



## Harvest Out-of-School Objectives

Participants will review which plant part beets are from  
Participants will review the health benefits of beets  
Participants will make a beet snack



## Harvest Out-of-School Review

- Hold up the beet and ask the participants if they remember, from school:
  - what it is called (beet)
  - what type of plant part beets come from (we eat the taproot of the beet plant)
  - what food category it is in (botanically it is a vegetable because there are no seeds inside)
- Review with them how beets grow (the taproot grows in the ground), why we should eat beets (heals cuts, healthy immune system—prevents colds, muscles, healthy eyes, healthy heart and blood, healthy bones) and how to pick good beets (should be smooth, hard and round, without cuts or bruises). Please see the next pages for images to share with them.

## Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

### **Beet Chips** (for 10 participants)

(adapted from: <http://tasty-yummies.com/2012/08/08/crispy-baked-beet-chips-gluten-free-vegan/>)

3 Medium beets	2 Mixing bowls and spoons
2 tablespoon oil (one per bowl)	1 teaspoon salt (one half per bowl)
6 Knives & Cutting Boards	Cookie sheet
Parchment paper, or a bit more oil	Plate & Fork (1 per participant)
Mandoline (Optional)	




General Directions: Combine ingredients and bake.

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the beets by putting them under running water and rubbing the entire surface to remove any soil. Demonstrate how to cut the beets by using the mandoline, or knife and cutting board. If using the knife and cutting board, show them how to hold the knife handle properly. Demonstrate how to rolling their fingers under, so they are protected. Cut a beet in half. Using one of the halves, demonstrate how to cut the beet into slices. Have 6 participants cut the beets.

3. Have 1 participant prepare the cookie sheet, either with the parchment paper or coat it with the extra bit of oil.
4. Have 2 participants measure the oil and salt into each mixing bowl. Then have the participants mix the beet slices in the oil/salt mixture and place on the cookie sheet. Have 1 participant prepare the eating area.
5. Preheat an oven to 350 degrees F. Bake for 20 to 30 minutes. Enjoy!

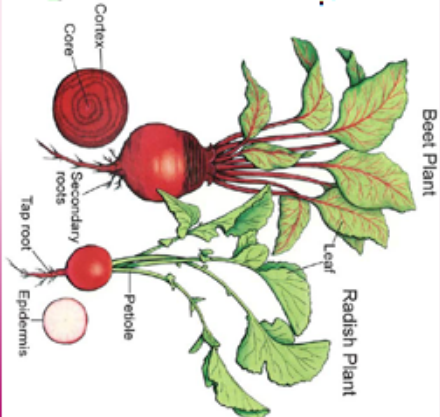
### Harvest Out-of-School Wrap-Up

- After trying the beets, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put beets.
- On their “Why we should eat...” page have the participants record one health benefit of beets.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other vegetables, besides potatoes, can be baked into chips? (Turnips, kale, sweet potatoes, etc.)



**Beets grow in the ground.**  
**We eat the taproot of the beet.**

## How do Beets grow?




**Beet Plant**

Labels: Core, Secondary roots, Tap root, Epidermis, Petiole, Leaf, Radish Plant


## Why should we eat Beets?

**Vitamin K**




Heals cuts

**Vitamin A**




Healthy eyes

**Vitamin C**




Healthy immune system (prevents colds)

**Riboflavin and Folate**



Healthy heart and blood

**Manganese**



Healthy bones