

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)
- Family Activity: Smart Snacking (Lesson 3)
- Family Activity: Growing Goodness (Lesson 4)
- Family Activity: Terrific Tastes (Lesson 5)
- Family Activity: Follow Your Food (Lesson 6)

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.

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!

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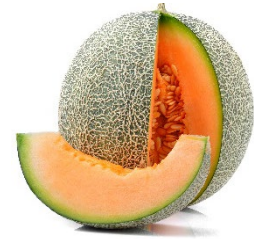
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Caregiver Tips:

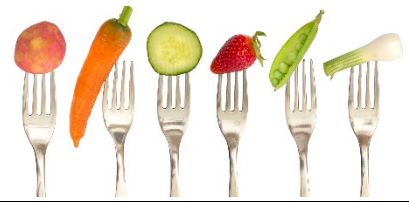
- ✓ Fruit is a great snack and a perfect addition to breakfast. You can also eat it for dessert!
- ✓ Want your family to reach for a healthy snack? Make sure fruit is within reach.
- ✓ Try offering fruits in a new way. Put pieces of cut fruit on a skewer or straw and serve with low-fat yogurt for dipping.

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

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)

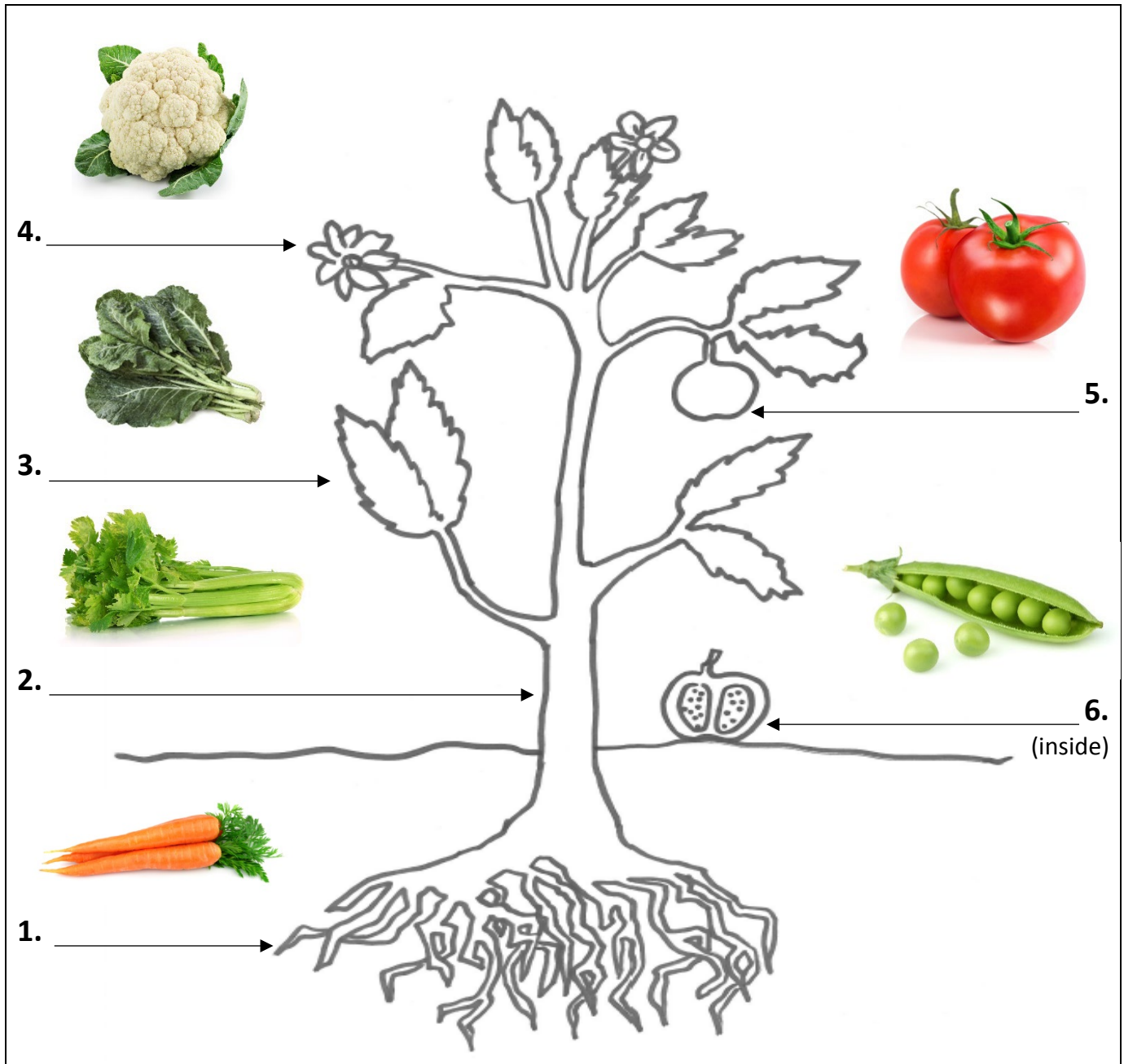
Caregiver Tips:

