

Going on a Farmers Market Field Trip

Seeds or No Seeds: What makes a fruit a fruit & a vegetable a vegetable?

Grade Level: 1st Grade

Goal: to teach the difference between fruits and vegetables while linking to the Houghton Mifflin Theme: Let's Look Around (Things that grow).

Objectives: By the end of the lesson students will be able to

- Identify the difference between fruits and vegetables
- Name 2 fruits and 2 vegetables.

Vocabulary: plant, grow, grass, tree, flower, seed, fruit, vegetable

Part 1: Pre lesson

Materials:

- white board & markers
- *A Fruit is a Suitcase for Seeds* by Jean Richards
- Cut up fruits & vegetables: cucumber, carrot, apple, celery on plates for each table or group of desks
- Napkins, toothpicks

Brainstorming:

Students are seated together on the rug.

- **Say:**
 - *Today we will be talking about plants that we eat, that grow as fruits and vegetables.*
 - *Who can tell me the name of a fruit or vegetable they like?*
 - *Let's make two lists, one for fruits and one for vegetables.*
- Scribe the list and then ask the children if they can think of what makes fruits different from vegetables. Students might say: fruits are sweet, we eat vegetables for dinner, fruits grow on trees... Make sure to include carrots, apples, cucumbers and celery.

Activity:

- Introduce the book, *A Fruit is a Suitcase for Seeds*.
- **Say:**
 - *We are going to read a book that will help us to learn the difference between fruits and vegetables. After we read the book we are going to look at and taste a fruit and a vegetable.*
- Have students wash their hands as they return to their seats.
- Have students take one piece of each fruit or vegetable onto a napkin.
- Using the toothpick, have them carefully search for seeds and decide which are fruits (apples, cucumbers) and which are vegetables (carrot, celery)

Closure:

- Return to the brainstorm lists and have students move any of the vegetables to the fruit list.
- Conclude with telling the children that they will be going to a farmers market where lots of different kinds of fruit and vegetables are sold by farmers.
- Show and describe the Seeds/No seeds worksheet. Go through examples using the fruits and vegetables from the lesson.
- Tell the student they will be dividing into groups and each given a list of fruits and vegetables to buy. When they return to school they will make a delicious class salad!

Part 2: At the Market

Materials:

- Seeds/no seeds worksheet
- Small bags of crayons
- Shopping lists of fruits and vegetables for each group
- Optional journal handout

Pre Market :

In the classroom before leaving:

- Divide class into groups and review market expectations (with chaperones present).
- Give each group leader the list with assigned students.
- Review field trip objectives:
 - Students will be touring the market in groups.
 - They may taste what is given as samples.
 - They will purchase items on their shopping lists and complete the *Seeds/No Seeds* worksheet.

Activity at the market:

- Chaperones hand out the worksheets and review with the children the goals of the activity.
- Give each chaperone the list of fruits and vegetables for their group and have them help the children buy the produce. (See attached worksheets)

Closure:

If time permits, at the market or at school, have the children journal their favorite thing that they saw at the farmers market.

Part 3: Salad Making

Materials:

- fruits and vegetables bought at the market
- knife & cutting board
- paper plates and plastic knives
- plastic forks, paper plates or bowls & napkins

Review:

- Gather the children in a circle around a table or on the rug, where all of the fruits and vegetables are displayed.
- Have students carefully sort the produce into vegetables (no seeds) & fruits (seeds), eliciting from them vegetable and fruit similarities and differences.
- Tell the students that they are going to help wash, cut up the fruits and vegetables to make a class salad.
- Explain journal activity and/or Venn diagram (see attached sheets).

Cooking activity:

- Wash hands!
- Small groups of students can rotate through the salad station. They can wash, peel and cut up fruits and vegetables.
- Other students can complete journal page and/or Venn Diagram.
- Cooking tips:
 - Use paper plates and plastic knives for students to cut.
 - Teach students proper knife skills—no passing knives, hold point down, curl fingers like a “claw” in order to hold the fruit or vegetable.
 - Precut produce into stick shapes so students can easily make straight cuts.
 - Cut round shapes in half so that the flat side faces the cutting surface and is more stable.
- Serve, eat and ENJOY!