



FLORIDA RADISH



SPECIAL NEWS

Looking for ways to get excited about radishes? Have students share ways that they might eat radishes at home.

Talk about how radishes can add color and crunch to lots of recipes. Encourage them to share what they have learned about this cool root vegetable with their families!

Look up recipes at the following website by searching “radish” so that the students can see different radish recipes.

FarmToSchoolFL.com

DEAR TEACHER

This month's Harvest of the Month is radishes! The lesson plans, worksheets and activities provided were developed to guide your classroom's understanding of the origins and nutritional benefits of the ravishing radish. We hope you are able to utilize all of the materials, and be sure to encourage your students to try radishes at home.

CLASSROOM RECIPE

RADISH AND CUCUMBER SALAD

YIELDS 24 1-OUNCE SERVINGS

INGREDIENTS:

- 1 Florida Cucumber, thinly sliced
- 2 bunches radishes, thinly sliced (about 16 radishes)
- 1 bunch scallions, chopped
- 3/4 cup sour cream
- 3/4 tsp to 1 tsp salt, or to taste



Image Credit: Natasha's Kitchen

PREPARATION:

1. In a medium salad bowl, combine sliced cucumbers, sliced radishes and chopped green onion.
2. In a small bowl, mix together 3/4 cup sour cream and 3/4 tsp salt or add salt to taste.
3. Stir the sour cream dressing into the salad just before serving.

Florida Farm to School:
FarmToSchoolFL.com

National Farm to School Network:
www.FarmToSchool.org



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**MATH****STANDARDS:** MAFS.K.NBT.1.1, MAFS.1.NBT.2.2**ESTIMATED TIME:** 30 Minutes**OBJECTIVE:** Students will represent place value using manipulatives, pictures and numbers.**MATERIALS:**

- "Place Value" worksheet
- Radish PowerPoint

INTRODUCTION: Teacher will explain that two-digit numbers represent amounts of tens and ones. The one's place represents the number of single digits and the ten's place represents bundles of tens.**GUIDED ACTIVITY:** Teacher will review the math PowerPoint slides for examples and additional information.**INDEPENDENT ACTIVITY:** Students will complete the "Place Value" worksheet**SOCIAL STUDIES****STANDARDS:** SS.K.E.1.1, SS.1.E.1.4, SS.2.E.1.2, LAFS.1.W.2.5**ESTIMATED TIME:** 40 Minutes**OBJECTIVE:** Students will identify different jobs in the field of agriculture.**MATERIALS:**

- "Ag Job"s worksheet
- Radish PowerPoint

INTRODUCTION: The teacher will ask students what products they eat or use every day that comes from agriculture. The teacher will explain that there are several important jobs in agriculture. Some examples of jobs in agriculture include: Farm manager, farm staff (plants and harvests fruits and vegetables), scientist, veterinarian, food safety inspector, packer, distributor, truck driver, grocer and chef.**GUIDED ACTIVITY:** Teacher will review the social studies PowerPoint slides for examples and additional information.**INDEPENDENT ACTIVITY:** Students will complete the "Ag Jobs" writing worksheet provided.



SCIENCE



STANDARDS: SC.1.L.17.1, SC.1.L.14.1, SC.1.L.14.3, SC.2.E.6.3, SC.2.E.6.2

ESTIMATED TIME: 35 Minutes

OBJECTIVE: Students will identify different parts of soil.

MATERIALS:

- 6-12 cups of soil
- 6-12 mason jars with lids
- Water
- Blank paper and coloring materials
- "Soil Detective" worksheet
- Radish PowerPoint

INTRODUCTION: Background: Plants obtain what they need to grow through their roots and rely on the minerals, air, organic matter and water contained in soil. See the PowerPoint for additional information and resources.

Using chart paper, create a KWL chart - what they know, want to know and learned. First, ask students what they already know about soil, why plants need it and what it looks and feels like. Next, complete the "what we want to know" portion of the table. Finally, explain why plants need soil and what they get from it. Ask students to consider what would happen if a plant did not have adequate soil.

GUIDED ACTIVITY: Students will observe a small cup full of soil and complete the "Soil Detective" worksheet.

INDEPENDENT ACTIVITY: Students will complete a mini lab to identify the different parts of soil. Each group will fill a small mason jar halfway full with soil. Pour in $\frac{1}{2}$ - 1 cup of water and shake well. Let the mixture settle and observe how the soil separates into different layers (sand, silt and clay). Using blank paper, have students draw and label what they see. Discuss the different components of soil with students and complete the "learned" section of the KWL chart.

Note: Reference the PowerPoint for links about how to conduct the lab.



LANGUAGE ARTS



STANDARDS: LAFS.1.L.3.4, LAFS.2.L.3.4

ESTIMATED TIME: 35 Minutes

OBJECTIVE: Students will identify common roots, prefixes and suffixes.

MATERIALS:

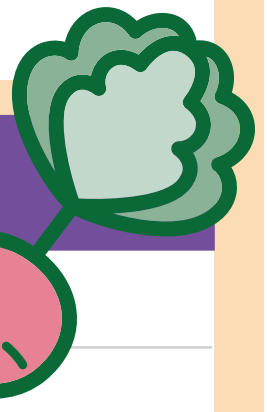
- Prefix and suffix cards
- "Rad Roots" worksheet
- Radish PowerPoint

INTRODUCTION: Radishes are a root vegetable and a good source of vitamin C and potassium. The radish root can be used for cooking but is most often eaten fresh.

Teacher will explain that similar to plants, words have roots, too. Teacher will define root, prefix and suffix. Next, talk about the meaning of some commonly used prefixes (un, re, pre) and suffixes (less, ful, est). Finally, provide some word examples using common roots.

GUIDED ACTIVITY: Teacher will create simple root, prefix and suffix cards to distribute to students. Ask students to find a partner to turn their root word into another word. For example, a student with the card "care" would find a friend with "ful" to make "careful."

INDEPENDENT ACTIVITY: Students will complete the "Rad Roots" worksheet. The teacher will select any root word of their choice for this activity. The students will then create new words on the leaves by adding a prefix or suffix to the root.



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For more information or to provide feedback, please visit us online

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TASTE TESTING IN THE CLASS

- While cooking or preparing the radishes, taste test leaders should discuss the health benefits.
- Post pictures and taste test results in classrooms and school newsletters.
- Continue talking with students about benefits of radishes and get them excited for more taste testing opportunities in the future.

TASTE

NUTRITION EDUCATION

- Radishes are a type of root that you can eat!
- Radishes are a good source of vitamin C and contain other important nutrients, such as potassium, magnesium and fiber.
- One cup of sliced radishes has approximately 19 calories.
- There are five common radish varieties grown in the United States. The most well-known variety is the red globe radish. This radish is small, (1-4 inches) and has red and white coloring. It is commonly eaten whole or sliced on salads.

LEARN

SCHOOL GARDEN TIPS & TRICKS

- Radishes are a root vegetable and grow from small seeds.
- Plant radishes all throughout the school year from fall to spring.
- Be sure to thin your radish sprouts to prevent over-crowding the plants. Radishes need at least 2 inches of space to grow.
- You can harvest radishes after 30 days. Grow radishes in classroom container pots for a tasty treat!

GROW

BOOK SUGGESTIONS

“Grandpa’s Garden”
by Stella Fry (Ages 4 and up)

“Grandpa Green”
by Lane Smith (Ages 5 and up)

“Rah Rah Radishes! A Vegetable Chant”
by April Pulley Sayre (Ages 5 and up)

READ