- ✓ 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.

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

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.



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.

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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.

Activité familiale : Variez vos légumes

Consignes :

- Chaque fois que votre famille consomme un légume, aidez votre enfant à le dessiner dans une case ci-dessous.
- Vous pourrez visualiser ensemble l'arc-en-ciel de légumes que vous avez mangés dans la semaine!
- *Pour les enfants plus jeunes* : aidez votre enfant à colorier une case représentant la couleur du légume consommé.



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Légume n° 1							
Légume n° 2							
Légume n° 3							

Astuces pour le parent/le tuteur/la tutrice :

- ✓ Les enfants suivent l'exemple que vous leur donnez. Mangez des légumes de couleurs différentes et votre enfant fera de même.
- ✓ Demandez à votre enfant de participer à la sélection de produits frais au marché.
- ✓ Proposez régulièrement des légumes, préparés de diverses manières.

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!

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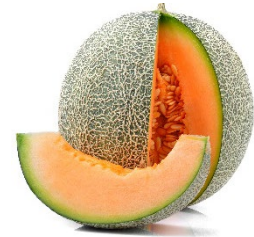
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Caregiver Tips:

- ✓ 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

Activité familiale : Des fruits savoureux

Consignes :

- En famille, complétez les noms des fruits du marché fermier représentés ci-dessous.
- Demandez à chaque membre de votre famille d'inscrire son nom sous le fruit savoureux qu'il préfère !

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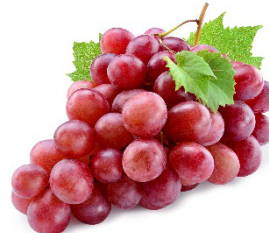
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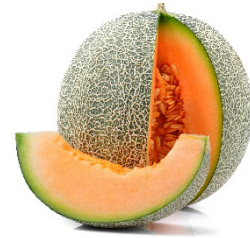
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Astuces pour le parent/le tuteur/la tutrice :

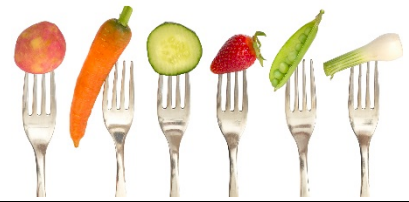
- ✓ Les fruits sont un en-cas parfait et une proposition intéressante du petit déjeuner. Vous pouvez également en manger au dessert !
- ✓ Vous voulez que votre famille opte pour un en-cas sain ? Mettez les fruits à la portée de tous.
- ✓ Trouvez une manière différente de proposer les fruits. Enfalez des morceaux de fruits sur une brochette ou une paille et servez avec du yaourt allégé en accompagnement.

RÉPONSES : 1. pastèque, 2. cerises, 3. pêche, 4. mûres, 5. myrtilles, 6. prune, 7. raisin, 8. melon

Family Activity: Smart Snacking

Directions:

- Create healthy snacks as a family.
- Track your smart snacking over the week using the grid below.
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Fun Snack Name	Fruits/Vegetables	Other Foods (example: peanut butter, cheese, crackers)	How does it taste? (Sweet, Salty, Sour or Bitter)

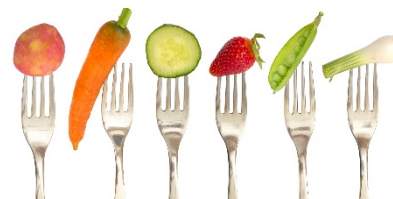
Caregiver Tips:

- ✓ 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.

