

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.

Aktivite Fanmi: Varye Legim Ou Yo

Esplikasyon:

- Chak fwa fanmi w manje yon legim, ede timoun ou an fè desen legim lan nan yon kaz ki anba a.
- Swiv semèn kote nou manje yon lakansyèl legim ansanm!
- *Pou timoun ki pi piti yo:* Ede timoun ou an kolorye nan yon kaz avèk koulè legim li manje a.



	Lendi	Madi	Mèkredi	Jedi	Vandredi	Samdi	Dimanch
Legim # 1							
Legim # 2							
Legim # 3							

Konsèy pou Moun k ap bay swen yo:

- ✓ Timoun yo pran egzanp sou nou. Manje legim ki gen divès kalite koulè epi timoun ou an pral fè l tou.
- ✓ Fè timoun ou an vin “moun k ap chwazi fwi ak legim yo” nan makèt la.
- ✓ Ofri legim anpil fwa, sèvi yo divès kalite fason.

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



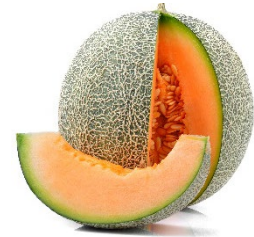
_L__

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

Aktivite Fanmi: Fwi ki chaje ak gou

Esplikasyon:

- Ajoute lèt ki manke yo ansanm an fanmi pou nonmen tout fwi mache kiltivatè yo ki gen imaj yo anba a.
- Fè chak manm nan fanmi w ekri non pa yo anba fwi ki chaje ak gou yo pi renmen an!

①



_ _ L _ N

②



S _ R _ Z

③



_ È _ H

④



B _ A _ B E _ R I

⑤



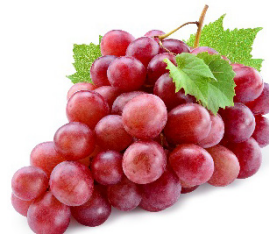
B _ O _ B E R _

⑥



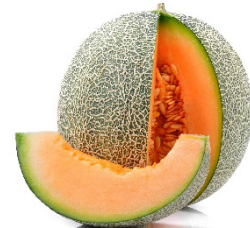
_ R _ _

⑦



R _ Z _ N

⑧



K A _ _ A L O _ P

Konsèy pou Moun k ap bay swen yo:

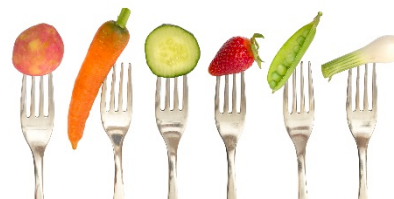
- ✓ Fwi a se yon ti goutte ki bon anpil e se yon konpleman ideyal pou manje maten. Ou ka manje li kòm desè tou!
- ✓ Èske w vle fanmi w chwazi yon ti goutte ki bon pou sante? Asire fwi yo nan kote yo ka rive jwenn yo.
- ✓ Eseye ofri fwi yo nan yon nouvo fason. Mete moso fwi koupe sou yon bwòch oswa yon chalimo epi sèvi yo avèk yogout ki gen tikras grès pou tranpe fwi a ladann.

REPONS: 1. melon, 2. seriz, 3. pèch, 4. blakberi, 5. blouberi, 6. prin, 7. rezen, 8. kantaloop

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)

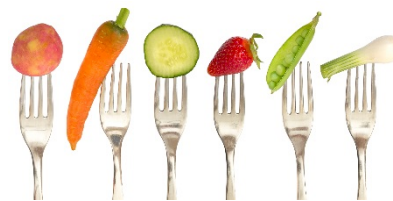
Caregiver Tips:

- ✓ 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.

Aktivite Fanmi: Ti goute Entelijan

Esplikasyon:

- Kreye ti goute ki bon pou sante ansanm an fanmi.
- Sèvi avèk griy ki anba a pou ou swiv ti goute entelijan w yo pandan semèn nan.
- Fè timoun ou yo fè desen fwi ak legim mache kiltivatè yo te itilize pou prepare ti goute ki bon pou sante pou fanmi w!



