



Title: Let's Make a Vegetable Soup

Grade Level: Preschool

Target Standards:

- L3FR1. Acquires story sense.
- L3FR2. Shows book awareness.
- L3FW2. Draws pictures.
- C3M1. Identifies basic shapes.
- C3M3. Builds number concepts.
- C3M4. Builds measurement concepts.
- C3M8. Identifies basic colors.

Materials:

Books

- "The Carrot Seed" by Ruth Krauss
- "Carrots Grow Underground" by Gail Saunders-Smith
- "Growing Vegetable Soup" by Lois Elhart

Cooking Tools:

- Crockpot
- Student-safe knives, hand-crank choppers, cutting board
- Garlic mincer

Soup Ingredients:

- Base (broth)
- Grain (barley)
- Seasonings (bay leaf, fennel seed, salt, pepper)
- Vegetables (carrots, celery, green bell pepper, sweet potato, onion, garlic, green beans, corn, etc.)

Engage (Whole Group) - 10 minutes:

Read a selection of "The Carrot Seed" by Ruth Krauss, "Carrots Grow Underground" by Gail Saunders-Smith, and/or "Growing Vegetable Soup" by Louis Elhart activating students' prior knowledge and peaking their interest.

Explore (Small Group) - 15 minutes:

Give the students an opportunity to use their senses (look, touch, smell) to explore the ingredients placed on a table:

- Cup of vegetable broth
- Cup of barley
- Cups of fennel seed, salt, pepper
- Full carrot, celery stalk, green bell pepper, sweet potato, onion, garlic clove
- Bowl of green beans, corn

Lead discussion comparing and contrasting the ingredients:

- Which is liquid? Which is solid?
- Which is the smallest? Which is the largest?
- Which is green? Orange? Yellow?
- Which is shaped like a circle (sphere)?
- Which is longest? Shortest?
- Which is heaviest? Lightest?



For more information & other resources, visit www.georgiaorganics.org/for-schools/rooting-for-carrots



- Which have you eaten before?
Which have you not?
- Which is your favorite to eat? Least favorite?
- Which come from a plant?
- Which grow above ground?
Underground?

Explain (Whole Group - Modeling) - 20 minutes:

Introduce students to the 4 components of a healthy, vegetarian soup:

- Base (broth, water)
- Grain (barley, rice)
- Veggies
- Seasonings (salt, pepper, herbs)

Allow students to assist in preparing ingredients for the crockpot - reinforcing number concepts and measurement concepts as ingredients are added:

- Measure and add 6 cups of water and 4 cups of vegetable broth
- Measure and add 1 cup of barley
- Chop and add 1 cup of each carrots, celery, green beans, green bell pepper
- Chop and add 1 sweet potato, 1 onion, 2 cloves of garlic
- Measure and add $\frac{1}{4}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon of fennel seed, 1 teaspoon of salt

When all ingredients are in the crockpot, let it cook for the rest of the day.

Extend (Small Group - Guided Practice) - 10 minutes:

- Allow students to draw their own soup recipe, encouraging them to include all four components of a soup (base, grain, seasoning, veggies) and to think creatively and independently about what they would include (advanced students can also show how many of each vegetable they would add).
- Students should depict their recipe using the appropriate shapes and colors for each of the vegetables.

Evaluate (Independent - Independent Practice):

Formal Assessments:

While students share their recipes with the class, assess understanding of:

- 4 Components of Soup: base, grains, veggies, seasonings
- L3FW2. Draws pictures.
- C3M1. Identifies basic shapes.
- C3M3. Builds number concepts.
- C3M8. Identifies basic colors.

Informal Assessments:

While reading books during the “Engage” segment, assess understanding of:

- L3FR1. Acquires story sense.
- L3FR2. Shows book awareness.

While preparing soup during the “Explore” segment, assess understanding of:

- C3M3. Builds number concepts.
- C3M4. Builds measurement concepts.

