



pint size PRODUCE

Beets!

Khoom Siv:

Phau ntawv:

Up, Down, and Around
sau los ntawm
Katharine Ayres

Khoom saj:

- Beets
- Tus chais zaub
- Rab riam
- Log cam
- Lub tais

Khoom ua si:

- Beet dej
- ntawv
- Tus pleev xim
- Ntaub nplaum

Ntawv tha xim:

<http://www.supercoloring.com/coloring-pages/vegetables/beets>

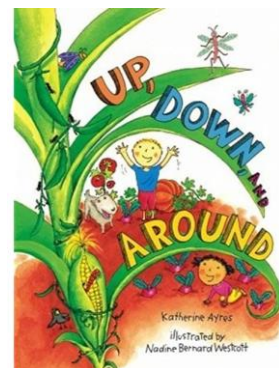
Phau ntawv: Up, Down and Around

Nyeem phau ntawm “Up, Down, and Around” sau los ntawm Katharine Ayres ob peb lwm.

Sib tham nrog cov menyuam yaus hais tias qhov twg noj tau. Puas yog peb noj daim nplooj los yog noj tus cag?

Saib daim video Up, Down, and Around:

<https://www.youtube.com/watch?v=yY4ZNV3BQCw>



Khoom saj: Beets cub

Muab cov beet cais ua ntej ces muab nws phais. Tom qab koj ua tiav muab cov beet tsau rau hauv dej ces muab nws microwave thaum nws muag. Thaum nws muag lawm, TSIS TXHOB muab cov dej pov tseg thiaj tau pleev xim.

Yog tias koj tsis xav ua qhov ntawd muab cov beet zom ces ua ib qho zaub xam lav. Tom qab koj ua tiav, muab kua txiv kab ntxwv los sib xyaw ua ke ua salad dressing. Saj thiab sib piv.



Nkauj: Eat a Beet*

(Tune: "If You're Happy and you Know It")

If you're hungry and you know it, eat a beet!

If you're hungry and you know it, eat a beet!

Beets are red, orange and striped;

Open wide, and take a bite!

If you're hungry and you know it, eat a beet!

Khoom ua si: Tha xim nrog Beet dej

Qhov kev ua no tuaj yeem tso cov menyuum yaus xyaum nplaum ntawv thiab tuav paintbrush. Cov menyuum kawm preschool ua qauv nrog ntaub nplaum thiab pleev xim!

1. Tev thiab hlais lub beet, npog hauv dej, thiab microwave kom txog thaum muag muag.
2. Muab ib daim ntawv, kob xim, thiab tus paint brush. Siv ntaub nplaum koj los ua qauv rau daim ntawv.
3. Hliv cov dej muaj xim rau hauv cov thawv, thiab cia cov me nyuam pleev xim nrog cov dej.



Kev kawm ntxiv:

- Xyuas peb lub website rau ntaum no: www.renewingthecountryside.org/f2ece
- Ib lub website uas muaj duab txog beets thiab ntau lwm cov txiv hmab txiv ntoo: www.harvestforhealthykids.org/

Sources of Information
* <https://www.harvestforhealthykids.org/>

