

## 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.

Going on a Farmers Market field trip: kindergarten lesson

- 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”**

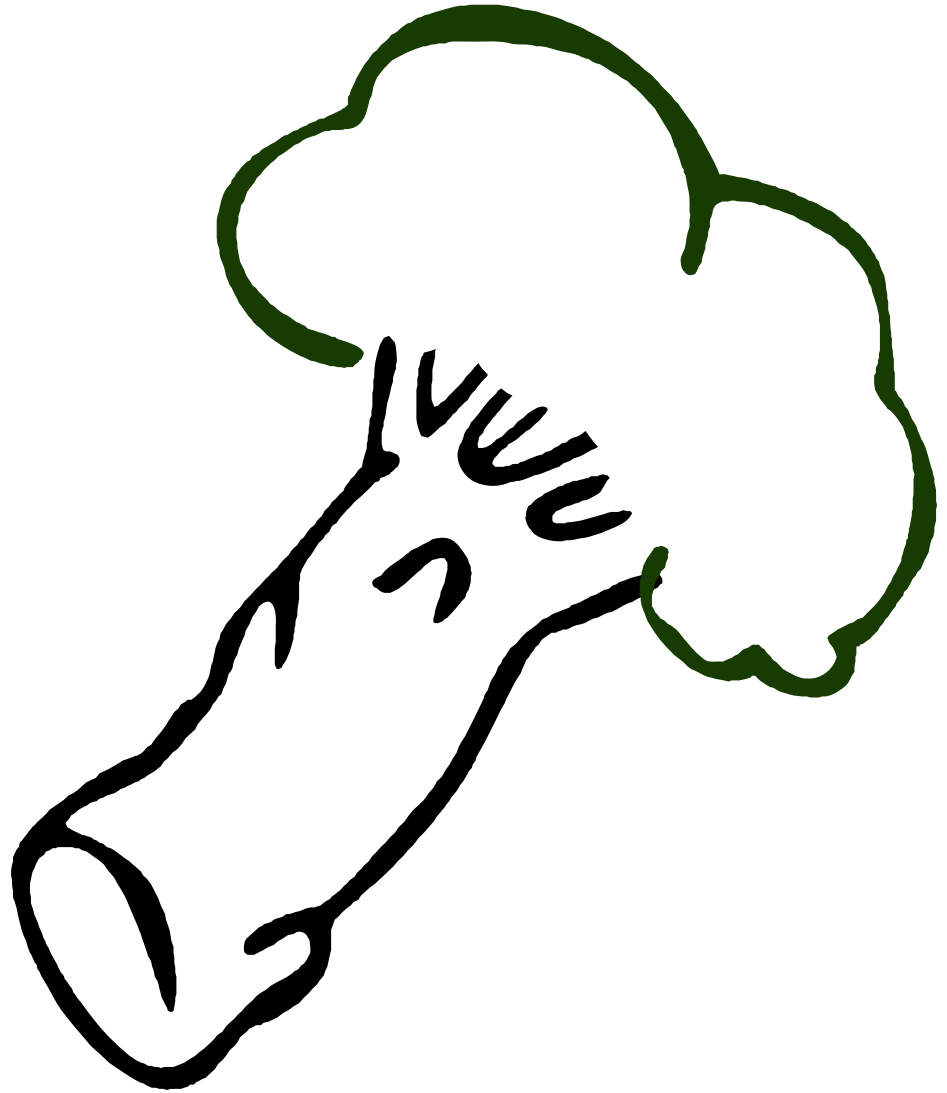
- Read/chant “To Market, To Market” aloud to the students.
- Read line by line, having the students repeat after you.
- Review the above ground and below ground categories when naming vegetables with the students.
- While reading the poem together, have the students stand when they hear the name of above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