Non Ti goute Amizan an	Fwi/Legim	Lòt Manje (pa egzanp: manba, fwomaj, ti biswit)	Ki gou li genyen? (Dous, Sale, Si oswa Anmè)

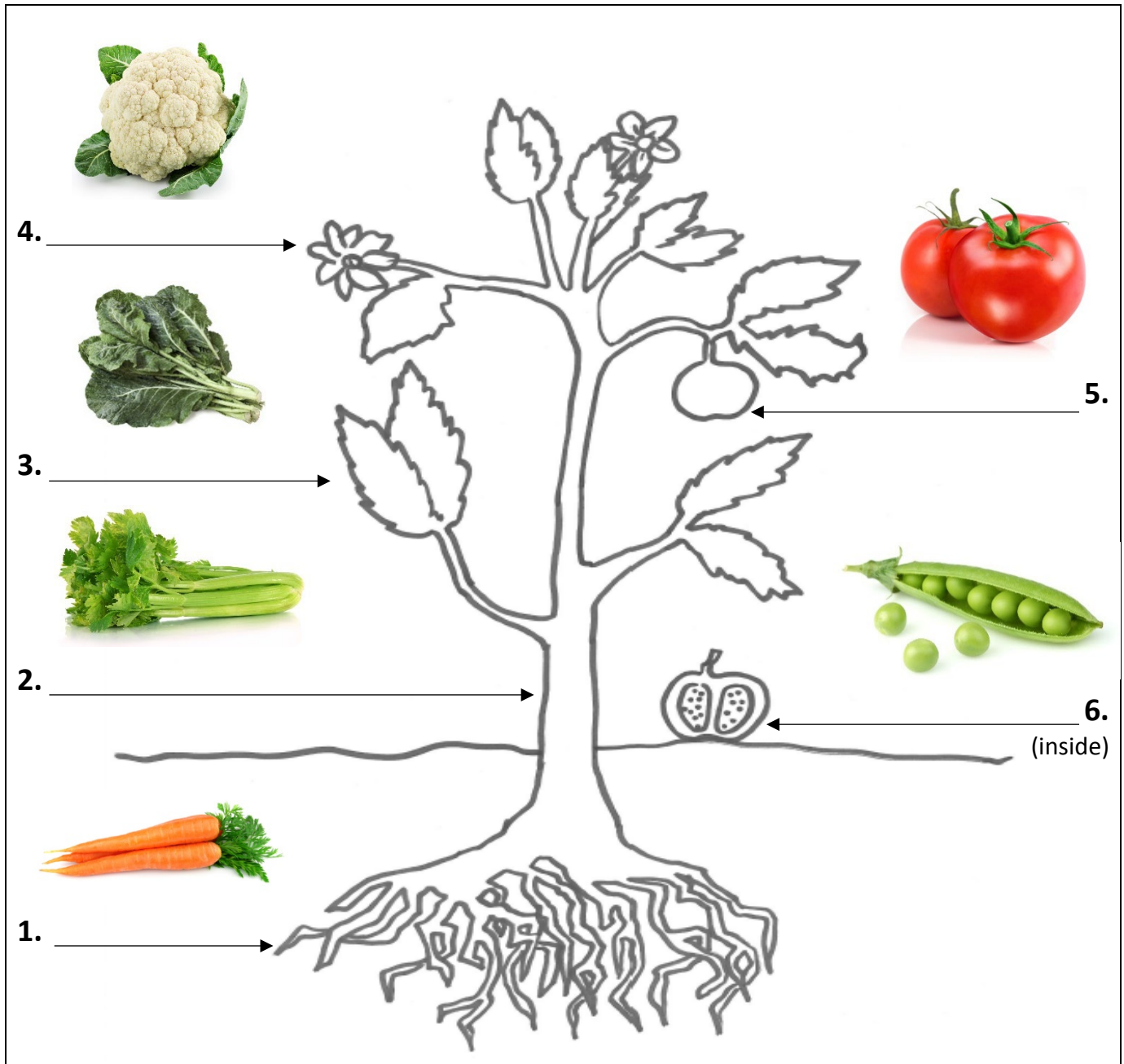
Konsèy pou Moun k ap bay swen yo:

