

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)
- Family Activity: Flavorful Fruit (Lesson 2)
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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.

家庭活動：增加蔬菜的種類

做法：

- 每次家人吃蔬菜時，協助您的孩子在下列方塊中畫下蔬菜。
- 一起記錄您一週的彩虹蔬菜飲食！
- 對於較年幼的孩子：協助您的孩子以自己食用的蔬菜顏色來填滿方塊。



	星期一	星期二	星期三	星期四	星期五	星期六	星期日
蔬菜 1							
蔬菜 2							
蔬菜 3							

家長秘訣：

- ✓ 您要以身作則，作孩子的榜樣。您吃不同顏色的蔬菜，您的孩子也會仿效。
- ✓ 讓您的孩子在市場當「農產品挑選者」。
- ✓ 以多種方式提供各種蔬菜。

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



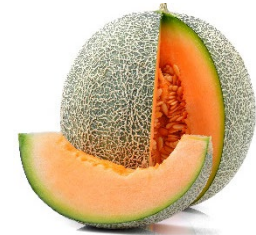
_L__

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

家庭活動：充滿風味的水果

做法：

- 全家人一起填滿空白的字母，拼出以下圖片中的所有農夫市集水果的中文字。
- 讓每個家庭成員在他們最愛的水果下方寫下自己的名字！

①



_瓜

②



_桃

③



水蜜_

④



_莓

⑤



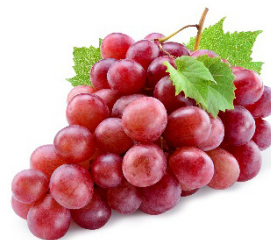
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⑥



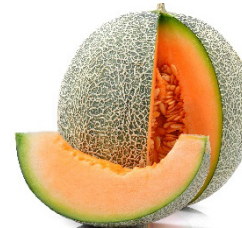
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⑦



葡_

⑧



哈_瓜

家長秘訣：

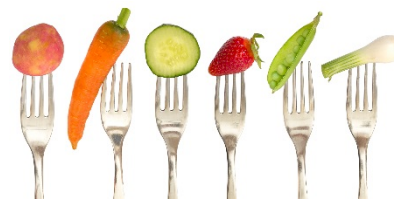
- ✓ 水果是絕佳點心和早餐的完美添加物。您也可以將水果作為點心！
- ✓ 希望您的家人吃健康的點心嗎？那就確定水果觸手可及。
- ✓ 試著以全新方法來提供水果。以叉子或吸管將切好的水果串起來，並使用低脂優格作為沾醬。

答案：1. 西瓜、2. 櫻桃、3. 水蜜桃、4. 黑莓、5. 藍莓、6. 梅子、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)

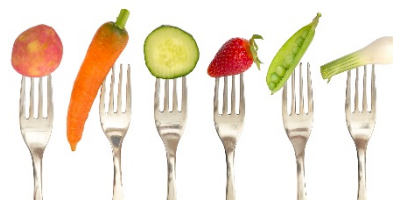
Caregiver Tips:

- ✓ 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.

家庭活動：聰明點心

做法：

- 全家人一起製作健康的點心。
- 使用下列網格，記錄您過去一週製作的聰明點心。
- 讓您的孩子畫下用來製作健康點心的農夫市集蔬菜和水果！



有趣的點心名稱	水果/蔬菜	其他食品 (例如：花生醬、起士、餅乾)	吃起來感覺如何？ (甜、鹹、酸或苦)

