



# Homeschool Lesson Plan

## Farmers Market



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### Intro

Who wants to go on a trip to the farmers market? One of the best parts about visiting a local market for chefs like you, besides so many fresh foods, friendly people, and happy doggies, is meeting the farmers who grow your food — they're pretty amazing people! Here we'll explore the rich history of farming, the latest technology in how farmers grow food, and the basics of buying and selling at the market. Plus, we'll play some fun games and create unique garden art along the way. Let's get started!





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### Math

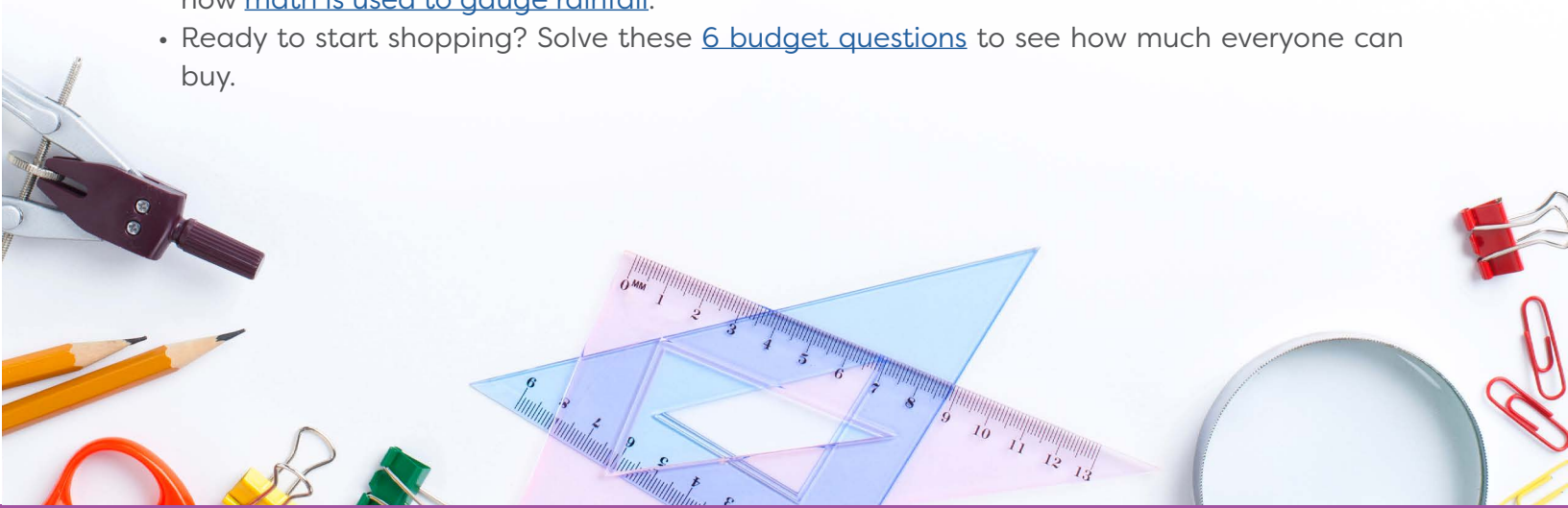
#### Beginner:

- We're off to the farmers market! Can you help this farmer match the amount of fruits and veggies with the right numbers on page 10?
- Grab the piggy bank! Let's practice [counting money](#) at the fruit stand.
- One tomato, two tomatoes... Check out these fun patterns and see if you can [fill in the blank](#).

#### Intermediate:

- Think you can carry all that produce? Practice [reading weight measurements](#) for a variety of farmers market goodies.
- How much does it cost to shop at the farmers market? [Use these prices](#) to help you calculate.
- Let's explore an interactive virtual farmers market and play the [farmers Market Challenge](#).

#### Advanced:

- Pilot around the world to collect fruit and veggie seeds in this [exciting math game](#).
  - Rainy days may keep you inside, but they are happy days for thirsty plants! Take a look at how [math is used to gauge rainfall](#).
  - Ready to start shopping? Solve these [6 budget questions](#) to see how much everyone can buy.
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### Science & Geography

#### Beginner:

- Ever wonder if the seeds in your trail mix can grow plants? [Watch this short video](#) to find out.
- See how a strawberry grows from [a seed into a fruit](#), and then add a little color to really bring it to life.
- Did you know you can use fruit peels and leaves to help new plants grow? Tag along on [a field trip with Miss Penny](#) to see how it's done.

