

HEALTHY EATING ACTIVITY

GROWING CARROT TOPS

Activity:

- A wonderful introduction to plant growth for children
- A carrot top, with some water and a sunny and protected setting, will grow quite rapidly – allowing the children to observe growth and learn the responsibilities associated with growing plants in an activity that won't take months to see results.
- In the process, highlight the importance of carrots in the diet. Carrots are incredibly high in nutrients, particularly vitamin A and vitamin C, and are rich in antioxidants, all of which can reduce illness and promote wellness.

You will need:

- Carrot top (2-3 cm from stem with some root growth remaining on top)
- Shallow dish
- 10 Cotton wool pieces
- Water
- Sunny and protected spot



How to grow a carrot top:

- Simply add a layer of cotton balls to your small dish.
- Add a light dribble of water over the cotton balls so they are wet but not completely flooded with water.
- Press your carrot top into the wet cotton balls and place the dish in a sunny location.
- Be sure to check that the cotton balls remain wet throughout the growing period. You do not want to dry them out. The children should be involved in this process.

It will take a few days for children to see the carrot top begin to grow; however, once it starts it will grow quite quickly when in the right conditions.

Children will learn to:

- Learn to communicate and interact with others
- Learn how a root vegetable grows
- Learn observational skills
- Develop a sense of responsibility in looking after the plant
- Learn the importance of carrots and root vegetables in the diet



ACECQA Quality Standards and Early Years Learning Framework (EYLF): This activity includes the following:

ACECQA Quality Area	ACECQA Standards
Quality Area 2 – Children’s Health and Safety	Standard 2.1 – Each child’s health and physical activity is supported and promoted
Quality Area 5 – Relationships with children	Standard 5.2 – Each child is supported to build and maintain sensitive and responsive relationships
Early Years Learning Framework (EYLF)	
Outcome 1: Children have a strong sense of identity	Children feel safe, secure and supported Children develop their emerging autonomy, inter-independence, resilience and agency
Outcome 3: Children have a strong sense of wellbeing	Children become strong in their social, emotional and mental wellbeing Children become strong in their physical learning and mental wellbeing
Outcome 4: Children are confident and involved learners	Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity