



Carrots | Carrot Salad Activity

Activities

Adapted from: Chop Chop Magazine

Developed by: Gallatin Valley Farm to School (www.gvfarmtoschool.org)

Grades

Afterschool | K-5

Objectives

Students will receive hands on practice measuring and following set instructions. Can be a great place to emphasize fractions.

Students will be able to:

- Describe the health benefits of carrots
- Understand different types and functions of roots
- Follow instructions
- Identify common liquid and solid measurements

Materials

- 3 large carrots, scrubbed or peeled
- Juice and grated zest of half a lemon
- 1 tsp honey
- 2 twigs fresh mint
- 1/3 cup unsalted sunflower seeds
- 1/4 tsp salt
- Measuring cups and spoons
- 1 large bowl
- Several small bowls
- Large mixing spoon
- 1 bag organic corn chips (small size)
- Graters

Directions

- Begin with a discussion about Harvest of the Month program and how students are participating and trying these foods across the state!
- Pass out carrots to each student.

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

- Ask students what they notice about the carrots
 - What part of the plant is the carrot that we eat? *It's the storage root!*
 - What does it do for the whole plant? *It stores nutrients for the carrot.*
- Describe the difference between fibrous roots and taproots.
 - Taproots help to drill through the soil and can also store nutrients. The fibrous roots seek out nutrients and water.
 - How does the carrot store energy over the winter? *In its taproot.*
 - Why is this important? *Carrots are biennial and if left in the ground over winter the carrot plant will flower the second summer!*
- Ask students if they know how carrots make our bodies feel good.
 - Give clues with your body if you can. BIG EYES, binoculars!
 - Carrots have lots of vitamin A in the form of Beta-carotene. Have students repeat Beta-carotene in a variety of silly voices.
 - Carrots also have vitamin C – have a student volunteer act out how they think vitamin C makes your body feel great. Then have the rest of the class guess. (Give the young actor the answer! It helps your body fight colds and other things that make you sick!)
 - Carrots are also a great source of fiber!
- Take up the carrots and have a volunteer wash them again or use different carrots to make the salad.
- Explain that we will be making a carrot salad.
 - Ask students to describe the different types of salads they have had (potato, fruit, garden).
 - Ask if all salads taste the same?
 - What might they expect this salad to taste like?
- Split students into groups
 - Divide the tasks among the groups or provide enough ingredients/materials for each group or two to make their own salad.
 - Grate carrots
 - Measure honey, salt, sunflowers
 - Tear mint
 - Count and arrange chips
 - If you have a rowdier group, actions can be performed as a large group with quiet volunteers receiving the opportunity to help.
- Reconvene with all of the cut and measured ingredients and mix!
 - I like to have everyone stir three times. While the individual is stirring, have the group count by shouting, “vitamin A, vitamin C, fiber!” Then have the student pass the bowl to the next person.
- When all is mixed dip the chips into the dip and pass out chips topped with the salad.
- Cheers to carrots!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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