

OCTOBER

JICAMA

ROOT VEGETABLES

**GRADE
K-1**

RECOMMENDED BOOK	<u>Tops & Bottoms</u> by Janet Stevens
NEEDED SUPPLIES	Carrot, radish, jicama, knife, cutting board, fresh lime juice, cayenne pepper, plastic bag
NEEDED RESOURCES	Root vegetables diagram, "Five Senses Worksheet", "Words to Describe Food" sheet
21ST CENTURY SKILL	Students will learn that eating vegetables is a way to be healthy and want to include them in a healthy diet. <ul style="list-style-type: none"> Practice preventative health behaviors <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of jicama and other root vegetables (how to recognize, how to eat, how to prepare). Students will learn that jicama helps them fight off infection and is good for their bodies. Students will learn that friends and educator eat jicama and other root vegetables. Students will learn to try new fruits and vegetables.
RECAP FROM LAST LESSON	Does anyone have something to share about the item we tasted last month? Did anyone ask their grown-up for melons after our last lesson? How could you get your family members to try different types of fruits? (Suggest that each family member gets to pick a different fruit to put into the salad). Today we are going to try a vegetable called jicama ("j" sounds like an "h").
PHYSICAL ACTIVITY	<p><u>Plant Parts Song (sung to the tune of "Head Shoulders Knees and Toes")</u></p> <p>Roots (touch toes), stems (stand up straight), leaves (put arms out) and flowers (cup hands around face)</p> <p>Leaves and flowers.</p> <p>Roots, stems, leaves and flowers</p> <p>Leaves and flowers....</p> <p>Grow to fruits then drop their seeds</p> <p>Roots, stems, leaves and flowers</p> <p>Leaves and flowers.</p>
FUN FACTS ABOUT ROOT VEGETABLES AND JICAMA	<ul style="list-style-type: none"> Root vegetables grow underground. Many root vegetables can grow through the winter (in some climates). Jicama is grown in Central America and Mexico (show on a map). Jicama can grow up to 50 pounds, but supermarkets usually sell the 3-to-5 pound size. Jicama is sold individually, whereas potatoes are often sold in sacks. The jicama skin should be removed before eating as the skin can be toxic. The leaves and seeds also contain mild toxins. When cooked, jicama retains its crisp, water chestnut-like texture.
WHAT YOU NEED TO KNOW ABOUT JICAMA	<ul style="list-style-type: none"> Jicama needs warm temperatures for nine months to grow. Jicama is available from November to May and can be purchased in Mexican markets and most large supermarkets. Choose firm, unblemished jicama. Store whole jicama in a dry, cool place for two weeks. Place raw, cut jicama in a plastic bag in the refrigerator for up to one week. Refrigerate cooked jicama and use within a few days.

