

ACTIVITIES FOR "FARMER'S MARKET GOOD"

THEME: *Farmer's Markets provide a wonderful opportunity to learn about the many varieties of fruits and vegetables. Schedule a visit, and bring some back to the classroom to taste. Talk to the farmers, because they are the experts!*

FIELD TRIP: One of the wonderful things about visiting a Farmer's Market is that you can meet the people who grow the food. They'll be happy to answer your questions about the foods they grow. How do you eat a pomegranate?



Which peppers are the hottest? What vegetables grow underground? How do you know when fruit is ripe? How do you cook brussels sprouts? Can you eat the skin of a kiwi? How long does it take to grow lettuce once you plant the seeds? What's the biggest pumpkin you ever grew? Have each student ask two questions. When you get back to the classroom, write what you learned, and share it with the class.

TASTE TEST: Choose one fruit or vegetable each day for a week, making sure they can be eaten raw and where several types are available in your area.



Red Delicious



Granny Smith



Fuji



Golden Delicious



Macintosh

Using apples as an example, talk about the great number of varieties. How are they different? Some are yellow, some green, many are red. Some are round and others are tall. Slice them up and have the students taste them. Some are sweet, some tart, most are juicy. Look at the core and remove the seeds. Dry out the seeds and paste them on a piece of heavy paper. Be sure to identify what they are. What foods can you make from apples? Applesauce, apple pie, dried apple slices and apple juice are some examples. Make some!

On subsequent days, repeat this exercise with other fruits and vegetables. Tomatoes, berries, oranges and grapes are some ideas. At the end of the week, have the children write about their experience. What was the best thing they tasted? What would they like to grow in their own garden and what meals would they cook?



ACTIVITIES FOR "FARMER'S MARKET GOOD" (continued)

THE F-O-O-D-O GAME: The F-O-O-D-O game is designed to build advancing skills in the identification of fruits and vegetables. Start by printing out the game boards on the following page on heavy paper (or make your own). Cut out the slips on the following page, or write the name of a few dozen fruits and vegetables on individual slips of paper. Put them in a salad bowl and toss to mix. In this context, it might be fun to use dried beans or pumpkin seeds as markers, but you can use other objects or make any type of markers. Be sure the kids master Level One before moving along to the more advanced levels.

LEVEL ONE: Rules are similar to BINGO. Determine your own requirements to be the winner - a card with a line filled in (either horizontally, vertically or diagonally), or a pattern ("U" shaped or "T" shaped or "O" shaped). The teacher will pull a piece of paper, read the name of a fruit or vegetable, and have the students mark their picture cards until the winner yells out "FOOD-O!".



LEVEL TWO: Visit a Farmer's Market, and give each child (or team) a FOOD-O card. Have them search for each of the items on their card, and circle the ones they have found. You may need to revise the cards depending on the season and your geographical location.




























LEVEL THREE: Bring the fruits and vegetables back to the classroom. Cut up the fruits and vegetables. Make a blindfold. Blindfold the children, one by one, and see who can identify the most food by it's aroma.


























LEVEL FOUR: Similar to Level Three, but this time the kids will identify foods by taste. Let each of the students chose one food prize to bring home.

LEVEL FIVE: Have each student think of a fruit or vegetable that was not part of the FOOD-O game. Have them find a picture in a magazine or online and cut it out. Write the name of the fruit or vegetable on a slip of paper. See if the rest of the class can match the name to the food. Pick a day to have each child bring one in from home. Repeat Levels Three and Four so they can explore the new food by sight, smell, feel and taste.

Everyone is now an expert at identifying fruits and vegetables!

ACTIVITIES FOR "FARMER'S MARKET GOOD" (continued)

F	O	O	D	O
				
				
				
				
				

F	O	O	D	O
				
				
				
				
				

- Apple
- Broccoli
- Cantaloupe
- Carrot
- Chili Pepper
- Corn
- Cucumber
- Eggplant
- Garlic
- Grapes
- Green Beans
- Kiwi
- Lemon
- Lettuce
- Onion
- Peach
- Pear
- Pumpkin
- Radish
- Raspberry
- Red Pepper
- Scallion
- Squash
- Tomato
- Watermelon

ACTIVITIES FOR "FARMER'S MARKET GOOD" (continued)

LISTENING: Listen to the Tom Chapin song "Farmer's Market Good." What are some of the reasons it is a good idea to shop at a Farmer's Market?

LANGUAGE ARTS: Cut out photos of fruits, vegetables, nuts and grains. Paste one per card on a stack of uniformly sized cards, and label each card. Have one child choose a card and stand in front of the class. The class can play a game of 20 Questions to figure out what has been selected. Discuss with the students what qualities can help them identify a fruit, vegetable, nut or grain if they can't see or taste it: by size, color, where it grows, what letter of the alphabet it begins with, etc. Each student can ask a question which can be answered "Yes" or "No" to determine the answer. Up to twenty questions are allowed before the game ends. Play one or two rounds each day for a week.



CHERRY



PUMPKIN

One possible scenario for a Cherry:

1. Does it grow underground? No
 2. Is it a vegetable? No
 3. Is it a fruit? Yes
 4. Is it larger than a softball? No
 5. Is it round? Yes
 6. Is it orange? No
 7. Can you eat the peel? Yes
 8. Is it red? Yes
 9. Can you eat it raw? Yes
 10. Can you eat the seeds? No
 11. Can you bake it in a pie? Yes
 12. Does it begin with "A"? No
 13. Does it begin with "C"? Yes
- IS IT A CHERRY? YES!!

Another scenario for a Pumpkin:

1. Does it grow in a tree? No
 2. Does it grow on a vine? Yes
 3. Is it larger than a softball? Can be
 4. Is it round? Can be
 5. Is it orange? Yes
- IS IT A SWEET POTATO? No
6. Can you eat the peel? No
 7. Can you eat it raw? No
 8. Can you eat the seeds? Yes
 9. Can you bake it in a pie? Yes
 10. Do you eat it at Thanksgiving? Yes
 11. Does it begin with "P"? Yes
- IS IT A PUMPKIN? YES!!

Younger grades may find it easier to give out hints than to play 20 Questions. They can say, "I am big and heavy. I grow on a vine. You see me in the Fall. I taste good in a pie. You can eat my seeds. You can carve a scary face into me."

RELATED LITERATURE:

The Ugly Vegetables / Grace Lin * Charlesbridge Publishing
Market Day / Carol Foscett Cordsen * Dutton Juvenile
Growing Vegetable Soup / Lois Ehlert * Sandpiper