Recommended Activities for "Farmers' Market"

Farmer's Market Scavenger Hunt

This Scavenger Hunt is a fun way to encourage children to observe, ask questions, and interact with vendors while learning about fresh foods. Give each child a checklist of your own making or use the free printable picture sheet. Challenge them to find as many items as possible.
Farmer's Market Scavenger Hunt Printable - About a Mom

Test Your Taste Buds

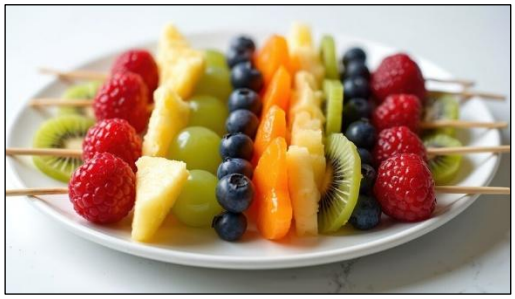
Purchase several unfamiliar fruits or vegetables and hold a taste test at home. Before taking a bite, predict what each item will taste like. Then describe its flavor and texture using words such as *sweet, tart, juicy, crunchy, earthy,* or *spicy*. Vote for a favorite. Older children can graph the results, research where each food is grown, or search for recipes featuring their favorite produce.

Farmers' Market Mystery Box

Bring the sights, smells, and surprises of a farmer's market into the classroom with a Mystery Box activity! Use a shoebox or cardboard box, preferably with a lid. Cut a hole large enough for a child's hand to reach inside. Let children decorate the box with stickers, drawings, or paint. After blindfolding each child, place several fruits and vegetables into the box. Using only their sense of touch and smell, let them guess the objects. Great for building observational skills, sensory awareness, and vocabulary skills.

Root Vegetable Rainbow

Provide a variety of colorful root vegetables such as orange carrots, purple carrots, red radishes, golden beets, and white turnips. Invite children to observe the unique shapes, colors, and textures. Have them arrange the veggies into a "rainbow" and discuss how their different colors. Ask children which vegetables can be eaten raw, and which need to be cooked. Offer samples, if possible.



Fruit Art

Invite children to create their own fruit kabobs by threading pieces of colorful fruits onto skewers. Encourage them to choose fruits with different shapes, colors, and tastes. As they build their kabobs, children can talk about where each fruit comes from—if it grows on a bush, tree, or vine.