

OCTOBER

JICAMA

ROOT VEGETABLES

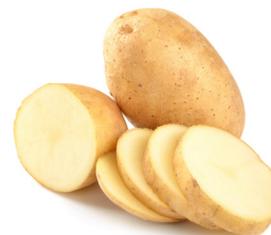
GRADE
2-3

RECOMMENDED BOOK	<u>Tops & Bottoms</u> (Caldecott Honor Book) by Janet Stevens <u>Stone Soup</u> by Ann Mcgovern
NEEDED SUPPLIES	Carrot, radish, jicama, turnip, rutabaga, parsnip, knife, cutting board, fresh lime juice, cayenne pepper, plastic bag
NEEDED RESOURCES	Root vegetable diagram
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"> 2-3: Choose healthy foods
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of jicama and other root vegetables (plant part, 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	<u>Plant Parts Song</u> (sung to the tune of “Head Shoulders Knees and Toes”) Roots (touch toes), stems (stand up straight), leaves (put arms out) and flowers (cup hands around face) Leaves and flowers. Roots, stems, leaves and flowers Leaves and flowers.... Grow to fruits then drop their seeds Roots, stems, leaves and flowers Leaves and flowers.
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 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



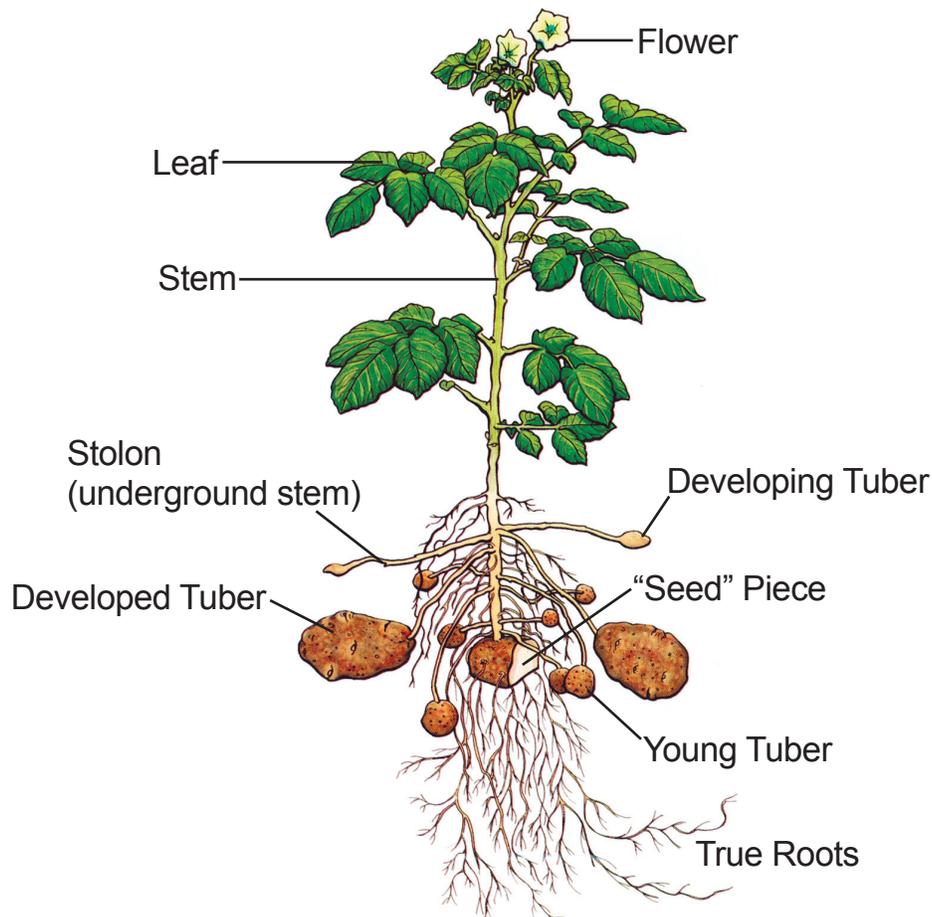
CARROT



PART OF PLANT	Root - See diagram.
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) • Roots are made of complex carbohydrates or "starches" which provide energy for the body.
ACTIVITIES	<ul style="list-style-type: none"> • Choose two or three root vegetables to display side by side with jicama (e.g., carrot, turnip, radish, rutabaga, parsnip). How are these roots different? • Use the root diagram or draw a plant on the board and show where jicama grows. • "Root" vegetables include tubers and roots. The potato is a tuber; jicama and carrot are roots. Other root vegetables are turnips, rutabagas, parsnips, and radishes. The potato plant produces starch which is stored in tubers (potatoes). • The root vegetables can have two crops per year: one in early spring and one in late summer. As they grow, they need to be thinned out to have enough room to grow underground. Tubers are a single crop vegetable and produce many vegetables per plant.
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? (tossed salad, dips)
CLOSING DISCUSSION	<p>What is the name of the vegetable we just tasted? Where can you buy jicama?</p> <p>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 find jicama in the produce section? (It is usually by the potatoes.) Why do you think root vegetables would have been important to farm families during the winter months? (stored well for months in the cool cellars and basements when other vegetables weren't available)</p> <p>Tell your grown-ups that you like jicama. Will you ask your grown-ups for jicama?</p>
TAKE-HOME MATERIALS	Hand out "Ask me about...jicama" stickers. Distribute and discuss the bingo card for the month. Pass out incentive items for returned cards. Send home parent newsletter.
REFERENCES AND RESOURCES	<p>http://www.harvestofthemonth.cdph.ca.gov/download/Fall/21712/Ed_News_Roots_Tubers.pdf</p> <p>http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-jicama - recipe ideas</p> <p>http://aggie-horticulture.tamu.edu/archives/parsons/vegetables/jicama.html</p> <p>http://www.harvestofthemonth.cdph.ca.gov/download/Summer/Potatoes/pot_edu_2.pdf</p>



Root Vegetables



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