

Going on a Farmers Market Field Trip

Grade Level: Kindergarten

Goals: Introduce students to different types of fruits and vegetables while linking to theme 8 of Houghton Mifflin: Down on the Farm.

Objectives: Students will be able to identify:

- two fruits/vegetables that grow underground
- two fruits/vegetables that grow above ground

Vocabulary: market, turnips, ears of corn, carrots, pumpkins, vine, vegetables, underground, grow

Part 1: *The Enormous Turnip*

Materials: white board/chart paper, markers, book: *The Enormous Turnip*, whole turnip

Anticipatory Set:

- Have all the students seated on the rug.
- Say
 - *We will be doing three lessons together about fruits and vegetables. We will be doing activities about fruits and vegetables, reading a story and then next week going on a trip to a farmers market!*
 - *Raise your hand if you have ever heard of a farmers market or have been to one before.*
 - *Raise your hand if you eat fruits and vegetables.*
 - *Can anyone tell me where fruits and vegetables come from?*

Previous Knowledge:

- Discuss/remind them that fruits and vegetables come from the ground and **grow**. Ask them to help you come up with a list of fruits and vegetables they might find at a farmers market and scribe.
- Say
 - *Today we are going to read a story about a turnip.*
- Hold up the whole turnip and have children raise their hands if they have ever seen or eaten turnip.

- Tell the students a turnip grows underground, unlike an apple which grows on a tree above ground.

Procedure:

- Read the story *The Enormous Turnip*. While reading the story, interact with the children about how the turnip grows underground and not above ground.
- Discuss the story and how some fruits and vegetables grow above ground and some grow below ground.
- Using the optional fruit and vegetable picture sheets (see attached), identify the fruits or vegetables that grow above or below ground. Mark each card accordingly with a down arrow or an up arrow.
- Have the children stand.
- Say and demonstrate:
 - *When I show an **underground** fruit or vegetable crouch down and when I show an **above ground** fruit or vegetable jump up.*

Closure:

- Show the children the above ground and below ground worksheet to be done at the farmers market.
- Tell them that at the farmers market they will be on a hunt for the fruits and vegetables shown. When they find the fruit or vegetable they will have to ask the farmer where it grows.
- Have them practice asking the question, for example, does this grow above ground or below ground.
- Tell the students they will be put into groups and each group will have a list of fruits and vegetables to buy to help make a class salad! (See optional list of foods for class salad)

Part 2: At the Market

Materials: Underground and above ground fruits and vegetables worksheets, farmers market journal worksheets, small bags of crayons

- While waiting for the bus or getting in line to walk, give each child a color coded name tag, to split them up into groups of four or five.

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- At the market hand out the underground and above ground worksheet and have each chaperone review the goals of the worksheet with the students. Give each chaperone the shopping list of 4 – 5 fruits or vegetables for the class salad. Have the chaperone designate a fruit or vegetable for each student to purchase.
- Have the students complete the worksheet. Encourage them to work together.

If time permits have the students use the optional journal worksheet provided.

Part 3: Classroom activity - Class Salad

Materials: fruits and vegetables bought at the market, knife, cutting board, plastic fork, paper plates or bowls, paper towels

- Gather the children around a table where all of their fruits and vegetables are displayed.
- Tell the students that you are going to cut up and wash the fruits and vegetables to make a class salad.
- While cutting, discuss and review the fruits and vegetables similarities and differences. Ask students to identify which fruits/vegetables grow above ground and below ground.
- Also discuss their experiences at the market, for example, what was their favorite fruit and/or vegetable.
- Serve and eat!

Extensions: “To Market, To Market”

- Read/chant “To Market, To Market” aloud to the students.
- Read line by line, having the students repeat after you.
- Review the above ground and below ground categories when naming vegetables with the students.
- While reading the poem together, have the students stand when they hear the name of above ground vegetables and crouch when they hear the names of below ground vegetables.

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