Activité familiale : Des en-cas malins

Consignes :

- Créez des en-cas sains en famille.
- Notez vos en-cas sains de la semaine en utilisant la grille ci-dessous.
- Demandez à vos enfants de dessiner les fruits et légumes du marché fermier qu'ils ont utilisés pour préparer un en-cas sain pour votre famille !



Nom de l'en-cas sympa	Fruits/Légumes	Autres aliments (exemple : beurre de cacahuète, fromage, biscuits salés)	Quel est son goût ? (sucré, salé, acide ou amer)

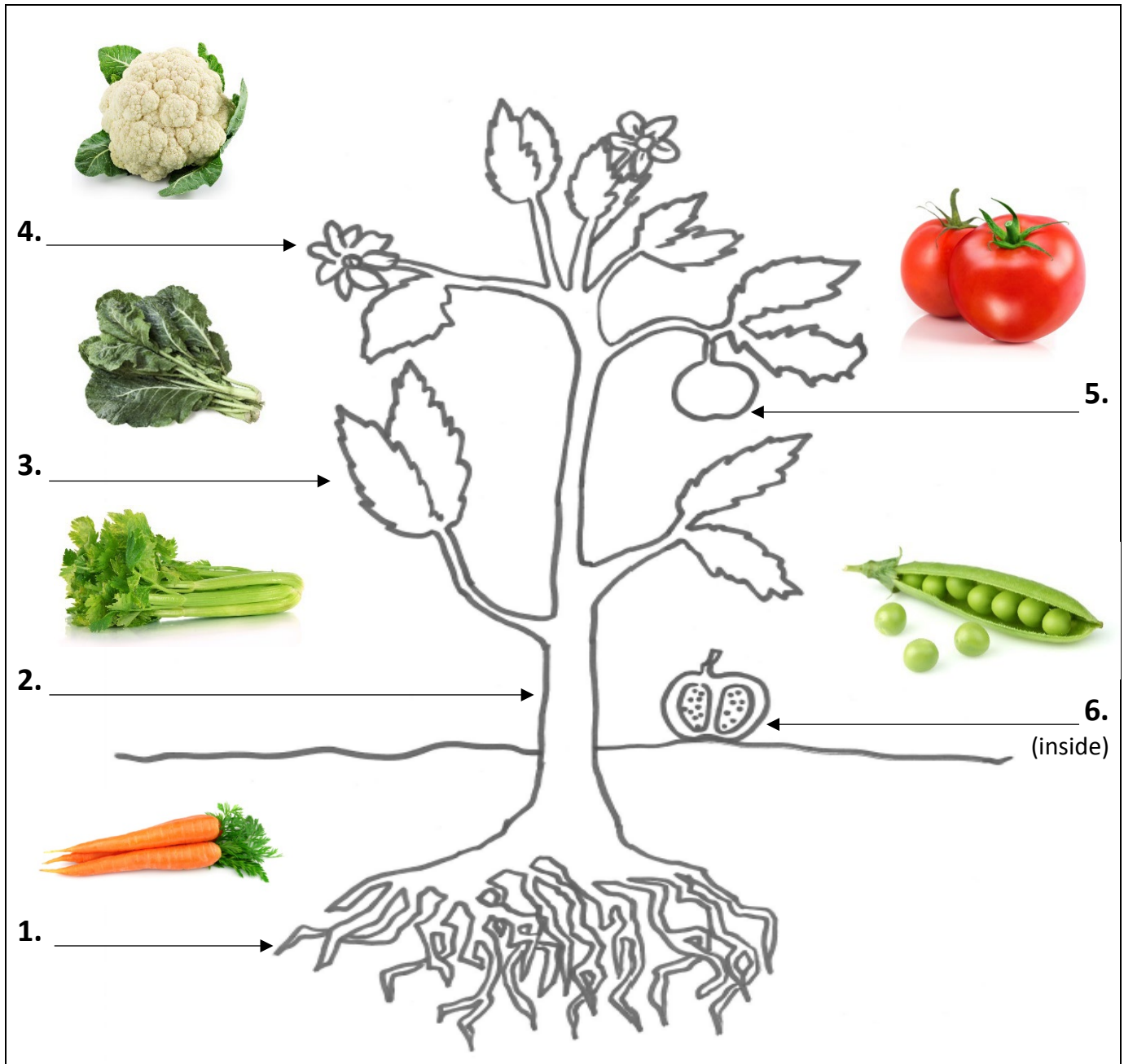
Astuces pour le parent/le tuteur/la tutrice :

