

MAKE A MYPLATE FARMER'S MARKET BOOK

Audience

3-5 Years of Age



MyPlate Messages

Fill half your plate with fruits & vegetables

Setting

Small Group

Fresh Baby Products (optional)

[Farmer's Market Tip Sheet](#) to share with parents to reinforce the activity lessons.

Anticipatory Set

- Visit the farmer's market with your students as a field trip.
- Read a children's book about visiting the farmer's market.
- Watch a short video about visiting the farmer's market.



Objectives

- Children will be introduced to MyPlate and the important message of filling their plate at each meal with half fruits and vegetables.
- Children will learn about the different fruits and vegetables that can be found at a farmer's market.
- Children will practice their fine motor skills by cutting, coloring, drawing, writing and pasting.

Materials

- Glue
- Scissors
- Crayons, markers or colored pencils
- Fresh Baby's Activity Booklet
- Fresh Baby's Fruit and Veggie Worksheet



Tips

- Send the book home with the students to read with their parents, along with a letter sharing information about MyPlate and where parents can find a farmer's market near them.
- Download or share [the Fresh Baby's Farmer's Market Tip Sheet](#) for helpful ideas for parents.



Instructions

1. This activity works best in a small group. The instructions are written below each page for the student. Depending on the age, the teacher will have to read the instructions.
2. When the children have completed their book, have them cut along the dotted lines.
3. The teacher can then staple the Fresh Baby MyPlate Farmer's Market Book together



Fresh Baby's MyPlate Farmer's Market Book Teacher Instructions

Before introducing this activity it is advisable to do one of the following:

- Visit a Farmer's Market with your students for a field trip.
- Read a children's book about visiting the farmer's market.
- Watch a short video about visiting the farmer's market.

Objectives:

- Children will be introduced to MyPlate and the important message of filling their plate at each meal with fruits and vegetables.
- Children will learn about the different fruits and vegetables that can be found at a farmer's market.
- Children will practice their fine motor skills by cutting, coloring, drawing, writing and pasting.

For This activity you will need:

- Glue
- Scissors
- Crayons, markers or colored pencils
- Fresh Baby's MyPlate Fruit and Vegetable Worksheet

Instructions:

This activity works best in a small group. The instructions are written below each page for the student. Depending on the age, the teacher will have to read the instructions.

When the children have completed their book, have them cut along the dotted lines.

The teacher can then staple the Fresh Baby MyPlate Farmer's Market Book together.

Tips:

Send the book home with the students to read with their parents, along with a letter sharing information about MyPlate and where the parents can find a local farmer's market near them. Download or share [Fresh Baby's Farmer's Market Tip Sheet](#) for helpful ideas for parents.



_____ went to
the farmer's market.

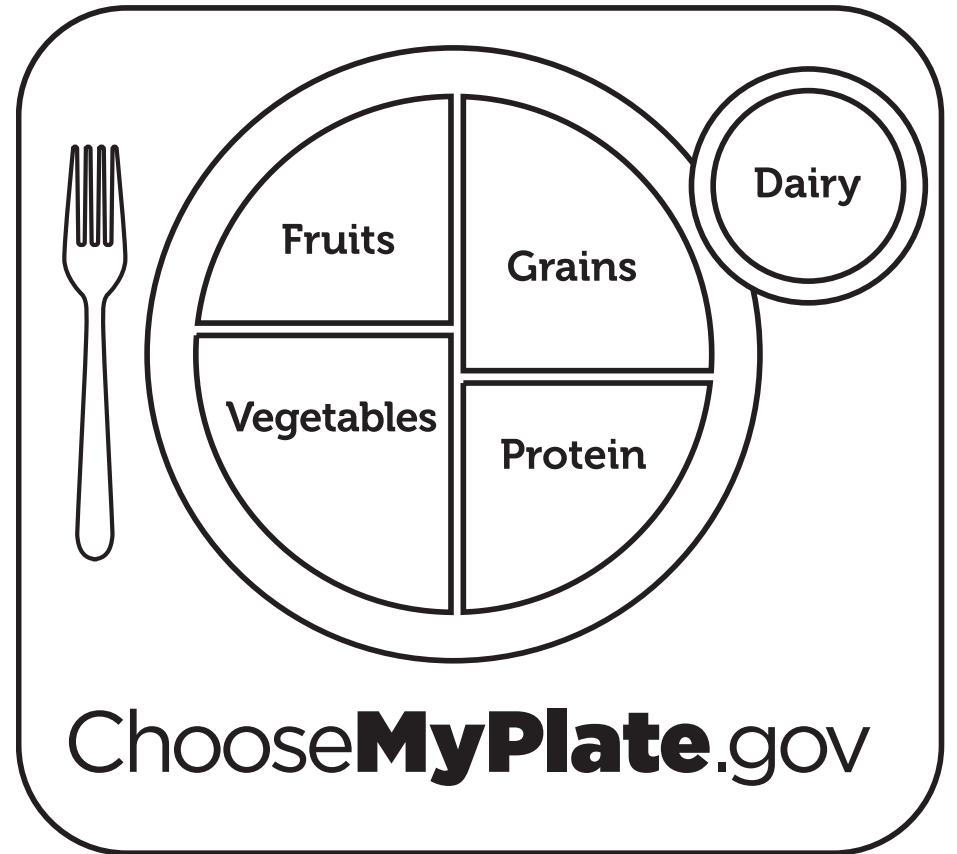
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Write your name in the blank space. Color the picture and tell me what fruits and vegetables you see in the picture.

My favorite fruit.

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Draw a picture of your favorite fruit.



My favorite vegetable.

© Fresh Baby | FreshBaby.com

Draw a picture of your favorite vegetable.

I try to make half MyPlate
fruits and vegetables.

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Color the fruits and vegetable sections of the MyPlate.



At the farmer's market I put fruits
and vegetables in my bag

© Fresh Baby | FreshBaby.com

Cut and paste the different fruits and vegetables you'd
buy at the farmer's market to fill the empty bag.

I had fun at the farmer's market.

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Draw a picture of yourself at the farmer's market.

