

# A Trip To The Farmers' Market

3-5

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## Objectives

**Students will be able to:**

- Identify fruits and vegetables.
- Explain that fruits and vegetables help us stay healthy
- Name at least two benefits of eating fruits and vegetables.
- Identify two benefits of shopping at farmer's markets.

## Standards Met

- **A.1.** Exchanging information and ideas with others through oral collaborative discussions on a range of social and academic topics.
- **B. 5.** Listening actively to spoken English in a range of social and academic contexts.
- **C.10.** Writing literary and informational texts to present, describe, and explain ideas and information, using appropriate technology.
- **W.4.4.** Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

## Overview of Fruits and Vegetables

**Did you know?** Fruits and veggies are a great source of vitamins and minerals!

### Healthy People 2020 Goals:

- Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older
- Increase the contribution of total vegetables to the diets of the population aged 2 years and older

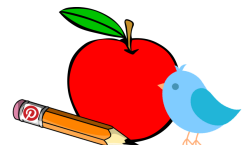
Fruits and vegetables provide us with vitamins, minerals, fiber and other powerful nutrients that help us stay full for longer and avoid overeating. Fruits and vegetables are also rich in antioxidants, which are substances that may help reduce the risk of developing chronic diseases such as diabetes, heart disease and cancer.

Exactly how many fruits and vegetables should we have in a day? Just remember the "5-A-Day" rule. Eat five servings of fruits and vegetables a day – the color way! Eating a variety of colorful fruits and vegetables will help us stay healthy and energetic.

It is important to encourage young students to increase their intake of fruits and veggies and help them understand the long-term benefits of doing so.

**For more information on fruits and veggies, go to:**

[www.mentorprojectfiu.com](http://www.mentorprojectfiu.com)



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## Make The Connection

### Materials

- Worksheet: A Trip To The Farmers' Market for Grades 3-5
- Supplemental Material: Portion Sizes of Fruits, Portion Sizes of Veggies and Fruits you Thought were Veggies
- Farmers' Market Video: [www.youtube.com/watch?v=-I9WSDWobuw](http://www.youtube.com/watch?v=-I9WSDWobuw)

Using the worksheet titled **"A Trip To The Farmers' Market" for Grades 3-5**, help your students understand the benefits of eating fruits and veggies.

Start by engaging your students in a discussion about fruits. Ask them what their favorite fruits are and why. To help students visualize this information, write two columns on a board: one listing students' favorite fruits and another listing some of the reasons why they liked them. Proceed to do the same for vegetables.

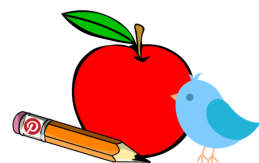
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After the class discussion, talk to your students about the benefits of consuming fruits and vegetables. You can talk about how fruits and veggies contain powerful nutrients such as vitamins and minerals that help us grow stronger and healthier while preventing diseases. Fruits and veggies are also high in fiber, which helps us stay full for longer and keeps our bodies running smoothly.

Explain that we should eat at least five portions of fruits and vegetables a day by introducing the 5-A-Day campaign. Give students examples of fruit and vegetables serving sizes such as a small apple, a medium orange, half a banana, 17 grapes, a cup of berries, 1/2 cup of cooked broccoli, corn, carrots, etc. Tip: bring different size measuring cups to show them how much fruit is in 1 cup versus 1/2 cup and so on. Refer to the supplemental material "Portion Sizes of Fruits," "Portion Sizes of Veggies" and "Fruits you Thought were Veggies."

Show a short clip (1:30 minutes) called Farmers' Markets from the YouTube channel NourishLife: [www.youtube.com/watch?v=-I9WSDWobuw](http://www.youtube.com/watch?v=-I9WSDWobuw). This video talks about the Farmers' Market and the benefits of buying fresh and local produce. For more information about Farmers' Markets in Florida, visit: [www.freshfromflorida.com/Divisions-Offices/Marketing-and-Development/Consumer-Resources/Buy-Fresh-From-Florida/Community-Farmers-Markets](http://www.freshfromflorida.com/Divisions-Offices/Marketing-and-Development/Consumer-Resources/Buy-Fresh-From-Florida/Community-Farmers-Markets). Lastly, do an overview of the "A Trip To The Farmers' Market" for Grades 3-5. Explain the activity and clarify any questions they have.