- ✓ Les en-cas peuvent aider les enfants à consommer les nutriments nécessaires à leur croissance et à assouvir leur faim entre les repas.
- ✓ Aidez les enfants à préparer leurs propres en-cas sains avec des fruits et des légumes.
- ✓ Donnez un bon exemple, mangez des en-cas sains avec vos enfants.

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:

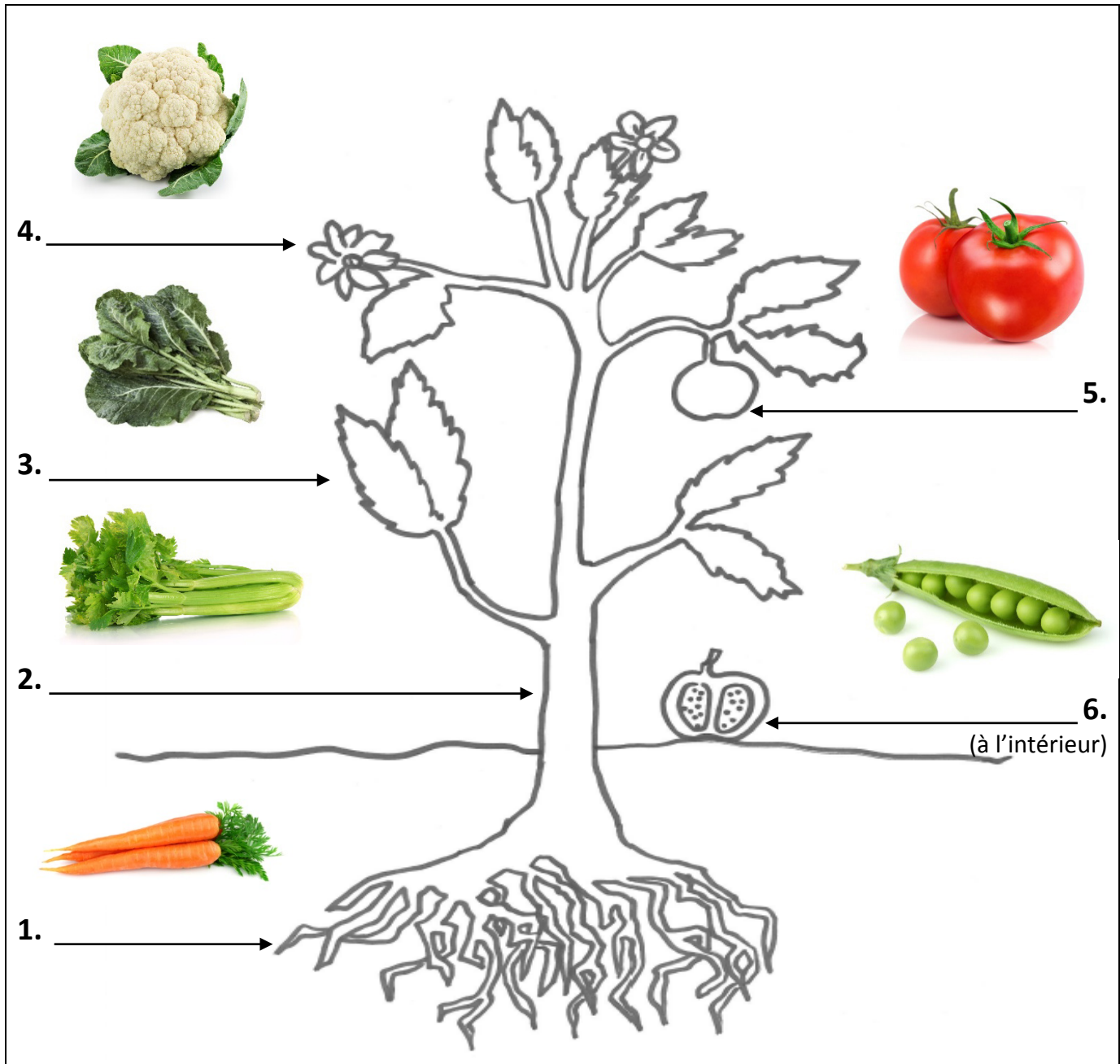
- ✓ Grow a container garden at home. All you need is a small milk carton, soil, sunshine, water and a seed!
- ✓ Create a new recipe using at least three different parts of the plant from the farmers market. Be sure to give the recipe a fun name!
- ✓ Make a salad with all the parts of the plant. Have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

