

ACTIVITIES FOR “LOCALLY GROWN”

THEME: *These days, most people buy their food at the supermarket. Food comes in boxes, bags, bottles, cans, jars and plastic containers. We sometimes forget that the food grows on a farm, travels a long way to be processed and packaged, and then gets shipped all over the country and all over the world. What are some reasons it's better to buy food that's grown near home? Listen to Tom Chapin's song "Locally Grown" for some clues.*

WHERE DOES FOOD COME FROM? Look at the photos on the next page. Can you name the fruits, vegetables and legumes shown on the top? On the bottom of the next page are foods you may have in your kitchen. See if you can match the product with the food the farmer grew. Have the students go through their kitchen at home, and make a list of where the food they are eating was grown. What traveled the farthest? What was grown closest to home? What would you like to grow in your back yard?

ALPHABET GAME: This is a fun way to practice the alphabet, expand your food vocabulary, and work on map skills. The students will take turns, and with each letter of the alphabet, state a first name, a place, and a food. For example, the first child could say,

“**A** - my name is **Ashley**, I come from **Altoona** and I grow **Apples**.”

The second child could say,

“**B** - my name is **Benny**, I come from **Baltimore** and I grow **Beans**.”

Go around the room until you run out of letters. For younger students, you can start by having the class make three charts per letter, with lists of names, places and foods to choose from. You can make the game more challenging by restricting the categories: only use girls names, countries instead of cities, just healthy foods, only vegetables, or only fruits.

It's fun to combine the game with a physical activity. The students can jump rope as they chant their letters, or hop, or stand up and sit down each time the letter is mentioned. Invent your own class version of patty cake. Pair up or sit in a circle and clap the hands of the child on either side. Make up any movements that seem like fun. See how fast you can get with practice.



RELATED LITERATURE:

Jack's Garden / Henry Cole * Greenwillow Books

The Vegetables We Eat / Gail Gibbons * Holiday House

ACTIVITIES FOR “LOCALLY GROWN” (continued)

Grown by the Farmer - Identify Each Fruit, Vegetable and Legume





Sold in the Supermarket - Match the Package to the Food the Farmer Grew



1 _____

2 _____

3 _____

4 _____



5 _____

6 _____

7 _____

8 _____