



BRAIN BUILDING IN PROGRESS

Resources for Early Learning

Family Connection  
Letter

## Unit 8: Plants We Eat

### Week 2: Eating Roots and Leaves

Date \_\_\_\_\_

Dear Families,

This week we are learning more about foods that come from plants, especially roots (turnips, carrots) and leaves (lettuce, kale). We are reading a book called *The Ugly Vegetables* about a girl who discovers that a garden full of Chinese vegetables may not be as pretty as a garden filled with flowers, but it's a lot tastier! We're also learning more about Mexican food as we continue to read the book *Chicks and Salsa* by Aaron Reynolds and watch the *Between the Lions* show "Chicks and Salsa."

This week we are learning about the letter "Vv," the letter sound /v/, and the word *vegetable*. We will sing songs, recite poems, and play games about vegetables and how they grow.

Here are some activities you can do with your child:

- Go to a farmer's market to see all the fresh vegetables. Talk with your child about the foods that come from plants and plant parts like roots (carrots), leaves (lettuce), and stems (celery). Ask your child about the Chinese vegetables we are learning about this week and have him or her go on a "treasure hunt" to find them at the market.
- Bring your child to a restaurant to try a food you've never had before. What kinds of new vegetables can you discover? How do they taste?
- Enjoy a bowl of soup together. Whether it's homemade or store-bought, talk about the vegetables in it, its aroma, and the different flavors you taste.

Thank you!