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

Activité familiale : Bienfaits des légumes

Consignes :

- Aidez vos enfants à citer le nom de toutes les parties de la plante ci-dessous.
- Inscrivez les noms dans les espaces réservés à cet effet. Utilisez les photos du marché fermier pour vous aider.
- N'oubliez pas aussi de colorier la plante !



Astuces pour le parent/le tuteur/la tutrice :

- ✓ Faites pousser des légumes chez vous. Il suffit d'une petite brique de lait vide, de terre, de soleil, d'eau et d'une graine !
- ✓ Créez une recette en utilisant au moins trois parties de la plante du marché fermier. N'oubliez pas de donner un nom sympa à la recette !
- ✓ Préparez une salade avec toutes les parties de la plante. Demandez à vos enfants de couper la laitue à la main et de verser la vinaigrette.

RÉPONSES : 1. Racines, 2. Tige, 3. Feuilles, 4. Fleurs, 5. Fruit, 6. Graines

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.



Activité familiale : Des goûts incroyables

Consignes :

- En famille, faites l'essai de goûter cinq fruits ou légumes différents. Notez le nom de chaque fruit ou légume dans la colonne de gauche.
- Cochez tous les goûts de chaque fruit ou légume que votre famille distingue.
- Veillez à essayer des fruits et des légumes que votre famille n'a jamais goûtés !

Nom du fruit ou légume	<u>Acide</u>	<u>Amer</u>	<u>Salé</u>	<u>Savoureux</u>	<u>Sucré</u>

Astuces pour le parent/le tuteur/la tutrice :

- ✓ Planifiez des repas contenant des aliments que votre enfant aime et ajoutez un nouveau fruit ou légume.
- ✓ Faites preuve de patience. Il vous faudra peut-être proposer un nouvel aliment plusieurs fois avant que votre enfant décide de le goûter.
- ✓ Veillez à ce que les repas soient agréables et détendus. La patience vaut mieux que la persuasion.



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.

Activité familiale : Suivez vos aliments

Consignes :

- Guidez votre enfant à travers le marché fermier pour terminer les défis de la chasse au trésor ci-dessous.
- Notez ou dessinez vos réponses dans la colonne de droite.



Défi	Réponse
Trouve un fruit <u>rose</u> .	
Trouve un légume <u>jaune</u> .	
Trouve un fruit <u>croquant</u> .	
Trouve un légume <u>rond</u> .	
Trouve un fruit qui existe en <u>trois couleurs</u> .	
Trouve un légume que tu n'as jamais goûté. Comment s'appelle-t-il ?	
Trouve un agriculteur qui porte un chapeau. Comment s'appelle-t-il ?	

Astuces pour le parent/le tuteur/la tutrice :

- ✓ Ajoutez vos propres défis à la chasse au trésor du marché fermier.
- ✓ Laissez votre enfant choisir au marché fermier un nouveau fruit ou légume à manger et goûtez-le ensemble.
- ✓ Faites une visite en famille dans une ferme ou un verger près de chez vous.