

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:

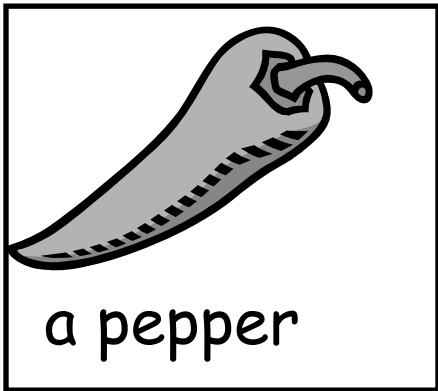
- Wash hands!
- Small groups of students can rotate through the salad station. They can wash, peel and cut up fruits and vegetables.
- Other students can complete journal page and/or Venn Diagram.
- Cooking tips:
 - Use paper plates and plastic knives for students to cut.
 - Teach students proper knife 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!

Name _____

Does This Have Seeds?

Directions: Circle "seeds" or "no seeds" for each food. Put an X in the box for fruit or vegetable.

Example

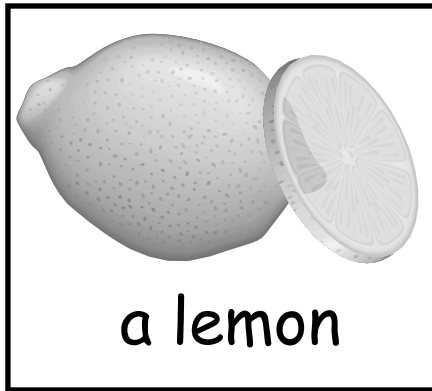


seeds

no seeds

fruit

vegetable



seeds

no seeds

fruit

vegetable



seeds

no seeds

fruit

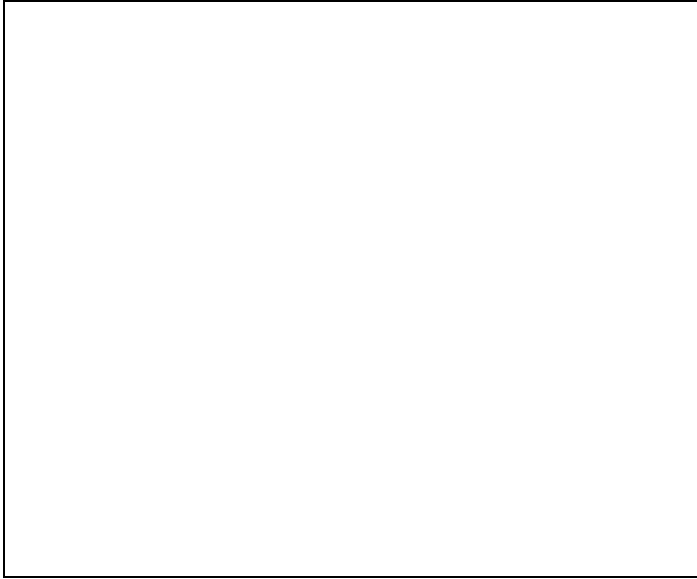
vegetable

Name _____

Draw Your Own Fruits & Vegetables!

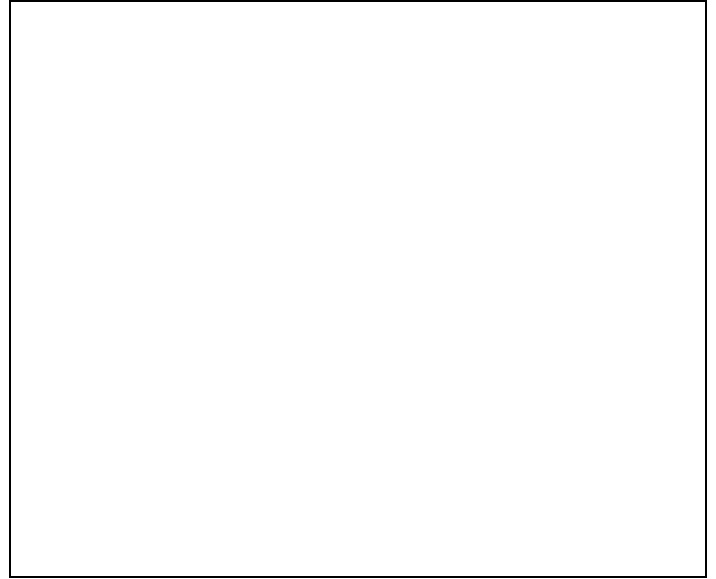
Directions: Draw 2 fruits and 2 vegetables in the boxes.