Going on a Farmers Market field trip: kindergarten lesson

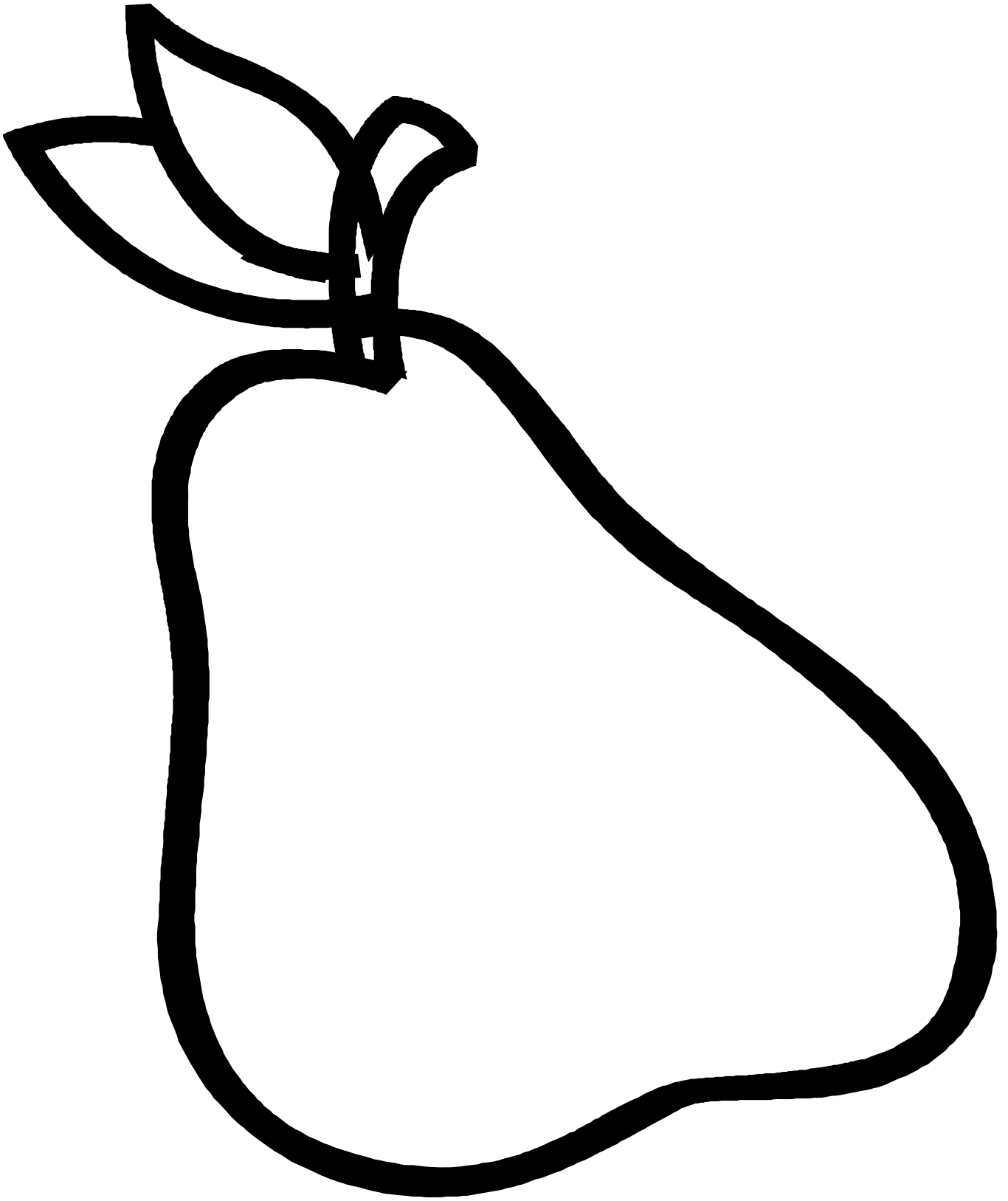


My favorite thing at the Farmers Market  
was...