- ✓ Ti goute yo ka ede timoun yo jwenn eleman nitritif ki nesèsè pou yo grandi ak satisfè grangou yo ant 2 repa.
- ✓ Ede timoun yo prepare pwòp ti goute an sante yo avèk fwi ak legim.
- ✓ Bay bon egzanp — manje ti goute ki bon pou sante ak timoun ou yo.

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:

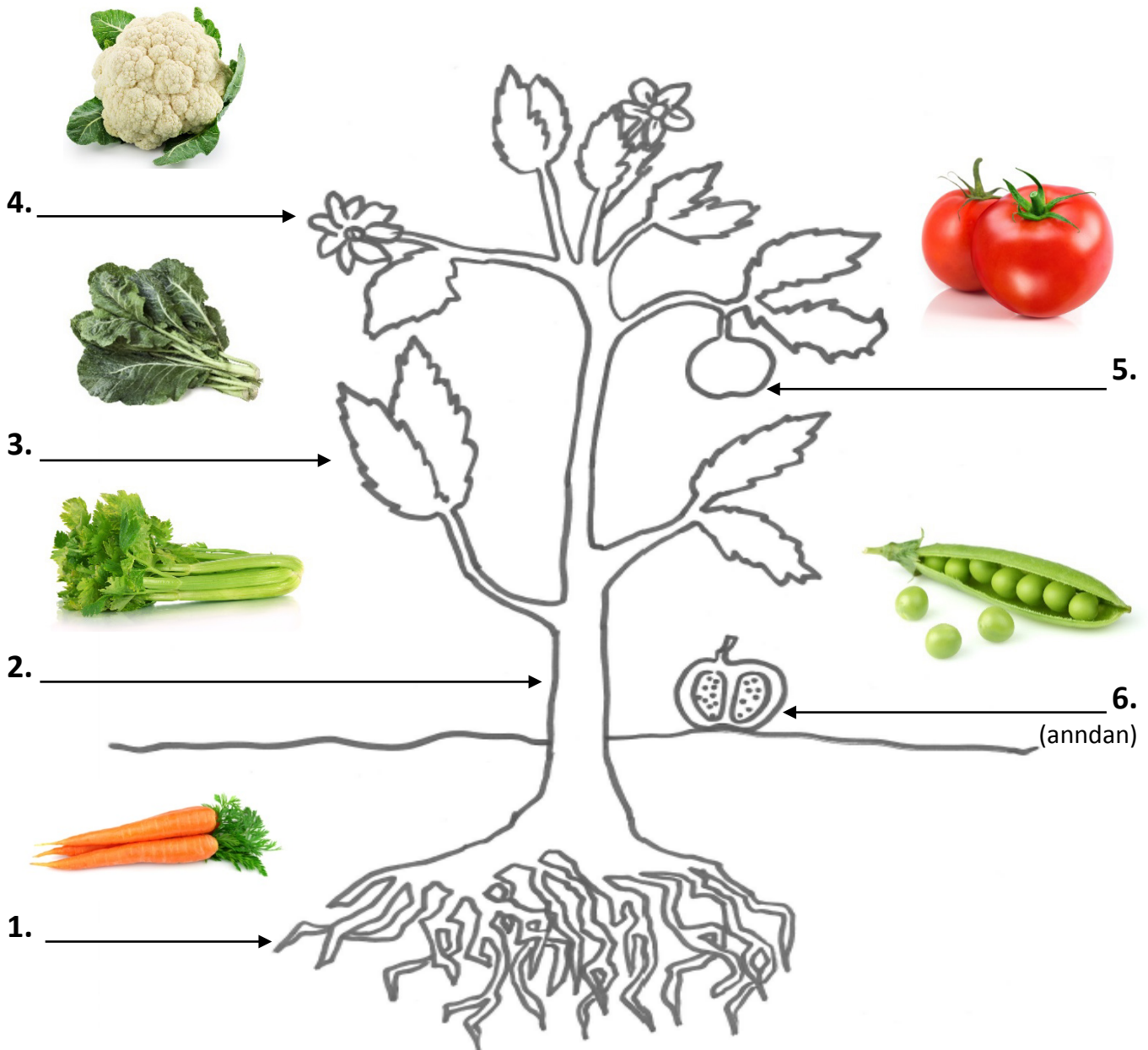
- ✓ Grow a container garden at home. All you need is a small milk carton, soil, sunshine, water and a seed!
- ✓ Create a new recipe using at least three different parts of the plant from the farmers market. Be sure to give the recipe a fun name!
- ✓ Make a salad with all the parts of the plant. Have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

