

Leader's Guide

A Visit to the Farmers' Market/Una Visita al Mercado de los Rancheros

by Peggy Sissel-Phelan, Ed.D.

Available in English and Spanish

Book ordering information: English ISBN# 0-9771010-0-2
Spanish ISBN# 0-9771010-0-0

See www.brainchildbooks.homestead.com/FarmersMarket.html
Single copy - \$4.29

Objectives: In addition to the overall objectives for Book in a Bag:

- Children will learn where foods come from.
- Children will learn the importance of fruits and vegetables for good health.

Lesson Outline:

1. Read accompanying information, and Facts Page from A Visit to the Farmers' Market lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.
11. Clean up.

Questions to Facilitate Discussion:

- Where are the people in the book going today?
- What do they see?
- Where do foods in the Farmers' Market come from?
- What kinds of fruits and vegetables might be found at a Farmers' Market?
- What could you learn at a Farmers' Market?

For information about Farmers' Markets, check out these websites:

Food Safety for Farmers' Markets – www.oznet.ksu.edu/library/hort2/mf2260.pdf

U.S. listings of Farmers' Markets – <http://www.ams.usda.gov/farmersmarkets>

Coloring book and activities – <http://www.ams.usda.gov/farmersmarkets/FMColoringBook.doc>

Other related children's books:

- Eat Your Peas Louise* by Pegeen Snow
- Eat Your Peas, Ivy Louise* by Leo Landry
- I Will Never Not Ever Eat a Tomato* by Lauren Child
- Harvest Year* by Cris Petersen
- Rabbit Food* by Susanna Gertz
- The Ugly Vegetables* by Grace Lin

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KANSAS ACADEMIC STANDARDS

Health Promotion and Disease Prevention 1.1

Kindergarten Reading: 1. 2, 1, 2, 3

1. 3. 2

1. 4. 1, 2, 3, 4, 5, 6, 8, 10

Literature: 2. 1. 1

1st Grade Reading: 1.2.1, 4

1. 3.2

1.4.1, 4, 5

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