

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Carrot Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Carrot Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Carrot Slides** as needed and project on screen (optional).

Print 1 copy of the **Carrot Handout** for each student (optional).

Prepare the carrots to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify carrots as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of nutrients found in carrots.

Understand where/how carrots are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in carrots.

Plan healthy meals and snacks that incorporate carrots.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of carrots to consume during the lesson.

#2 Teach: Use the first page of the Carrot Handout to teach the students about carrots.

#3 Explore: Select one or more activities from the second page of the Carrot Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are some examples of other root vegetables?
Examples: yams, beets, parsnips, turnips, rutabagas, yuca, kohlrabi, celeriac, turmeric etc.
- How long does it take a carrot to mature after the seed is planted?
Example: anywhere from 2-4 months
- What nutrients are found in carrots?
Examples: Vitamin A, biotin, Vitamin K, phytochemicals such as beta-carotene and lutein, etc.
- What should you look for when selecting carrots at the market?
Example: Look for smooth, firm, and well-shaped carrots with an even color
- What is your favorite way to eat carrots?
Examples: whole, in sticks, cut into rounds, chopped, shredded, cooked, etc.