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

Aktivite Fanmi: Plante eleman nourisan

Esplikasyon:

- Ede timoun ou yo nonmen tout pati yo nan plant ki anba a.
- Ekri non yo nan espas yo bay yo. Sèvi ak foto nan mache kiltivatè yo kòm endis.
- Pa bliye kolore plant lan tou!



Konsèy pou Moun k ap bay swen yo:

- ✓ Plante yon jaden nan yon veso lakay ou. Sèl sa ou bezwen se yon ti katon lèt, tè, solèy, dlo ak yon semans!
- ✓ Sèvi avèk omwen twa (3) pati diferan nan plant mache kiltivatè yo pou kreye yon nouvo resèt. Asire ou bay resèt la yon non ki amizan!
- ✓ Fè yon salad ak tout pati yo ki nan plant lan. Fè timoun ou yo chire leti a epi vide sòs salad la.

REPONS: 1. Rasin, 2. Tij, 3. Fèy, 4. Flè, 5. Fwi, 6. Semans

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.



Aktivite Fanmi: Bon gou toutbon

Esplikasyon:

- Eseye goute senk (5) fwi ak legim diferan ansanm an fanmi. Ekri non chak fwi oswa legim nan kolòn ki agòch la.
- Fè yon tchèk nan tout gou fanmi w remake pou chak fwi oswa legim.
- Asire w eseye fwi ak legim fanmi w pa te janm goute anvan!

Non Fwi a oswa Legim nan	<u>Si</u>	<u>Anmè</u>	<u>Sale</u>	<u>Apetisan</u>	<u>Dous</u>

Konsèy pou Moun k ap bay swen yo:

- ✓ Planifye repa ki gen manje timoun ou an renmen ansanm ak yon nouvo fwi oswa legim.
- ✓ Pran pasyans — ou ka oblije ofri yon nouvo manje anpil fwa anvan timoun ou an deside goute l.
- ✓ Fè moman manje yo amizan epi rilaks. Pasyans mache pi byen pase presyon.



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.

Aktivite Fanmi: Swiv Manje Ou

Esplikasyon:

- Gide timoun ou yo nan mache kiltivatè a pou leve defi lachas trezò yo ki anba a.
- Ekri oswa fè desen repons ou yo nan kolòn adwat la.



Defi	Repons
Jwenn yon fwi <u>woz</u> .	
Jwenn yon legim <u>jòn</u> .	
Jwenn yon fwi <u>kwoustiyan</u> .	
Jwenn yon legim <u>won</u> .	
Jwenn yon fwi ki vini nan <u>twà (3) koulè</u> .	
Jwenn yon legim ou pa te janm goute anvan. Kijan yo rele li?	
Jwenn yon kiltivatè ki mete yon chapo. Kijan li rele?	

Konsèy pou Moun k ap bay swen yo:

- ✓ Ajoute pwòp defi lachas trezò pa w nan mache kiltivatè a.
- ✓ Fè timoun ou an chwazi yon nouvo fwi oswa yon legim pou li eseye nan mache kiltivatè a epi goute li ansanm.
- ✓ Fè yon pwomnad edikatif an fanmi nan yon fèm oswa jaden pye fwi ki toupre.