



Lesson Title: Creepy Carrots

Time: 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)

Grade Band: 2nd-3rd

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students listen to and discuss a fun story, Creepy Carrots by Aaron Reynolds. Students will have the opportunity to work with a group to follow a recipe in order to create and eat Carrot and Apple Salad.

Content Standards:

2.RL.10 3.RL.10 By the end of the year, read and comprehend a variety of literary texts. 2.RI.10 By the end of the year, read and comprehend a variety of informational text. 3.RI.10 Read and comprehend grade level informational texts. 1.2.1 Describe healthy behaviors that affect personal health. 1.5.1 Describe why it is important to participate in healthy behaviors.

Materials: Hard copy or online version of the book [Creepy Carrots](#) by Aaron Reynolds, [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Carrots Images](#), [Create Your Own MyPlate Menu activity](#), [Carrot and Apple Salad recipe](#), (recipe may need to be doubled or tripled depending on the number of students), carrots, apples, lemon juice, toasted sesame seeds, safflower or olive oil, salt, pepper, fresh parsley, sugar, garlic cloves, cutting boards and knives for each group, graters, large mixing bowl, mixing spoon, medium sized mixing bowl, whisk, measuring cups and spoons, small bowls and forks for each student

Online Resources: [Creepy Carrots](#) by Aaron Reynolds

Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have the carrots and apples washed and ready to go along with cutting boards, plastic knives and graters for each group.


1. Share the fun story, [Creepy Carrots](#) by Aaron Reynolds with the students. Ask students what they think the story's message or lesson was.
2. Show students the [Carrots Images](#) and have students share their thoughts or questions. Display the [My Plate Poster](#) and have students identify which category carrots belong in.
3. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
4. Explain to the students that they will be following a recipe to make Carrot and Apple Salad.
5. Pass out copies of the [Carrot and Apple Salad recipe](#) to each group of students (or project on the screen) along with cutting boards, plastic knives, graters, carrots and apples to each group. Read the recipe together and demonstrate for students how to use the grater and how to slice the apples. Then instruct students to take turns grating the carrots and slicing the apples.
6. When each group is finished, have them add their shredded carrots and sliced apples to the large mixing bowl at the teacher's station, then clean up their areas.
7. When all groups are finished, pass out the [Create Your Own MyPlate Menu activity](#) to each student. Read through the directions together. Have all students begin working on this activity.
8. While the class is working, call on volunteers to help measure and mix the dressing ingredients in the medium mixing bowl. Pour the dressing over the carrot and apple mixture and toss until all ingredients are evenly coated. Call students up one group at a time to get a serving of salad and a fork.

9. When students are done eating, have them return their dishes, clean up any messes made, and continue to work on the [Create Your Own MyPlate Menu activity](#).

Closing:

Have students share their opinions about the Carrot and Apple Salad, then share their MyPlate menus with their group.

Enrichment:

 Crunchy Carrots: from farm to fork [Vegetables Word Search](#)