

# Vegetable Printing

## Essential Question(s):

*What are vegetables?*

*Why do vegetables grow at different times of the year?*

*What are different vegetables that grow different times of the year?*

## Background Information:

Vegetables are edible plants. You can find vegetables at the grocery store, a farmer's market, and even in some people's personal gardens! Many people plant gardens in their backyard to give a touch more of life to their home. These gardens are a hobby for some and provide fresh food for others. There are all types of vegetables growing throughout the year, depending on the season. There are four seasons in a year: Winter, Spring, Summer, and Fall. Vegetables grown during the Fall and Spring can grow during the colder months of the year because of their strong roots that have grown deep into the Earth during the warm months. They can survive in lower temperatures like 25 to 28 degrees Fahrenheit. Some examples are turnips, broccoli, cauliflower, beets, and onions. Vegetables that grow during the Summer require warm soil, bright, warm sunlight, and temperatures of 65 to 90 degrees Fahrenheit. Some examples of summer vegetables are beans, cucumbers, tomatoes, okra, green garlic, and kale.

## Objectives: *Learners will...*

- 1) Determine where seeds are located in/on a vegetable or if they are root vegetables
- 2) Learn that vegetables come in a variety of colors, shapes and sizes.

## Supplies:

- One knife
- Seasonal vegetables for printing
- White paper
- Paints, all colors but important to have red and green.
- Tarp or newspaper

## Standards:

- SKP1
- SKL1
- SKL2



**Preparation:**

- Collect fresh vegetables
- Set up the paint and tarp for the main activity.

**Procedure:****A. Background:**

1. Discuss information about the types of vegetables that grow during different times of the year (see above).

**B. Main Activity:**

1. Allow students to hold and look at vegetables before cutting.
2. Cut the vegetables open, and share what is inside.
3. Ask them to consider the feeling of the vegetable and if they see any seeds. If working with a root vegetable, ask where they think those vegetables grow.
4. Demonstrate pressing a vegetable half lightly into the paint, pausing to let excess drip off and press firmly and evenly to paper.
5. Remove vegetable from paper and show the print.
6. Encourage children to label vegetables, too.
7. After a few minutes of the activity, ask the children what they notice about the vegetables, and transition to craft.

**C. Craft: Handprint Tomato Plant****Discussion/Assessment:**

- What is your favorite vegetable, and could you grow it in a garden at your home?
- What colors can vegetables be?
- Were you surprised by what the insides of vegetables looked like?

**Take Home Message:** There are differences in the types of vegetables that grow during different times of the year.

## Craft: Handprint Tomato Plant

1. Look at the paper vertically.
2. Paint a long green line from end to end of paper
3. Press hands into green paint and stamp your hands along either sides of the paper up to four times.
4. With clean hands, dip thumb into red paint, pressing all along the green handprints to make your own tomato plant.
5. Get creative with other plants as well!