seeds



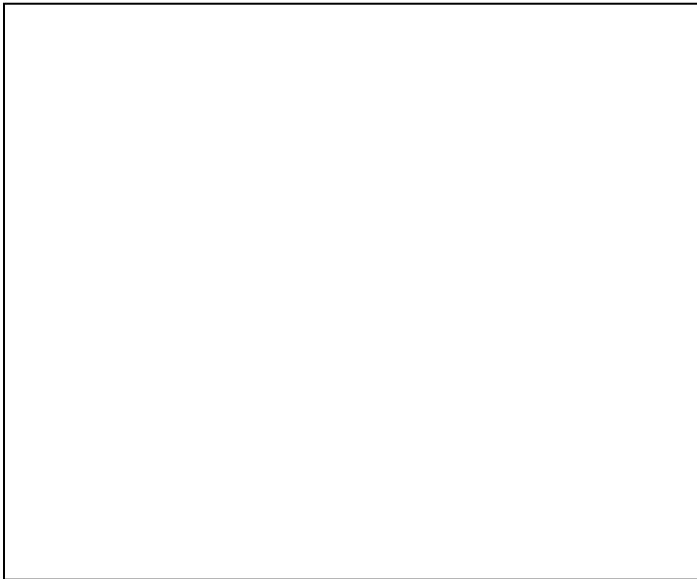
Name of fruit

no seeds



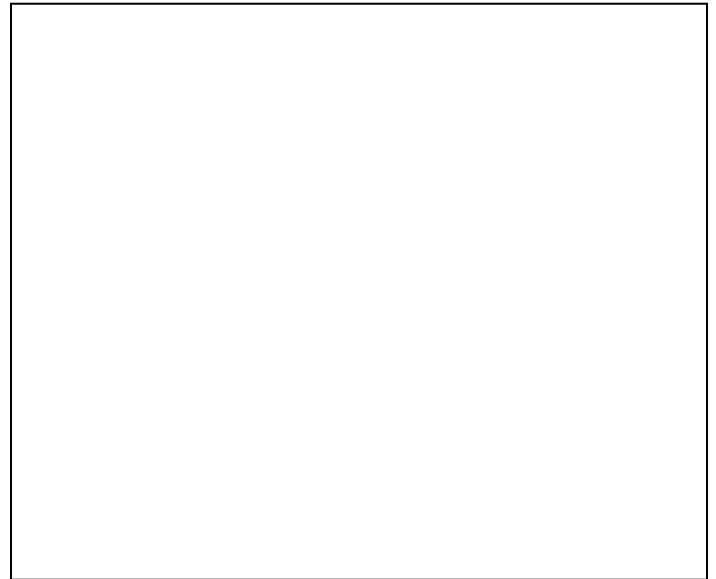
Name of vegetable

seeds



Name of fruit

no seeds



Name of vegetable

Name _____

Directions:

1. Review each word(s) in the Word Box.
2. Write the word in the circle where it belongs.

Word Box	
sweet	lettuce
not sweet	grow
seeds	peach
no seeds	red
broccoli	green

Fruits and vegetables



Fruits



Venn
Diagram

Vegetables





At the Farmers Market I see...

Name _____