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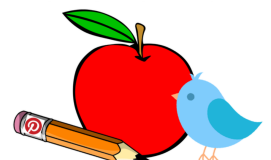


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# Supplemental Material

## For the Teacher: Portion Sizes of Fruits

Food	Cup Equivalent	Looks Like..
Pineapple	½ cup	Tennis ball
Orange	1 medium fruit	Tennis ball
Strawberries	1 cup	Softball
Blueberries	1 cup	Softball
Dried Fruits	1 ounce	Golf ball
Grapes	1 cup	Softball
Kiwi	1 small fruit	Tennis ball
Banana	1 medium fruit	Pencil
Apple	1 medium fruit	Softball
Pear	1 medium fruit	Softball
Peach	1 large fruit	Softball
Watermelon	1 cup	Softball
Papaya	1 cup	Softball
Tangerines	1 medium fruit	Tennis ball



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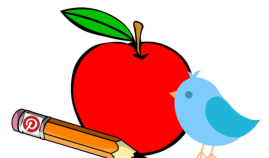


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# Supplemental Material

## For the Teacher: Portion Sizes of Veggies

Food	Cup equivalent	Looks Like...
Corn Kernel	1 cup	Softball
Baked Potato	1 large fruit	Softball
Sweet Potato	½ cup	Tennis ball
Cauliflower	1 cup	Softball
Carrot (raw)	1 cup	Softball
Spinach	1 cup	Softball
Broccoli	1 cup	Softball
Lettuce	1 cup	Softball
Green Beans	1 cup	Softball
Baked Potato	1 medium fruit	Softball



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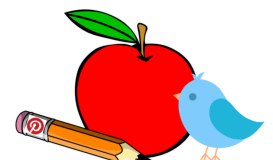


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# Supplemental Material

## For the Teacher: Fruits you thought were Veggies

Food	Cup equivalent	Looks Like...
Pumpkin	1 cup	Softball
Plantain	½ cup	Tennis ball
Tomato	1 cup	Softball
Cucumber	1 cup	Softball
Eggplant	1 cup	Softball
Avocado	1/8 avocado	Pencil
Olives	10 small olives	Tennis ball
Artichoke	1 medium fruit	Softball



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# Supplemental Material

## Looks Like...



**1 CD = 4 inches**

**Golf Ball = 1 ounce (oz)  
1 ounce = 2 tablespoons**

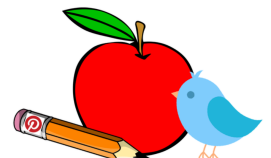


**Tennis Ball = 1/2 cup**

**Deck of Cards = 3 oz**



**Softball = 1 cup**



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

# A Trip To The Farmers' Market

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1) Rewrite the sentences below with the correct punctuation marks and capitalization.

1) we wanted to buy fresh Fruits and Vegetables

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2) This morning maria and i went to the farmers market

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3) maria Picked celery and oranges

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4) On our way back Home, maria and i shared a delicious apple

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5) i picked apples and broccoli

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6) We then paid the good Farmer for our Fruits and Vegetables

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2) Rewrite the sentences above in logical sequence.

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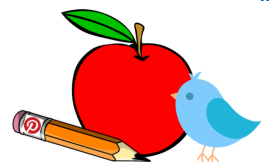
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# A Trip To The Farmers' Market

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## Answer Key

1) Rewrite the sentences below with the correct punctuation marks and capitalization.

1) we wanted to buy fresh Fruits and Vegetables

We wanted to buy fresh fruits and vegetables.

2) This morning maria and i went to the farmers market

This morning, Maria and I went to the farmers' market.

3) maria Picked celery and oranges

Maria picked celery and oranges.

4) On our way back Home, maria and i shared a delicious apple

On our way back home, Maria and I shared a delicious apple.

5) i picked apples and broccoli

I picked apples and broccoli.

6) We then paid the good Farmer for our Fruits and Vegetables

We then paid the good farmer for our fruits and vegetables.

2) Rewrite the sentences above in logical sequence.

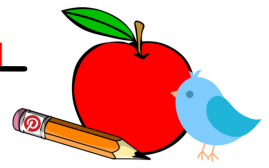
This morning, Maria and I went to the farmers' market. We wanted

to buy fresh fruits and vegetables. Maria picked celery and oranges.

I picked apples and broccoli. We then paid the good farmer for our

fruits and vegetables. On our way back home, Maria and I shared

a delicious apple.



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