

WORKSHOP MATERIALS

Farmers Markets for Kids Curriculum Handouts

**NUTRITION EDUCATION AND CULINARY
DEMONSTRATIONS AT FARMERS MARKETS**

Farmers Markets for Kids

Handout Content List

- Family Activity: Vary Your Veggies (Lesson 1)
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Family Activity: Vary Your Veggies

Directions:

- Each time your family eats a vegetable, help your child draw the vegetable in a box below.
- Track your week of eating a rainbow of vegetables together!
- *For younger children:* Help your child color in a box with the color of the vegetable eaten.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetable #1							
Vegetable #2							
Vegetable #3							

Caregiver Tips:

- ✓ Children take their lead from you. Eat different colored veggies and your child will, too.
- ✓ Have your child be a “produce picker” at the market.
- ✓ Offer vegetables many times, served a variety of ways.

家庭活动：使蔬菜种类多样化

做法：

- 每次吃一种蔬菜时，就帮助您的孩子在下表中画上这种蔬菜。
- 一起记录一周的缤纷蔬菜饮食！
- 对于较年幼的孩子：帮助您的孩子在表格中涂上吃过的蔬菜的颜色。



	星期一	星期二	星期三	星期四	星期五	星期六	星期天
蔬菜 #1							
蔬菜 #2							
蔬菜 #3							

家长小贴士：

- ✓ 孩子们会向您学习。如果您吃不同颜色的蔬菜，孩子也会吃。
- ✓ 让您的孩子主动在市场选择农产品。
- ✓ 尝试以多种花样提供蔬菜。

Family Activity: Flavorful Fruit

Directions:

- As a family, fill in the blank letters to name all the farmers market fruits that are pictured below.
- Have each member of your family write their name below their favorite flavorful fruit!

①



_A_ER__L_N

②



C_E__IES

③



_EA__

④



B_AC_BE_RIES

⑤



B__E_ER_IES

⑥



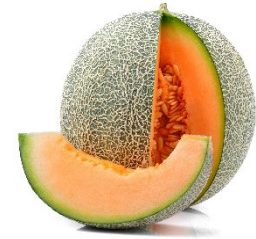
_L__

⑦



__AP_S

⑧



CA__ALO_P__

Caregiver Tips:

- ✓ Fruit is a great snack and a perfect addition to breakfast. You can also eat it for dessert!
- ✓ Want your family to reach for a healthy snack? Make sure fruit is within reach.
- ✓ Try offering fruits in a new way. Put pieces of cut fruit on a skewer or straw and serve with low-fat yogurt for dipping.

ANSWERS: 1. watermelon, 2. cherries, 3. peach, 4. blackberries, 5. blueberries, 6. plum, 7. grapes, 8. cantaloupe

家庭活动：美味水果

做法：

- 全家一起填写下列空格，拼出图片所示农贸市场水果的中文字。
- 让每个家庭成员在他们最喜欢的美味水果下方写上自己的名字！

①



_瓜

②



_桃

③



_子

④



_莓

⑤



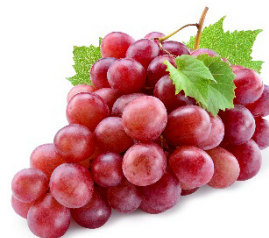
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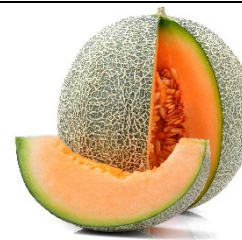
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哈_瓜

家长小贴士：

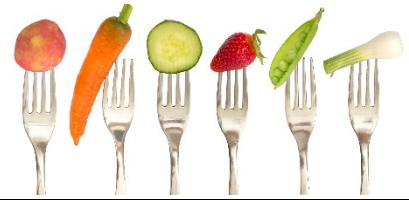
- ✓ 水果是一种很棒的点心，是完美的早餐元素。您也可将水果作为甜点！
- ✓ 想让家人吃到健康的点心？那就在家里多摆点水果吧。
- ✓ 尝试用一些新花样来提供水果。将切好的水果插上小叉子或吸管，然后蘸上低脂酸奶。

答案：1. 西瓜、2. 樱桃、3. 桃子、4. 黑莓、5. 蓝莓、6. 李子、7. 葡萄、8. 哈密瓜

Family Activity: Smart Snacking

Directions:

- Create healthy snacks as a family.
- Track your smart snacking over the week using the grid below.
- Have your children draw in the farmers market fruits and vegetables they used to build your family's healthy snack!



