



CARROT EDITION

Discover how carrots travel from farm to table! Watch as we follow carrots grown at Open Hands Farm in Northfield, Minnesota all the way to Loring Elementary School in Minneapolis.

Video length: 3 minutes, 30 seconds

RELATED LESSON PLANS AND RESOURCES

Dig'Em Up (K-2)

In this lesson students will learn the functions of roots, recognize the difference between a tap and fibrous root system, and identify the roots of some plants as edible.

My Life as a Fruit or Vegetable (3-5)

The purpose of this lesson is to provide students with an opportunity to enhance writing skills while simultaneously learning about the production and distribution of fresh produce.

What's on MyPlate (6-8)

Students will explore what it means to eat a healthy diet by comparing the foods they typically eat in a day with the recommendations of MyPlate.

FoodMASTERS: Vegetables (3-5)

Students will measure the weight and length or circumference of various vegetables. After studying the vegetables, students will classify the vegetables based on plant parts and explore chemical reactions from cooking colored vegetables in acidic and basic water. Students will also use a variety of vegetables to prepare soup.

Who Grew My Soup? (3-5)

Students will identify the source of the food they eat and investigate the processes and people involved in getting food from the farm to their spoon using the book *Who Grew My Soup?*

MN ACADEMIC STANDARDS/BENCHMARKS AND INTEGRATION IDEAS

Content Area	Benchmarks	Integration Idea
Science	4.1.2.2.1 Identify and investigate a design solution and describe how it was used to solve an everyday problem. For example: Investigate different varieties of construction tools.	Think of some of your favorite foods that include carrots (salads, snacks, etc.). Identify what processing these carrots must go through to be used in this food. Investigate the tools that are used and brainstorm opportunities to make this process easier.
Social Studies	6.2.4.5.1 Describe the movement of goods and services, resources and money through markets in a market-based economy.	Brainstorm a list of people involved in the process shown in the video. Describe if these people are earning money or spending money and how this impacts the communities involved and the state of Minnesota.
Health	6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.	Have students analyze their current vegetable intake, and then have students come up with a goal that helps improve the amount of vegetables they consume.

FUN FACTS

- Minneapolis public schools have a well-developed farm to school program!
- Carrots are a great source of beta carotene.
- Carrots are the 6th most consumed fresh vegetable in the US.



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