#### Intermediate:

- Pop quiz! Let's see if you can classify [fruits and vegetables as plant parts](#).
- Now see if you can collect all six tokens while [identifying plant parts](#) from your favorite vegetables.
- Grab your lab coat! Your scientific mission is to complete three rounds of soil testing and treatment in this [virtual farm game](#).

#### Advanced:

- Take a peek at the earth's plant growth from space! These animated images from NASA show the relationship between [rainfall and vegetation growth](#).
- Woah, did you know you can grow plants using water instead of soil? Let's get a crash course in [hydroponics](#).
- Ready to build your own [hydroponic system](#) using a 2-liter bottle? Watch how it's done.





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### Languages & Literature

#### Beginner:

- Ahem, la, la, laaaa ... get ready to [sing along](#) and learn the names of these vocal veggies.
- Before you make your grocery list for the farmers market, let's practice [writing and spelling](#) some delicious vegetables.
- Ready? Set? Search! See if you can find all seven farm words in this [word puzzle](#).

#### Intermediate:

- Get ready to laugh out loud! [Fill in the blanks](#) to craft your own version of this silly garden soup story.
- Whirlwind Willy is no match for you! Help Farmer Faye get her farm words back in order in this fun memory [matching game](#).
- What's the word you're looking for? Can you identify all twelve words in this farmers market [puzzle](#)?

#### Advanced:

- Hola! Ready for a quick Spanish lesson? Repeat the fruit and vegetable words in this [video](#) to help prepare you for the next activity.
- You may be able to breeze through this farmers market [vocabulary activity](#), but now try it in [Spanish](#).
- Have you ever asked where someone is from and wondered about the food they eat? This [poetry lesson](#) reflects on Adrienne Su's poem "Peaches" and the connection between identity and culture.

#### Writing Prompts:

- Who's hungry for a story? Write about a memory you have sharing one of your favorite foods with friends or family. (Remember to include the 5 W's. This [upbeat song](#) will help remind you: "who, what, when, where, and why.")



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### History & Culture

#### Beginner:

- The history of farming is so old! Thousands of years ago during the Stone Age, farmers used different types of tools they made from stone. Watch this [video](#) to learn about neolithic times.
- Sticks and stones may ... make useful tools. Take [a closer look](#) at some of the first farming tools.
- Today, farmers use tractors on the farm. You've probably seen toy tractors, but have you ever seen a real tractor? Click through this [interactive timeline](#) for a little history of this heavy-duty machinery.

#### Intermediate:

- Say "cheese!" This yummy farmers market delicacy has been around for nearly 10,000 years! Watch this [brief history of cheese](#). (It's pretty gouda.)
- Dragon Fruit and mangosteen may sound like mysterious creatures, but they are actually fruits found at markets around the world! Click through this [slideshow](#) to see which ones look tasty to you.
- Discussion time. Take a look at these [two popular international markets](#). What are some differences between these and your local farmers market?

#### Advanced:

- Meet the wonder women! Did you know 31 percent of farmers are women? Check out these [amazing women and their accomplishments](#), including Dr. Villegas, a cereal chemist who helped feed people around the world.
- A berry cool story! Rare white strawberries are being grown in Japan! [Read along](#) as this farmer shares his remarkable secret.
- Farmers have been planting crops for thousands (yes, thousands!) of years. What were some of the first seeds planted? [Find the answers here](#).



#### Creative Exercise

Did you know that [certain vegetable seeds](#) are considered endangered? You can help save them by [growing your own](#).



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### Arts & Crafts

#### Beginner:

- Should you eat stems? How about flowers? Grab the crayons and use [this sheet](#) to color in the parts of the plants you can eat.
- Name that plant! Recycle leftover plastic spoons to make these adorable [DIY garden markers](#).
- If you don't live close to a farm, you can make your own [mini farm in a tray!](#)

#### Intermediate:

- Uh oh, these fruits and veggies are on the Most Wanted List. Flip through these [flashcards](#) and then create your own most wanted cards.
- Go on a fruit and veggie treasure hunt! Cut out [bingo cards](#) to bring to the farmers market.
- Take your zucchini for a test drive after you build this speedy [zucchini racer](#).