Fun Snack Name	Fruits/Vegetables	Other Foods (example: peanut butter, cheese, crackers)	How does it taste? (Sweet, Salty, Sour or Bitter)

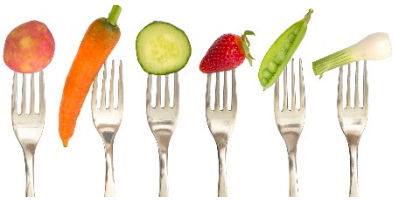
Caregiver Tips:

- ✓ Snacks can help children get the nutrients they need to grow and satisfy their hunger between meals.
- ✓ Help children to make their own healthy snacks with fruits and vegetables.
- ✓ Be a good role model — eat healthy snacks with your children.

家庭活动：别致小点心

做法：

- 全家动手制作健康点心。
- 使用下表记录一周制作的别致小点心。
- 让孩子画出在农贸市场购买的用来制作家庭健康点心的水果和蔬菜！



给点心起个有趣的名字	水果/蔬菜	其他食材 (例如：花生酱、 奶酪、饼干)	味道怎么样？ (甜、咸、酸或苦)

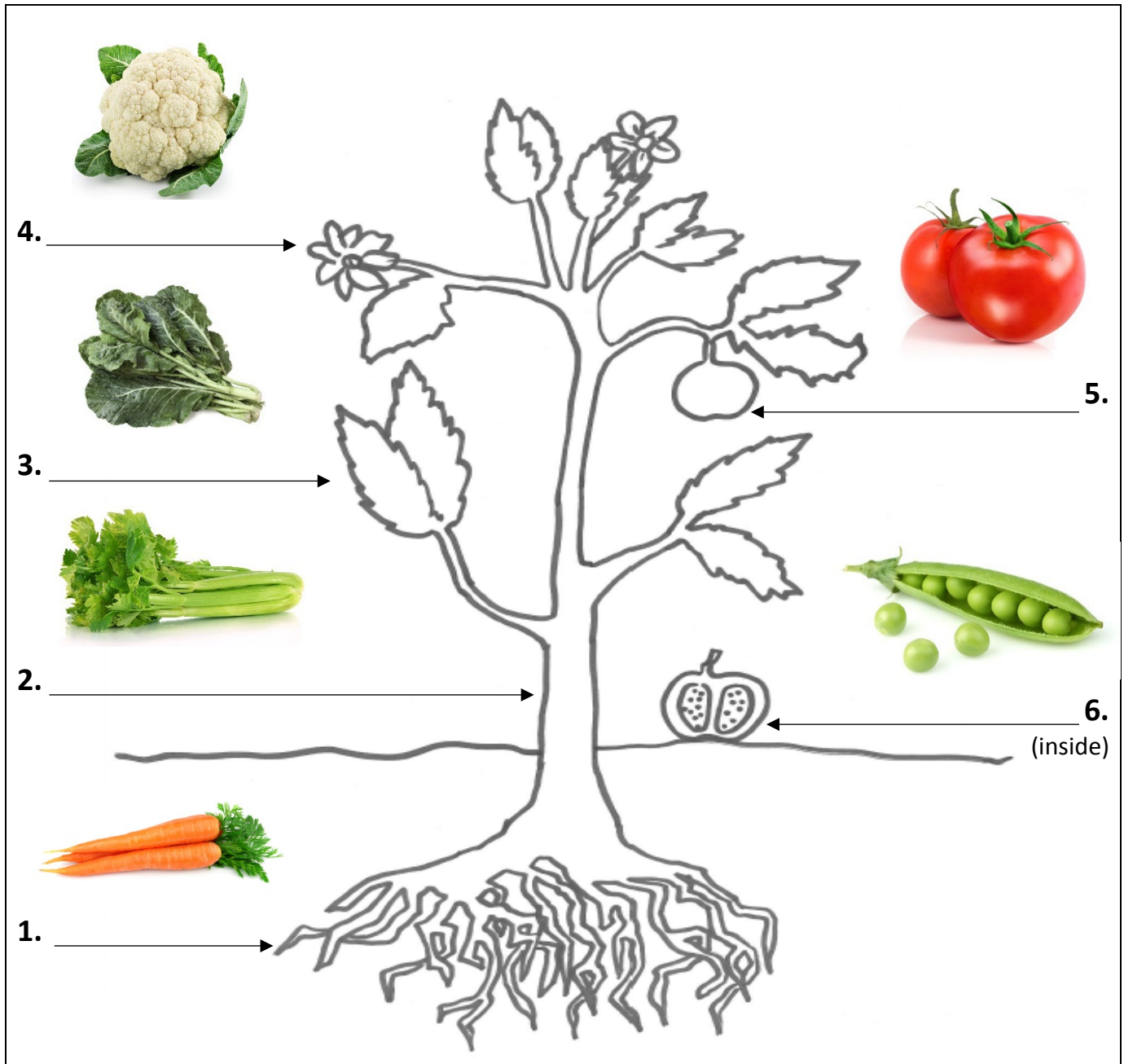
家长小贴士：

- ✓ 点心可为孩子提供成长所需营养，并解决两餐之间的饥饿感。
- ✓ 帮助孩子用水果和蔬菜制作健康点心。
