



# Texas Farm Fresh Fridays

## Activity Inspiration with Resources

### Appropriate Activities for Grades K-5

#### **Pick a Plant Apart**

Show students that the foods we see are sometimes not the whole plant. We only eat the carrot root, but you can eat the tops if you want to. We mostly eat only the spinach leaves. You can eat the stems, but they can be tough. We only eat wheat kernels, not the whole stalk. Have them draw a whole plant using the different pieces.

Materials needed:

- Model food items
- Paper
- Markers, crayons or colored pencils

#### **Build a Frankenveggie**

Use the unique shape and texture of exciting vegetables to create a veggie person with real vegetables.

Materials needed:

- Paper
- Assorted paint colors
- Paint pallets
- Assorted vegetables such as broccoli, cauliflower, celery, potatoes and carrots

#### **Watch Veggie Von Healthy Wilt**

Build a vegetable person and watch him change before your students' eyes over the course of the next two weeks.

Materials needed:

- Toothpicks, glue or both
- Assorted vegetables such as corn, peas, carrots, celery, cauliflower, broccoli, cucumber and tomato

Options: Students can glue the vegetables to paper or have them use toothpicks to build a 3-D person.

Sample:



### **Plant Your Farm**

Create a pretend farm in a section of the classroom. Give students small notecards or scratch paper and, have them draw the different kinds of vegetables they would like to plant on the paper. — Then have each student plant their vegetables. Teach them about different planting seasons using the TDA seasonality wheel available on SquareMeals.org as a guide. Discuss how long different fruits and vegetables take to grow and ripen. Show a stop motion video of wheat ripening in the field for an example.

Sample:



Materials:

- Painters tape or masking tape
- Seasonality wheel
- Note cards or small pieces of scratch paper

### **From Garlic to Garden**

Give each student a garlic clove sometime in October and task them to predict what grows from this. Ask them if they think it is a seed or a part of a mature plant. Tips for teaching with garlic are available by clicking these links.

<http://eatthinkgrow.org/wp-content/uploads/2012/04/KF61.pdf>

<http://edibleschoolyard.org/resource/garlic-goes-garden>

Materials needed:

- 8 heads of garlic per 30 students
- Six, 6-inch long pieces of string
- Six popsicles sticks marked at a 2-inch depth for making holes in the soil
- A 6-foot-by-4-foot garden bed space

Lead students in a “like produces like” activity ... sunflower seeds produce sunflowers and tomato seeds produce tomatoes.

In the garden:

- Gently loosen soil for planting
- Make a hole with the popsicle stick
- Plant cloves one at a time with the pointy side up and the root down
- Gently pat down soil
- Use string to measure six inches to the next hole and repeat

### **Learn About Seasonality**

Present students with a blank wheel and have them draw in the fruits and vegetables that are available during that month.

Materials needed:

- Spreadsheet of when fruits and vegetables are in season
- Paper
- Markers, crayons or colored pencils
- For younger students only: a blank seasonality wheel chart

### **Build Your Own Seasonality Wheel**

Children can assemble a usable seasonality wheel using the available PDF.

Materials needed

- Printout of seasonality wheel
- Brad (one per student) to attach the wheels together
- Scissors
- Markers or crayons to personalize their creation