Name \_\_\_\_\_







Name \_\_\_\_\_

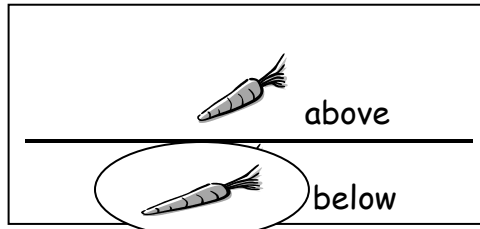
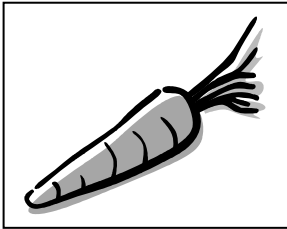
I see a.....

Does it grow above ground  
or below ground?

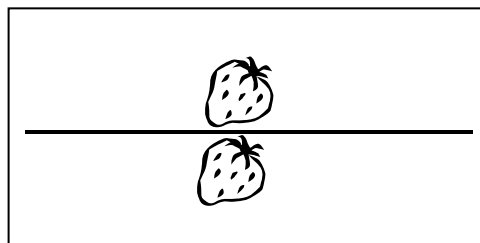
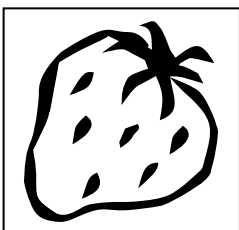
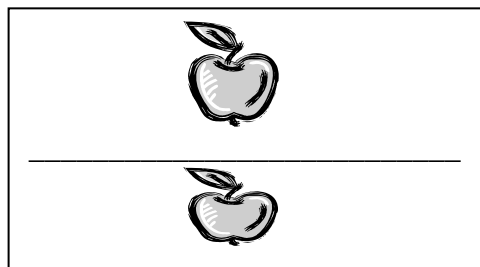
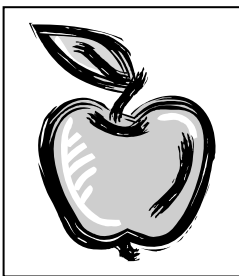
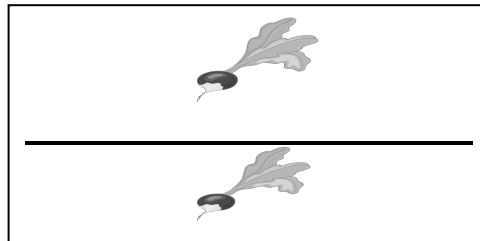
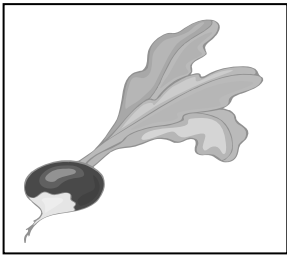
Ask the farmer, "does this  
fruit or vegetable grow above the  
ground or below the ground?"

Circle one.

Sample:



A carrot grows below the ground.



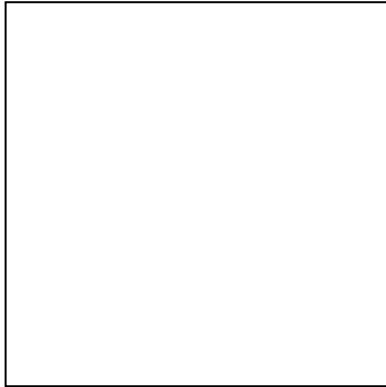
Name \_\_\_\_\_

Draw a fruit or vegetable.

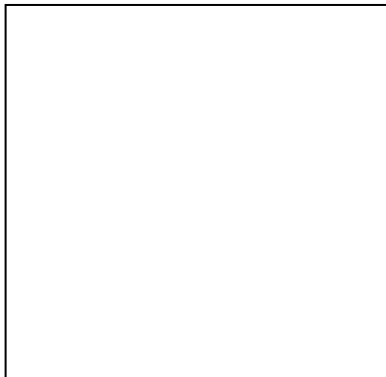
Circle one.

I see a...

Does it grow...



above the ground  
\_\_\_\_\_  
below the ground



above the ground  
\_\_\_\_\_  
below the ground



above the ground  
\_\_\_\_\_  
below the ground