Leader's Guide

Tops & Bottoms adapted and illustrated by Janet Stevens

Objectives: In addition to the overall objectives for Book in a Bag, children will:

- identify how vegetables grow in the garden.
- discuss the importance of eating a variety of foods.
- explore, taste and talk about vegetables that are used in Busy Hare's Bear Tracks.

Lesson Outline:

1. Review supporting information and the book, *Tops & Bottoms,* prior to the lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.

Questions to Facilitate Discussion:

- What was Bear doing while the Hare family planted, watered, and weeded the garden?
- When Bear got all the tops from the first harvest, what did the Hare family dig up? How did Bear feel about the results?
- What did Bear get from the next two harvests?
- What did the Hare family get when they took the tops? When they took the middles?
- What lesson did Bear learn?

Related Children's Books:

Growing Vegetable Soup by Lois Ehlert
Rabbit Seeds by Bijou LeFord
Green Beans by Elizabeth Thomas
The Giant Vegetable Garden by Nadine Bernard Westcott
Gregory, the Terrible Eater by Mitchell Sharmat

KANSAS ACADEMIC STANDARDS
Health Promotion and Disease Prevention1.1a
Science K-4 gr. 2.1, 1, 2
3.1, 1
6.1, 2

K-STATE Research and Extension

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

SNAP Supplemental Nutrition Assistance Program
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