

# *Farmers Market Field Trip*

## *for Grades 2-3*



## Teacher Packet

**Objectives:** Students will be able to:

- Name the parts of the plant we eat
  - Define 'fruit', 'vegetable', 'produce', and 'farmers market'
  - Ask a farmer at least one question about produce
  - Create a picture and / or poem about one fruit or vegetable
- I. Pre-lesson
    - Read book(s) or selections about food and markets
      - Farmers Market by Marcie R. Rendon and Cheryl Walsh Bellville
      - The Ugly Vegetables by Grace Lin
      - A Fruit is a Suitcase for Seeds by Jean Richards
    - Brainstorming activities
  - II. Day at the Farmers Market
  - III. Post-lesson (Select 1 - 2 activities)
    - *Taste test*
    - *Creative Art project*

# I. Pre-lesson – Preparing for the Farmers Market

Before your classroom visits the Farmers Market, please do the following:      Approximate activity time – 45-60 minutes



Tell students that we will visit a Farmers Market.

Our class will be going on a field trip to the farmers market at (name of specific location). We will go on a scavenger hunt there to find different fruits and vegetables to buy. We will use our produce to have a taste test and do an art project.

Today we will prepare by learning more about fruits and vegetables.

Let's define a few terms. Ask students to define the following:

- What is a farmers market?
- Who has ever been to one?
- What can you find there?
- What is a Fruit / Vegetable?
- What is Produce?
- What is a Recipe?

*Hint: Scribe on the board the definitions*



Select & read book(s) about produce and farmers markets



Tell students that when at the market he/she is responsible for doing 4 very important things:

1. Finding the type of produce item on their card
2. Asking the farmer a specific question about their produce item
3. Listen closely to hear the farmer's answer about the fruit/ vegetable
4. Write down the answer



As a classroom activity distribute fruit /vegetable brainstorm sheets labeled FRUIT and the other VEGETABLE. Tell students to think of a fruit and don't tell anyone until you are called upon. Scribe on the board their answers and let them know that this will help them at the market to find their produce. Then do the same with vegetables. Afterwards we will classify each produce into the following:

☺ Parts of a Plant

☺ Fruits / Vegetables

☺ A Rainbow of Color

*Hint: Scribe on the board*

Name \_\_\_\_\_ Date \_\_\_\_\_

# Fruit



A fruit is the part of the plant that contains the seed.

Fruit	Seed Location (inside /outside)	Color (outside)
1. Strawberry	Outside	Red
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Name \_\_\_\_\_ Date \_\_\_\_\_

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7.		
8.		
9.		
10.		

Name \_\_\_\_\_ Date \_\_\_\_\_



# Vegetable



A vegetable is any part of the plant that does not contain the seed)

Vegetable	Plant part (root, stem, leaf, flower)	Color
1. Lettuce	Leaf	Green
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Name \_\_\_\_\_ Date \_\_\_\_\_



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A vegetable is any part of the plant that does not contain the seed)

Vegetable	Plant part (root, stem, leaf, flower)	Color
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10.		

## II. Day at the Market



### 10 minutes—Introduction

Once everyone gathers at the market, remind chaperones how they are to help each student with their index card and the students are to listen to their designated leader. The Chaperone will hand out one index card to each student. (*Review Student Expectation and At the Market pages*)



### 60 minutes—Farmers Market Experience

1. Give each student an index card that has a fruit/vegetable/plant part on one side and a list of the following questions on the other side
2. Find the produce (fresh fruit or vegetable)
3. Ask the farmer your question
4. Write down your answer on your recorder sheet
5. Purchase the produce remember - ask how much it costs  
(Remember your manners - please, excuse me and thank you)



### 60 minutes—Lunch and Play

- Select designated place
- Review and show bathroom areas and rules
- Board transportation guidelines (teacher sets the rules)

Name \_\_\_\_\_ Date \_\_\_\_\_

**Student Recorder Sheet**  
**My Experience at the Farmers Market**

The name of my produce is \_\_\_\_\_.

The outside color of my \_\_\_\_\_ is \_\_\_\_\_.

The inside color of my \_\_\_\_\_ is \_\_\_\_\_.

Circle which the part of the plant your produce is....