- ✓ 做个好榜样——和孩子一起吃健康点心。

Family Activity: Growing Goodness

Directions:

- Help your children name all the parts of the plant below.
- Write the names in the spaces provided. Use the pictures from the farmers market as clues.
- Don't forget to color the plant, too!



Caregiver Tips:

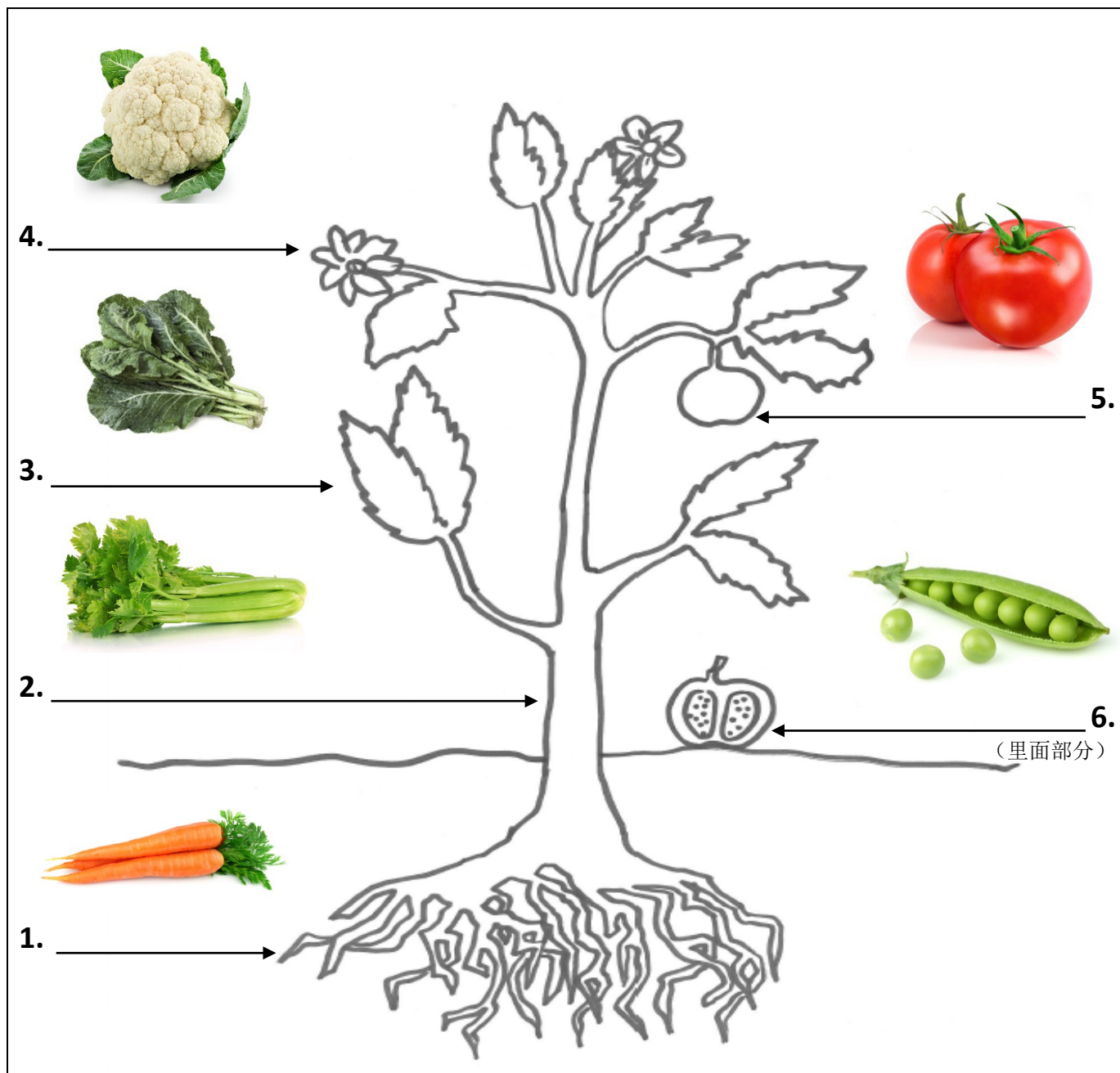
- ✓ Grow a container garden at home. All you need is a small milk carton, soil, sunshine, water and a seed!
- ✓ Create a new recipe using at least three different parts of the plant from the farmers market. Be sure to give the recipe a fun name!
- ✓ Make a salad with all the parts of the plant. Have your children tear the lettuce and pour the dressing.