**ROOT VEGETABLES
FEATURED TASTING:
JICAMA**



**ALTERNATIVES:
WHITE POTATO**



SWEET POTATO



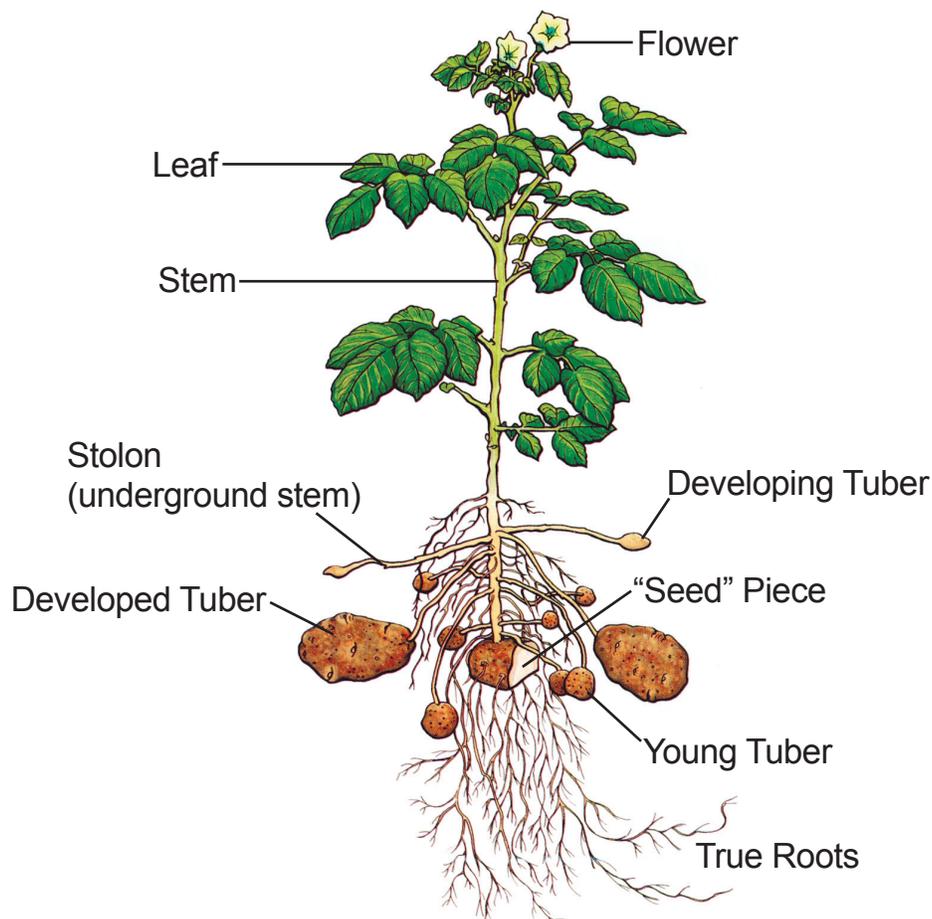
CARROT



DISCUSSION	We eat parts of the plant when we eat our vegetables. Jicama is a root vegetable. What is the main function of the root? (absorb water and nutrients, anchor the plant, store food)
HEALTH CONNECTION	<ul style="list-style-type: none"> • Excellent source of Vitamin C, to heal our wounds and keeps us healthy (reinforce by crossing arms in an "X" for our defense shield) • Good source of fiber, to keep us full longer and help with digestion (reinforce by rubbing stomach)
ACTIVITIES	<ul style="list-style-type: none"> • Look at root vegetables such as carrot, radish and jicama. What are other root vegetables? (Answer: turnip, rutabaga, parsnip, yam, potato) Note to educator: Yams and potatoes are actually tubers, which are part of the "root" vegetables. • Compare them in size and color. If time allows, cut jicama in half to show the inside. • Use the "5 Senses Worksheet" and "Words to Describe Food" sheet and ask students to describe jicama. (Tip: Laminate and use with a projector or enlarge to a 11"x17" sheet for students to see.)
SENSES CONNECTION	<p>See: What color is the outside of the jicama? What color is the inside of the jicama?</p> <p>Touch: Is it hard or soft? Is the peel tough? Is the vegetable smooth?</p> <p>Smell: How does it smell?</p> <p>Taste: Is it crispy? Is it chewy? Is it sweet?</p>
TASTING	Taste raw jicama. Optional: Place jicama pieces in a plastic bag. Add lime juice and a sprinkle of cayenne pepper and shake. Child will vote with thumbs as to preference for jicama. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat jicama again? What are your ideas for eating jicama? (as a snack, in a salad)
CLOSING DISCUSSION	What is the name of the vegetable we just tasted? Where can you get jicama? Look in the grocery store's fresh fruit and vegetable section. The produce (or fresh fruit and vegetable) section is usually the first thing you see when you go into the grocery store. Where do you think you can find jicama in the produce section? (not in a bag; usually by the potatoes.) Tell your grown-ups you like jicama. Will you ask your grown-ups for jicama?
TAKE-HOME MATERIALS	Pass out "Ask me about...jicama" stickers. Send home the parent newsletter.
REFERENCES AND RESOURCES	http://www.harvestofthemonth.cdph.ca.gov/download/Fall/21712/Ed_News_Roots_Tubers.pdf http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-jicama - recipe ideas http://aggie-horticulture.tamu.edu/archives/parsons/vegetables/jicama.html http://www.harvestofthemonth.cdph.ca.gov/download/Summer/Potatoes/pot_edu_2.pdf



Root Vegetables



Adapted from: *Buried Treasure: Roots & Tubers* by Meredith Sayles Hughes, 1998.



Name: _____

5 Senses Worksheet

My root vegetable



Looks



Feels



Sounds



Smells



Tastes



Draw a picture of a root vegetable below.

Large empty box for drawing a root vegetable.



Pick a **better snack**™



Use all 5 of Your Senses and Your Imagination to



Describe Food!



Crunchy

Sweet

Acidic

Spicy

Crisp

Wet

Juicy

Bland

Bitter

Tangy

Aromatic

Earthy

Fresh

Watery

Smooth

Tasty

Savory

Tart

Dry

Fibrous

Ripe

Refreshing

Flavorful

Intense

Satisfying

Sharp

Fruity

Raw

Nutritious

Fresh

Sour

Chewy

Delicate

Tough

Colorful

Beautiful

Tender

Cool

Delicious