#### Advanced:

- Grab the craft paper, scissors, and glue and see how many different [origami fruits and vegetables](#) you can make.
- Let's take a dive under the dirt. Follow this [drawing template](#) to color your own garden, from the ground up!
- Keep the creativity growing! Use these techniques to [decorate your own pot](#) for growing veggies and herbs





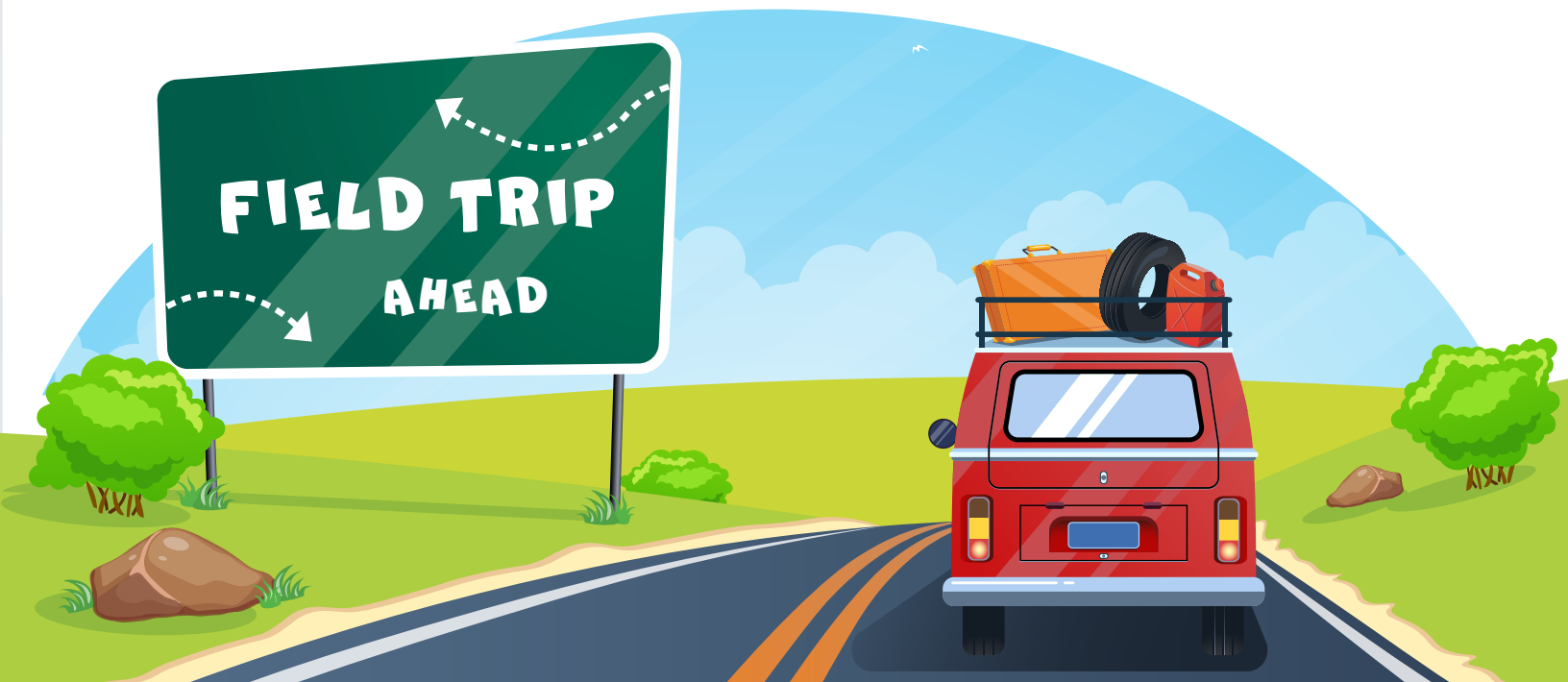


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### Field Trips

- Many farmers markets are located in parks, along city streets, or even in parking lots, but have you ever seen a market on the water? Check out this famous [floating market in Thailand](#).
- Take a virtual trip to a [Kentucky vegetable farm](#) to see how farmer Mary Courtney grows more than 100 veggies!
- Ready to start exploring? Use [Local Harvest](#) to find a farmers market near you.



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Kidstir®

Can you help this farmer match the amount of  
fruits and veggies with the right numbers?



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5

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