Root                      Stem                      Leaf                      Flower                      Fruit

- ☺ How does this food grow? (vines, trees, patches etc.)
- ☺ How do you pick these?
- ☺ How do you know when the fruit/food will taste good?
- ☺ Where are the seeds in this fruit?
- ☺ How did you learn to grow this food?

My question to the farmer is (write your question down)

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The farmer said

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### III. Post-lesson

After you return from the Farmers Market, let each student know that you will be doing one or more of the following activities with the fruit/vegetable he or she purchased at the Farmers Market.

Hint- Have class sort the fruits and vegetables as a class or groups.

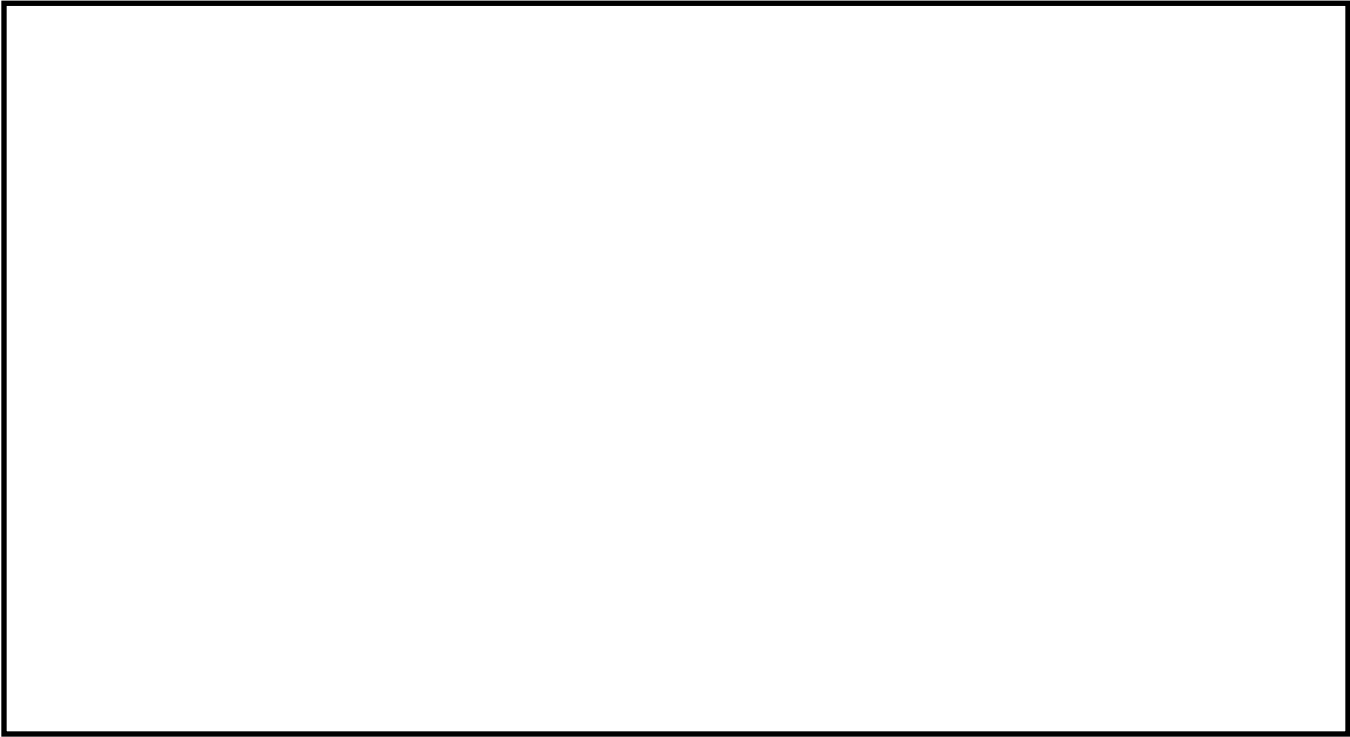
- Tasting the produce  
(use the taste test sheet)
- Writing poems
- Draw and color a picture.

### IV. Lesson-Extensions

- Prepare a fruit salad
- Make a vegetable soup
- Paint watercolors

Name: \_\_\_\_\_

Draw your *produce item* (Fresh Fruit or Vegetable) and write a poem.



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