



Fruit and Veggie Field Trip

Visiting a farmers' market or county agricultural fair can be a fun way to get kids interested in fruits and veggies. This handout will help you to plan a field trip. Contact your local Cooperative Extension agency for information about fairs and markets or visit www.agr.state.nc.us/markets for links to information about farmers' markets in your area.

Before your visit

- ◆ Contact the director of a local farmers' market or county fair to find out the best times for a visit.
- ◆ Find out which farmers will be present with which fruits and veggies for sale or on display.
- ◆ Ask for a map or diagram of the market or fair.
- ◆ Have the director alert the farmers of your field trip.
- ◆ Arrange for plenty of chaperones (parents).
- ◆ Gather supplies for your trip: pens or pencils, crayons or colored pencils; and paper.

Pre-visit preparation ideas

- ◆ Discuss and make charts related to these questions:
 - What do we already know about specific fruits and veggies at the market?
 - What do we predict we'll see at the market or fair?
 - What do we wonder about farmers, farmers' markets and agricultural fairs?
- ◆ Brainstorm a list of questions that might be asked at the market or fair. In order to help the children think of the questions, give them categories and record their ideas under the separate headings. Examples include jobs, people, machines, fruits, veggies and seasons; or who, what, when, where and why?

Pre-visit guest ideas

- ◆ Invite a local farmer or local extension agent to speak to your class on crops in your immediate area.
- ◆ Have the class interview your guest speaker or host. Have students write their questions in advance as a writing assignment. Sample questions could be:
 - How did he/she start farming?
 - Why is he/she growing/raising that particular commodity(s)?
 - How much land do they have under production?
 - What machines does he/she use?
 - How do they sell their product?
 - How do they determine price?
 - What factors determine price?
- After the interview, have them write articles on it as a newspaper reporter would.

At the farmers' market or fair

- ◆ Set up a scavenger hunt on paper based on the map/diagram that you received.
- ◆ List items students need to find (animals, crops, commodities) in each area or exhibit.
- ◆ Have them list how much the biggest watermelon/pumpkin weighed.
- ◆ Have students find out where the fruits or veggies on display were grown.
- ◆ Have students make drawings of the grounds and displays.

After your visit

- ◆ Compare pre-visit predictions with on-location discoveries.
- ◆ Locate where displayed fruits and veggies were grown on a North Carolina map.
- ◆ Discuss nutrients found in the fruits and veggies seen at the market.
- ◆ Categorize where items are grown by region.
- ◆ Give reasons why these fruits and veggies are grown in these regions.
- ◆ Compare characteristics of regions (soil type, climate).
- ◆ Make a Jeopardy-type game with the information everyone has gathered.
- ◆ Make up a quiz to give parents, another class or the chaperones.
- ◆ Have a parents' night for taste testing fruits and veggies sold at the market/fair.
- ◆ Make a mural of the market or fair based on sketches.
- ◆ Make a diagram of a fruit or veggie finding its way from a farm to a lunch box.
- ◆ Have students write reports, articles or stories about the trip and their discoveries.
- ◆ Have students write thank you notes to the director and any guest speakers.



Field Trip to a Farm

Consider a class trip to a farm. Children will get the opportunity to see where fruits and veggies are raised for distribution and sale. The following tips will help your tour go smoothly and will stretch the value of the time you spend "in the field."

Before your visit

- ◆ Call the farm to make a reservation. Ask if there is a fee and how long the tour lasts.
- ◆ Request teaching materials they may have to aid in preparation.
- ◆ If possible, go to the farm on your own before you bring the whole class. Introduce yourself, pick up relevant information and try to watch another class having the tour.
- ◆ Begin your farm unit one week ahead and plan to continue at least one week after the visit.
- ◆ Prepare your class for inclement weather and field conditions.
- ◆ Don't forget bee kits if you have students who are allergic.
- ◆ Inquire about places to eat lunch or snacks.
- ◆ Gather supplies for your trip: pens or pencils, crayons or colored pencils; and paper.

Pre-visit preparation ideas

- ◆ Discuss and make charts related to these questions:
 - What do we already know about the specific fruits and veggies being grown?
 - What do we predict we'll see at the farm?
 - What do we wonder about farmers, farms, and fruits and veggies?
- ◆ Brainstorm a list of questions that might be asked at the farm. In order to help the children think of the questions, give them categories and record their ideas under the separate headings. Examples include jobs, people, machines, fruits, veggies and seasons; or who, what, when, where and why?

Pre-visit guest ideas

- ◆ Invite a local farmer or local extension agent to speak to your class about crops in your area.
- ◆ Have the class interview your guest speaker or host. Have students write their questions in advance as a writing assignment. Sample questions could be:
 - How did he/she start farming?
 - Why is he/she growing that particular commodity(s)?
 - How much land do they have under production?
 - What machines does he/she use?
 - How do they sell their product?
 - How do they determine price?
 - What factors determine price?
 - After the interview, have them write articles on it as a newspaper reporter would.

At the farm

- ◇ Find the tour guides and let them know how you have prepared the students.
- ◇ The tour may include some of the following:
 - A walk or ride in the fields.
 - An explanation of the growing process.
 - Viewing (if possible) of the harvest, handling and storage techniques.
 - A chance for students to pick their own fruit or veggie (supervised).
 - Viewing of processing the harvest into another commodity (like apples into cider).
 - A visit to the farm store and discussion of the market.
- ◇ Have students make drawings of the farm.

Please remember

- ◇ A farm is a busy place! While your hosts have made a commitment to teaching children about farming, this is not their primary job. Please be active in the control of your class and careful of equipment and workers who are rushing to get the crop harvested and stored. To assure your safety and quality of experience, your hosts have planned a route and presentation within this busy context. There may be other schools or classes nearby who are in a different part of the tour. Please help your students to experience the beauty of the farm and to recognize that it is not a playground.

After your visit

- ◇ Compare pre-visit predictions with on-location discoveries.
- ◇ Discuss nutrients found in the fruits and veggies grown on the farm.
- ◇ Make a Jeopardy-type game with the information everyone has gathered.
- ◇ Make up a quiz to give parents, another class or the chaperones.
- ◇ Have a parents' night for taste testing fruits and veggies grown on the farm.
- ◇ Make a mural of the farm based on sketches.
- ◇ Make a maze using a tractor going through the fields.
- ◇ Make a diagram of a fruit or veggie finding its way from a farm to a lunch box.
- ◇ Have students write reports, articles or stories about the trip and their discoveries.
- ◇ Have students write thank you letters to the farm.