

The Enormous Turnip



Overview

This lesson will challenge students to view nutritional eating through the eyes of children and design an interesting way to expose them to new vegetables.

Time Needed

- 2-3 class periods with option to do additional work outside of class

Standards

- ET-ECEII-5 Identify nutrition and food-safety principles for optimal child wellness
 - 5.3 Describe the role of following food guidelines as specified in the federal government's Choose My Plate (Choosemyplate.gov) in promoting children's health.
 - 5.6 Plan developmentally-appropriate nutritious snacks and meals for children.

Objectives

- Students will understand the importance of good nutrition in childhood and explore ways to introduce turnips to kids that are age appropriate.
- Students will evaluate different recipes and how receptive kids will be to new foods.
- Students will find a recipe they believe children will like and present it to their peers.
- Students will determine how successful they were by testing their recipes with children in their practicum classes.

Materials

- [Free Printable Diagram](#)
- Children's [Books](#) and [Stories](#)
- [Recipes Ideas](#)
- [Taste Test Guide](#)

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Outline

- Engage: Students will be introduced to children’s literature featuring vegetables.
- Explore: Students will explore turnips and different ways they can be prepared.
- Explain: Teacher will explain that as a classroom teacher, they are often a role model for good eating habits. They will need to create a turnip recipe to present to their practicum kids that will encourage them to try turnips.
- Extend: Students can examine the effectiveness of their recipe using the loved it, liked it, or will try it again data collection chart.

Lesson Plan

- Engage: Start by showing students the two book readings on youtube. They should be evaluating their effectiveness and how children would interact with them.
- Explore: Students will be given a bunch of turnips and have them explore the taste and texture of the root and leaves raw. Ask them brainstorm what they could do to make them more palatable for young children.
- Explain: Teacher will explain that students are being asked to create or find recipes that would appeal to young children in preschool or elementary school. They will have to show how their recipe does meet the USDA guidelines and myPlate rules. Students will then cook the recipes and share them with their classmates.
- Extend: Students can set up a day and time to present a lesson on turnips to their practicum class. Student will be responsible for finding children’s literature appropriate for their students’ age level and recipe to let the students taste test. Using the Georgia Organics Taste Test Guide, student will collect data on how well the students like the turnip.
- Evaluate: Students’ recipes and lesson plan will be evaluated using the nutritional guidelines and input from the taste test. This can be added to a larger project grade or graded independently. It can be used as a portfolio artifact.

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