces) provides 20 calories, 0mg total fat, 0mg cholesterol, 120mg sodium, 3g total carbohydrate, 30% Vitamin A*

