

3+

The Veggie Game

Science skills

Children practice observation and work on their social development.

Materials

A tray with these vegetables on it: carrot, onion, celery, broccoli, potato, Brussels sprout, green pepper, head of lettuce, zucchini

What to do

1. Introduce the children to the vegetables on the tray.
2. Discuss why vegetables are good for our bodies.
3. Announce that you are going to play the Veggie Riddle Game.
4. Tell each child a riddle from the list that follows. Each tries to guess to which vegetable the riddle is referring. (If a child has trouble, then other friends in the circle may join in and help.)
5. After a child has given the correct answer, he may select and eat the vegetable from the tray that corresponds to the riddle.
6. Cut up the remaining vegetables, make a dip and have a tasting party to review.

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Riddles

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1. I am long and orange and you can eat me raw or cooked. (Carrot)
2. I can be yellow, red, white or green. Sometimes I can be very hot. People often eat me on their hamburgers. (Onion)
3. I am crunchy and green. I often have little strings on me. Sometimes children enjoy eating me with peanut butter. (Celery)
4. I look like a group of little trees with stems and green leaves. I am very good for you. (Broccoli)
5. You can cook me many different ways; I can be mashed or fried or baked. I can be red, white, brown or even purple, and I have little eyes on my skin. (Potato)
6. I look like a green cabbage and I'm full of Vitamin C, but I am very cute and small. (Brussels sprout)
7. I am sometimes green, sometimes red and sometimes yellow. But I almost always have a bell shape. (Pepper)
8. I am long and green. Inside I am a whitish color. Some cooks use me in breads or cakes and as a vegetable for dinner. (Zucchini)
9. I am green and round. People use my leaves for salads or for sandwiches. (Lettuce)

More to do

More science: Place vegetables in a bag. Have each child pick one vegetable out and tell what it is.

Related recording

"Corner Grocery Store" by Raffi

Diann Spalding, Santa Rosa, CA

Dancing Raisins

4+

Science skills

Children have fun observing and making predictions in this experiment.

Materials

Chart paper
Clear plastic cups
Box of raisins

Marker
Club soda or flavored seltzer

What to do

1. Discuss the experiment with the children and talk about what you are going to do.
2. Describe how scientists make predictions called hypotheses and ask the children what their hypotheses about the experiment are. Write each hypothesis on chart paper.
3. Demonstrate the experiment by first filling a glass halfway with club soda or seltzer, then quickly putting five raisins in the glass, one at a time. Soon you will be able to see the raisins move up and down and do flips. The bubbles make them move.
4. Explain that the bubbles are filled with gas and when the bubbles cover the raisins, the raisins rise and appear to dance. Discuss the class hypothesis. Then you can give each child a glass and some raisins to repeat the experiment. The children can also taste the seltzer and raisins if they like.

More to do

Math: Provide the class with different types of seedless raisins, such as golden and brown. Ask them to taste each and graph their taste preference results.

Storytelling: Try using "If I Were a Raisin" as a class story title. Each child could contribute one silly sentence.

Related books

Eating the Alphabet: Fruits and Vegetables From A to Z by Lois Ehlert

The Very Hungry Caterpillar by Eric Carle

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