

# CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)  
Parent and Provider Resource: Activities for Distance Learning

## Learning about Healthy Foods

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at [www.chs-ca.org](http://www.chs-ca.org) and click on the News and Events tab for more learning resources.

## TODDLERS - Activity: Carrots are Delicious

### What you need:

- 2 Carrots

### Optional:

- Soil
- Large pot
- Dish tub
- Soapy water
- Sponge

### What to do:

- Try this activity during snack or meal time
- Introduce your child to the carrot and allow her to explore it
- Talk about the color, size, shape, and texture of the carrot by saying, "The carrot is long and orange. It has a stem we call the carrot top. The top of the carrot is big and the bottom is smaller"
- Say this rhyme while using gestures:  
*See the carrots in the ground* (place hands and arms together in a carrot shape or upside down triangle and point towards the ground), *I pull them hard without a sound* (pretend to pull them out). *I wash and clean them up and down* (scrub up and down with your palms of your hands). *I love to eat them all year round* (pretend to eat carrots with mouth)
- **Optional:** You can bury carrots in a large pot for your toddler to pull out and then scrub clean in a shallow tub of soapy water. Be sure to supervise the water tub closely. Talk about how carrots are grown in the ground with dirt (soil), water, and sunshine
- **Optional:** If you would like to try gardening with your child, you can learn how to grow carrots at <https://www.kidsdogardening.com/how-to-grow-carrots/>

### What the activity does:

- Introduces vocabulary such as: carrot, orange, long, big, small
- Connects carrots to the concept that they grow in the ground
- Engages the five senses to facilitate learning
- Practices small and large motor skills

