

Easy and Fun Ways to Integrate Farm to School into your Classroom

1. Creative Arts:

- Draw the fruit/vegetable using different mediums - pencil, chalk, crayons, paint, etc.
- Create sculptures with fruits and vegetables. Make seed collages with different kinds of seeds.

2. Language Arts:

- Read a story about farming, gardening, or cooking.
- Add new fruit and vegetable words to your vocabulary quiz and encourage children to use descriptive adjectives.
- Role play how to get more fruits/vegetables at school, home, or anywhere. