



Farm to Table



Key focus points

- Before our food comes to the grocery store it is grown on a farm by a farmer
- **Plant ► Grow ► Harvest ► Transport ► Shopping ► Eat!**
- Planting a seed is the first step in growing a plant
- The food is grown with the help of natural resources like sunlight and water
- To harvest means to pick the planted food out of the ground
- The food is transported from the farm to grocery stores and farmers markets
- We buy food at the store and save it in our pantries and refrigerators to be eaten later!



Farm to Table

Lesson Prep

- Make copies of the included *Farm to Table worksheet* and *Farm to Table cutouts* - enough for each student.
- Cut out each picture and put glue sticks, worksheet, and enough cutouts for each child.
- Purchase materials: soil, dixie cups, radish seeds, sandwich bags, ribbon
- Make copies of the *planting instructions* and cut out for each child, punch a hole for ribbon tie.
- Fill dixie cup with 2/3rd soil and place cup, seeds, sandwich bag, and instructions at each child's desk or table.

Supplies

- Farm to Table cut outs
- Farm to Table worksheet
- Farm to Table laminated cards (optional)
- Soil
- Radish seeds
- Dixie cups
- Sandwich bags
- Book "Max Goes to the Farmers' Market"
- Ribbon
- Scissors
- Planting Instructions
- Glue sticks
- Pen/markers
- Parent newsletter



Farm to Table

Lesson Intro

Today we are going to learn where our food comes from and the journey it takes for food to get to your plate. We will be planting a seed and doing other fun activities.

1. Introduction:

Let's discuss where our food comes from.

- *Where do you get your food from? (This may be the store, farmers market, food pantry)*
- *Where might the food come from before it gets to the store or a market? (Farm, ground, tree, animals)*
- *What kinds of things happen on a farm?*
- *What does a farmer do on his/her farm? It is important to know where our food comes from and how it grows.*

Optional Connection Time (see page 11)





Farm to Table

2. Activity:

- *We are going to go over the steps that your food takes from the time it's a seed to when you eat it!*

You can either go through the 6 steps by using the projector or by using the big laminated cards and walking up to the tables or the space where children can do crafts.

As you go through each step give the children time to glue their card onto their worksheet. As they are gluing you can further explain the step you are on or ask them questions relevant to it (i.e. Have you ever planted a seed before? Do your parents grow plants in a garden?)

- *Who can tell me what would come first; planting or harvesting?*
 - Good! The first step is planting the seed!
- *What do you think happens next?*
 - The second step happens with the help of some water and sunshine which help the plant grow.





Farm to Table

- *Once the plant is all grown and ready to be eaten what do we do to get it out of the ground?*
 - The third step is harvest which means to pick the plant from the ground once it is ready to be eaten.
- *What would we call the step where we move the picked plant to the store? How does it get there?*
 - The fourth step is to transport the picked foods to stores. The food can be transported in a car or truck!
- *What do we call the step where we buy the food at the store?*
 - The fifth step is to go shopping. When we go shopping we buy the fruits and vegetables that were grown at the farm.
- *What is the final step called that puts the food into our tummies?*
 - The last step is to eat the yummy foods with our families and friends!



Farm to Table

Put away or collect worksheets

- *We get to be farmers today! We are going to plant a radish. This is a vegetable that grows under the ground.*
- *First we will receive a cup with some dirt in it (think of it as a pot!). We will wiggle our finger to make a very little hole and place three seeds in the hole. Then carefully put the dirt back over to cover. (They don't need any more dirt.) When you bring the seeds home remember to water the seed and put it in sunlight so that it can grow into a vegetable.*

You can choose 2-3 helpers to put the Dixie cup in the sandwich bag, tie with ribbon and string through the instruction sheet. Each Sprout can write his/her own name on the instruction sheet.

- ***What step did we just complete (out of the six)? Plant!***

Adaptations

This task can take a lot of preparation time but consider utilizing children and/or any additional helpers, volunteers, or staff to work with smaller groups as you run this lesson.



Farm to Table

Adaptations

This activity can be modified in many ways:

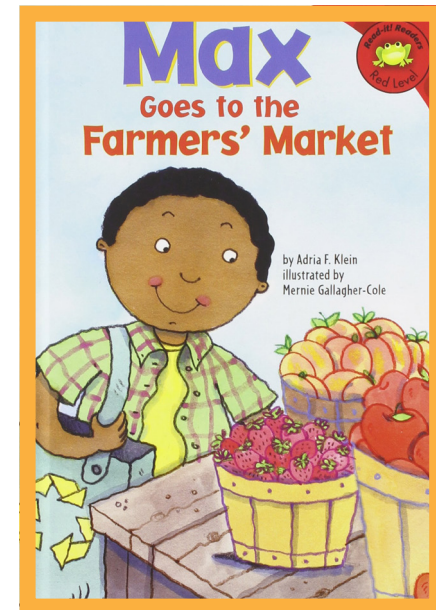
- For some Sprouts groups, this activity works better if the plants stay at the school/center/organization instead of having the Sprouts take them home. This way, the group can watch as they grow together!
- This activity also might work better for some if the whole Sprouts group plants just one plant, instead of each Sprout planting their own.
- Additionally, there are many different types of vegetables you can plant, not just radishes! Pick one that works best for the timing of the year and/or your geographical location.



Farm to Table

3. Book “Max Goes to the Farmers’ Market”:

- Try to ask at least one question per page. You can ask questions about the illustrations as well. Read the book together and try to ask at least one question per page. For example:
 - What other kinds of fruits/veggies do you see in the background?
 - How many eggs did Max and his mom buy?
 - What is one vegetable that Max and his mom buy?
 - What is Max holding in his hands (last page)?
 - Have you ever been to the Farmer’s Market?



Klein, Max Goes to the Farmers’ Market
Picture Window Books, 2009



Farm to Table

Guiding Questions

- *Where did Max and his mom go to buy their food?*
 - Farmers Market (explain what that is)
- *Who brought the food to the farmers market?*
 - Farmers
- *What kinds of food did Max and his mom buy at the market?*
 - Green lettuce, orange carrots, brown eggs, red apples, yellow peaches
- *What else can the farmers grow besides food?*
 - Flowers!





Farm to Table

4. Recap:

*Today we talked about how food is **planted** and **grown** at farms and then picked or **harvested** by the farmers. It is then **transported** to the store where we go **shopping** for it to **eat** at meals with our families! It is very important for us to understand that the food we see at the store comes from farms and is grown by farmers who use the land and natural resources like water and sunlight.*





Farm to Table

Optional Connection Time

Discuss any places you get your food locally:

Name specific places in your neighborhood or town

Talk about group activities relevant to this topic:

Such as field trips you may have taken, or gardening experiences.





Planting

Seeds are planted.



Growing

Plants are growing.



Harvesting

Plants are ripe and ready for picking.



Transporting

Fruits and vegetables have been picked and are ready to be delivered to stores.



Shopping

Fruits and vegetables are now at a store or Farmer's Market ready for you to buy.



Eating

The fruits and vegetables you brought home are now ready to eat.

Name _____



How does food get to my table?

1	2	3
4	5	6



How to Grow Your Radish

1. Keep soil moist--but don't overwater!
2. Put your seed pot in a sunny window.
3. Once your radish has sprouted leaves, you can plant it in the garden or in a bigger pot in a sunny spot outdoors.
4. It should be ready to eat in 4-5 weeks!



How to Grow Your Radish

1. Keep soil moist--but don't overwater!
2. Put your seed pot in a sunny window.
3. Once your radish has sprouted leaves, you can plant it in the garden or in a bigger pot in a sunny spot outdoors.
4. It should be ready to eat in 4-5 weeks!



How to Grow Your Radish

1. Keep soil moist--but don't overwater!
2. Put your seed pot in a sunny window.
3. Once your radish has sprouted leaves, you can plant it in the garden or in a bigger pot in a sunny spot outdoors.
4. It should be ready to eat in 4-5 weeks!



How to Grow Your Radish

1. Keep soil moist--but don't overwater!
2. Put your seed pot in a sunny window.
3. Once your radish has sprouted leaves, you can plant it in the garden or in a bigger pot in a sunny spot outdoors.
4. It should be ready to eat in 4-5 weeks!



How to Grow Your Radish

1. Keep soil moist--but don't overwater!
2. Put your seed pot in a sunny window.
3. Once your radish has sprouted leaves, you can plant it in the garden or in a bigger pot in a sunny spot outdoors.
4. It should be ready to eat in 4-5 weeks!



How to Grow Your Radish

1. Keep soil moist--but don't overwater!
2. Put your seed pot in a sunny window.
3. Once your radish has sprouted leaves, you can plant it in the garden or in a bigger pot in a sunny spot outdoors.
4. It should be ready to eat in 4-5 weeks!

Sprouts

Growing Healthy Habits

Farm to Table

Did You Know?

- Seeds and vegetable plants are low in cost and will provide your family with vegetables for many meals.
- Preschoolers can plant seeds, water, and pull weeds. Most of all, they love to explore!
- If you can't grow your own food, many cities and communities have local farmer's markets you can visit.
- Many farmers' markets now accept EBT cards or WIC to purchase eligible items.
- The fruits and vegetables at farmers' markets are typically picked that day. That's why they taste so good!



Find farmers' markets in your area: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

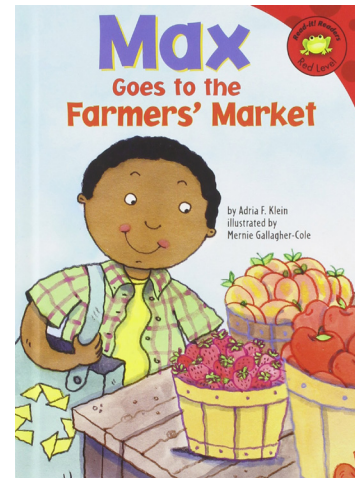
Take Action!

Try these activities with your child:

- Visit a local farmers' market this week.
- When you're at the store, look at your produce to see where it comes from. There's usually a sticker or sign to let you know!
- Find a book on farmers' markets at your local library to read with your child.
- Choose a vegetable that your family would like to grow at home. Start to plan your planting.

Farm to Table

Max Goes to the Farmers' Market is an excellent book that talks about Farmer's Markets. In this book your children can learn about the types of items Max and his mom see at the market.



Grow Your Own Produce!

If you don't have space for an in-ground garden, try a container garden. Remember to poke holes in the bottom for water to drain!

Try using one of the items from the list below.

- Yogurt containers
- Strawberry containers
- Reusable grocery bags
- Buckets

Start with one plant. Beans, greens, cucumbers, tomatoes, and radishes are easiest to grow. Check out www.kidsgardening.org to learn more on how to get kids involved in gardening!