ANSWERS: 1. Roots, 2. Stem, 3. Leaves, 4. Flowers, 5. Fruit, 6. Seeds

家庭活动：边玩边学

做法：

- 帮助您的孩子认识以下植物的所有部位。
- 在空格中填写部位的名称。使用农贸市场的图片作为参考。
- 别忘了还要给植物上色！



家长小贴士：

- ✓ 在家制作一个微型花园。所需材料只有一个小牛奶纸板箱、一些土壤、阳光、水和种子！
- ✓ 从农贸市场购买至少三种属于不同部位的蔬菜制作一道新菜。记得给这道菜起一个有趣的名字！
- ✓ 用植物的所有部位制作沙拉。让孩子动手操作——撕碎生菜，倒入酱料。

答案：1. 根、2. 茎、3. 叶、4. 花朵、5. 果实、6. 种子

Family Activity: Terrific Tastes

Directions:

- As a family, taste test five different fruits and vegetables. Write the name of each fruit or vegetable in the left column.
- Check off all the tastes that your family notices for each fruit or vegetable.
- Be sure to try fruits and vegetables your family has never tried before!

Name of Fruit or Vegetable	<u>Sour</u>	<u>Bitter</u>	<u>Salty</u>	<u>Savory</u>	<u>Sweet</u>

Caregiver Tips:

- ✓ Plan meals that contain foods your child likes, along with a new fruit or vegetable.
- ✓ Be patient — you may need to offer a new food many times before your child decides to try it.
- ✓ Make mealtime fun and relaxed. Patience works better than pressure.



家庭活动：超棒味觉

做法：

- 全家一起品尝五种不同的水果和蔬菜。在左边写下每种水果或蔬菜的名称。
- 记录家庭成员对每一种水果或蔬菜的口感。
- 请品尝以前从未吃过的水果和蔬菜！

水果或蔬菜的名称	酸	苦	咸	可口	甜

家长小贴士：

- ✓ 用您孩子喜爱的食物搭配一种新的水果或蔬菜来准备膳食。
- ✓ 要有耐心 — 为了让孩子愿意吃，您可能需要多次使用同一种新食物。
- ✓ 让用餐时间变得轻松愉快。耐心教导比施压更管用。



Family Activity: Follow Your Food

Directions:

- Guide your children around the farmers market to complete the scavenger hunt challenges below.
- Write or draw in your answers in the right-hand column.



Challenge	Answer
Find a <u>pink</u> fruit.	
Find a <u>yellow</u> vegetable.	
Find a <u>crunchy</u> fruit.	
Find a <u>round</u> vegetable.	
Find a fruit that comes in <u>three colors</u> .	
Find a vegetable you've never tried before. What is it called?	
Find a farmer wearing a hat. What is their name?	

Caregiver Tips:

- ✓ Add in your own scavenger hunt challenges at the farmers market.
- ✓ Let your child choose a new fruit or vegetable to try from the farmers market and taste it together.
- ✓ Take a family field trip to a nearby farm or orchard.

家庭活动：美食探险

做法：

- 让您的孩子在农贸市场完成下面的寻宝挑战。
- 在右侧的一栏写下或画出答案。



挑战	答案
找出一种 <u>粉色</u> 的水果。	
找出一种 <u>黄色</u> 的蔬菜。	
找出一种 <u>吃起来脆脆</u> 的水果。	
找出一种 <u>圆圆</u> 的蔬菜。	
找出一种 <u>有三种颜色</u> 的水果。	
找出一种你从未吃过的蔬菜。它的名称是什么？	
找出一位戴着帽子的农民伯伯。他叫什么名字？	

家长小贴士：

- ✓ 可添加其他农贸市场寻宝挑战。
- ✓ 让孩子从农贸市场中选一种没吃过的水果或蔬菜，然后一起品尝。
- ✓ 全家一起到附近的农场或果园进行实地考察。