Activity Overview

Kids will learn to identify foods and describe their characteristics, recognize that plants have several parts from which we can get food, and be willing to try new foods.

Materials

- Book: Tops & Bottoms, by Janet Stevens (available on YouTube)
- Tops & Bottoms print-out (page 2)
- paper
- tape
- scissors

Instructions

- Prepare for the activity by printing and cutting the "Tops & Bottoms" cards on page 2.
- Read the book Tops & Bottoms or view a read-aloud video on YouTube and ask children guiding questions.
  Example: If you were bear, would you choose to harvest the tops or bottoms?
- Play "Tops or Bottoms"
  -- Explain to children that they should touch their head if the top of the plant is edible and their toes if the bottom of the plant is edible.
  -- Then, using the "Tops & Bottoms" pre-cut cards, show the child one card at a time, asking them to touch their "tops" or their "bottoms"; when you run out of cards, get creative and shout out other produce!
- Create a "Tops & Bottoms" Poster:
  -- Draw a line horizontally across the middle of a piece of paper to represent the surface of the soil.
  -- Using the pre-cut "Tops & Bottoms" cards, ask the child to tape the pictures to the page, using the soil line as a reference point. Children can get creative and draw or paint additional produce.

Share your photos!
Hash tag: #GCMClubSprouts @GreenCityMarket
Tops or Bottoms?
Radish

Tops or Bottoms?
Lettuce

Tops or Bottoms?
Beet

Tops or Bottoms?
Celery

Tops or Bottoms?
Carrot

Tops or Bottoms?
Romanesco

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