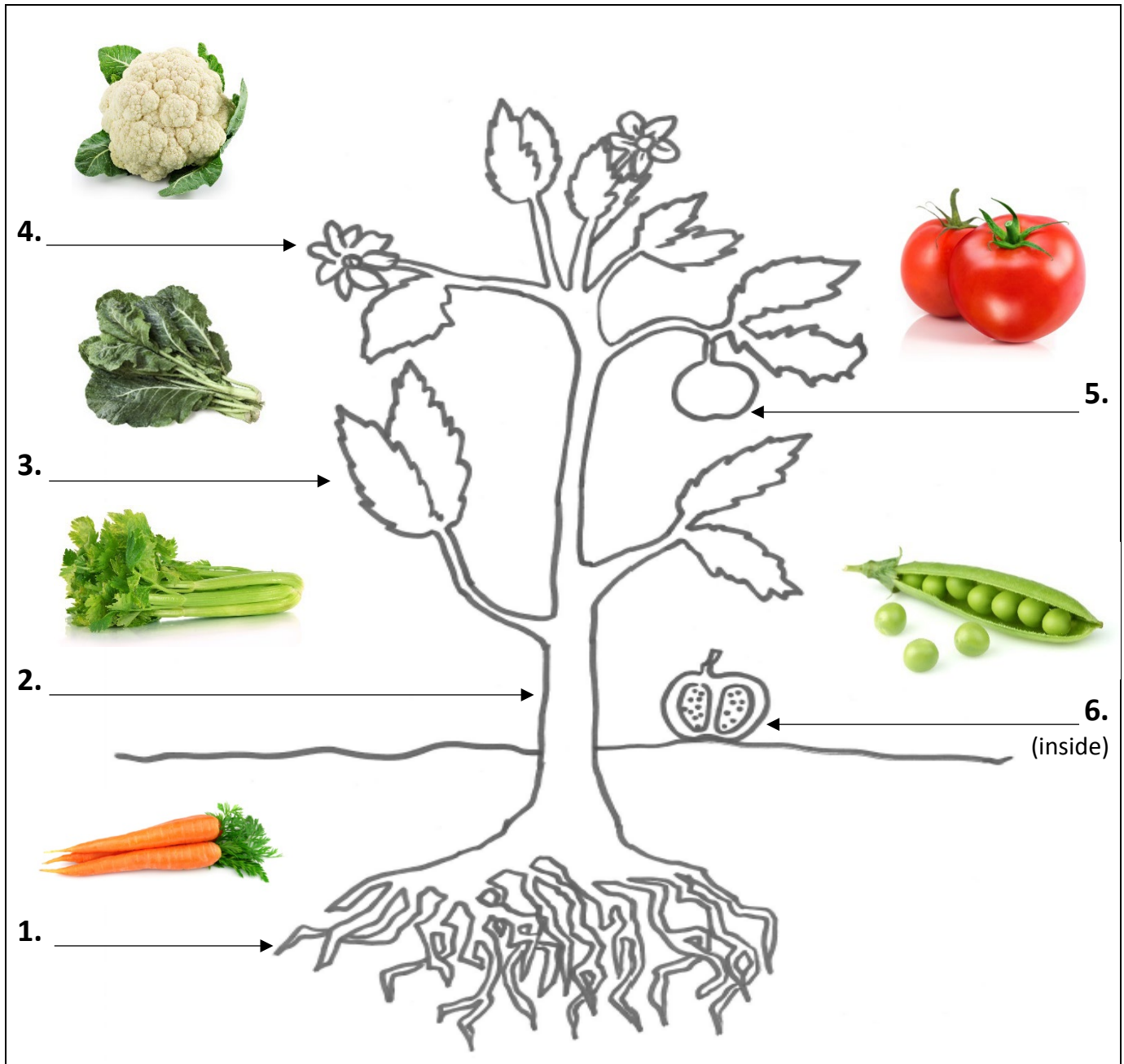
家長秘訣：

- ✓ 點心可協助孩子獲得成長所需的營養素，還能在兩餐之間填飽肚子。
- ✓ 協助孩子利用蔬菜水果製作自己的健康點心。
- ✓ 成為良好典範 - 和孩子一起享用健康點心。

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:

