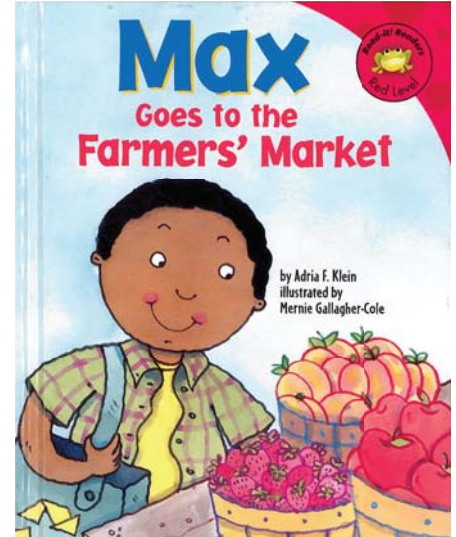


Recommended Book

“Max Goes to the Farmers’ Market” by Adria F. Klein

Book Summary: Max and his mom find a variety of fruits and vegetables as well as other fresh items on their trip to the local farmers’ market.



Lesson Objectives

Children will:

1. Identify fruits and vegetables.
2. Discover that fruits and vegetables are grown on a farm.
One place to buy fresh produce is at a farmers’ market.
3. Taste fresh fruits and vegetables.

Taste Test Summary

Students will have the opportunity to taste several varieties of fruits or vegetables from a local farmers’ market and vote on their favorites! See reverse for materials, prep-work, and “Farmers’ Market Taste Test” directions.

Lesson Format

1. Discuss with children where fruits and vegetables are grown.
2. Read book aloud to children.
3. Discuss that the farmers’ market is a place where we can get fresh fruits and vegetables that are grown on a farm right in our community.
4. Use the following questions to guide a discussion:
 - a. What kinds of foods did Max and his mom get at the farmers’ market?
Guide children to classify those that are fruits and those that are vegetables. Explain that these foods provide our bodies with nutrients to help us grow.
 - b. What are the names of other fruits and vegetables?
 - c. What favorite fruits and vegetables would you choose at a farmers’ market?
5. Optional (older children): Discuss ways to add these foods to our meals and snacks.
6. Do the “Farmers’ Market Taste Test” following the directions on the back of this page.
7. As children taste the fruits and vegetables, discuss the following:
 - a. Identify characteristics of taste, texture, color, smell, etc. and compare the various items.
 - b. Vote for the favorite! Have each child identify which type he or she enjoyed the most. This can be made into a counting or charting activity. Create a table on the board and ask each student to place an “x” under the type that was their favorite. Count and compare the totals.

Materials

- Recommended book
- “Farmers’ Market Taste Test” supplies:
 - Fruits & vegetables for tasting
 - Napkins
 - Small plates
- Supplies for an optional reinforcement activity selected from the Activities Appendix

Prep-Work

- Cut fruits and vegetables for Food Demo into bite-sized pieces. This may also be done in the classroom with children.

Farmers’ Market Taste Test

Allow children to taste two or more varieties of a fruit or vegetable from a local farmers’ market.

This activity can be done with many kinds of produce: apples and tomatoes are just a few suggestions. Try different colored varieties of the same fruit or vegetable.

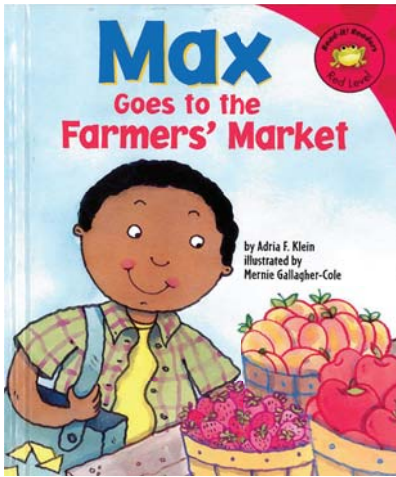
To see what is in season, check out the Maryland Harvest Calendar found at:
www.msa.maryland.gov/msa/mdmanual/01glance/html/agripro.html

Estimated Time:

- * Completing pre-work: 45 minutes
- * Completing lesson: 45 minutes
- * Completing reinforcement activity: 30 minutes



READ FOR HEALTH



A Visit to the Farmers' Market

Your child took a "trip" to the farmers' market this week when we read "Max Goes to the Farmers' Market". In this book, Max and his Mom find all sorts of colorful fruits and vegetables to bring home to eat.

What's So Great About Fruits and Vegetables?

- Fresh fruits and vegetables have lots of vitamins, minerals, and fiber... things your child needs to grow and be healthy!
- Eating lots of different colored fruits and vegetables is a great way to provide your child with a variety of vitamins and minerals.
- The fruits and vegetables at farmers' markets are typically picked that day. That's why they taste so good.

Did You Know...

- There are over 100 farmers' markets in Maryland.
- Many farmers' markets now accept vouchers and EBT cards to purchase fresh produce.
- Visit this website to find a market near you:
<http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>
- There are 13 kinds of apples grown in Maryland. The look, shape, flavors, and textures vary with each type. Trying different varieties of the same fruit or vegetable can help you and your children discover your favorites!
- Maryland schools now include more locally grown fruits and vegetables into the school meal. Visit the Farm to School website for more information:
www.mda.maryland.gov/farm_to_school



Take Action!

Try these activities with your child. See how many you can check off this week!



- Visit a local farmers' market this week. Encourage your children (and yourself) to choose one new fruit or vegetable to try.
- Involve your children in washing and preparing their fruit and vegetable choices. Children involved in kitchen activities often are willing to try new foods.
- Your children learn from watching you. Eat fruits and veggies and your kids will too!
- Find a book on farmers' markets at your local library to read with your child.