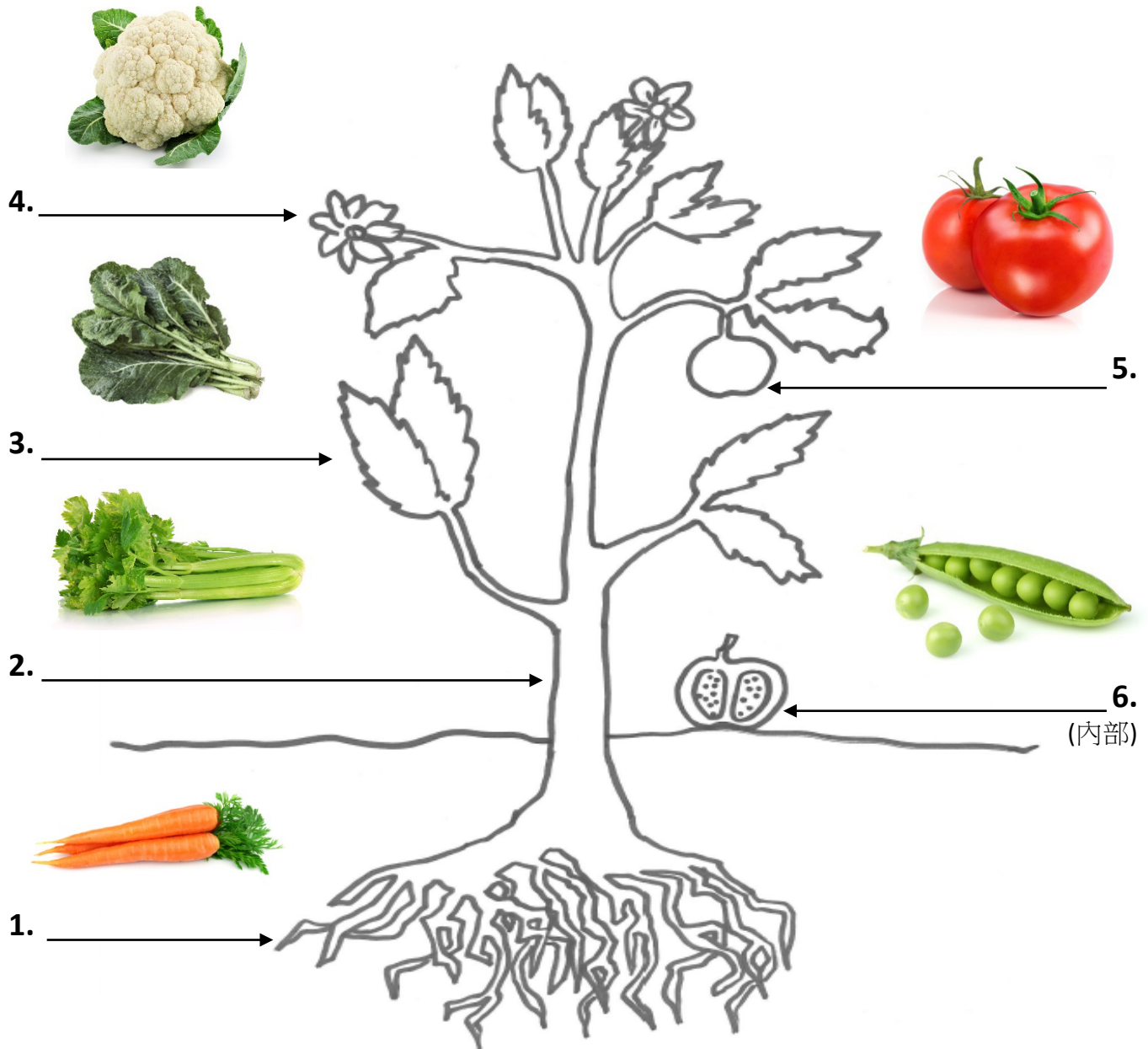
- ✓ Grow a container garden at home. All you need is a small milk carton, soil, sunshine, water and a seed!
- ✓ Create a new recipe using at least three different parts of the plant from the farmers market. Be sure to give the recipe a fun name!
- ✓ Make a salad with all the parts of the plant. Have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

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

家庭活動：成長的精華

做法：

- 協助孩子識別以下植物的所有部位。
- 在提供的空間中寫下部位名稱。使用農夫市集提供的圖片作為線索。
- 也別忘了為植物著色！



家長秘訣：

- ✓ 在家中製作一個容器花園。您只需要小型牛奶盒、土壤、陽光、水和種籽！
- ✓ 使用來自農夫市集之植物的至少三個不同部位來創造新食譜。請務必為這個食譜提供一個有趣的名稱！
- ✓ 使用植物的所有部位製作沙拉。讓孩子將生菜撕成小片並倒入醬料。

答案：1. 根，2. 莖，3. 葉，4. 花，5. 果實，6. 種籽

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.



家庭活動：令人驚奇的口味

做法：

- 全家人一起品嚐五種不同的水果及蔬菜。在左欄中寫下每種水果或蔬菜的名稱。
- 勾選您家人對每種水果或蔬菜察覺到的所有味道。
- 請務必嘗試食用您家人之前從未吃過的水果及蔬菜！

水果或蔬菜的名稱	酸	苦	鹹	可口	甜

家長秘訣：

- ✓ 搭配包含孩子喜歡之食物和新的水果或蔬菜的餐點。
- ✓ 要有耐心 – 您可能需要多次提供新食物，孩子才會食用這些食物。
- ✓ 讓用餐時間充滿歡樂和放鬆氛圍。保持耐心比施加壓力更有效。



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.

家庭活動：尋找食物

做法：

- 在農夫市集中引導孩子完成以下尋寶挑戰。
- 在右欄中寫下或畫下答案。



挑戰	答案
尋找一種 <u>粉紅色</u> 的水果。	
尋找一種 <u>黃色</u> 的蔬菜。	
尋找一種 <u>脆脆</u> 的水果。	
尋找一種 <u>圓形</u> 的蔬菜。	
尋找一種有 <u>三種顏色</u> 的水果。	
尋找以前從未吃過的蔬菜。它叫什麼？	
尋找一名戴帽子的農夫。他們叫什麼？	

家長秘訣：

- ✓ 添加您自己的農夫市集尋寶挑戰。
- ✓ 讓孩子從農夫市集選擇要食用的新水果和蔬菜，然後一起品嚐。
- ✓ 到附近的農場或果園來趟家庭之旅。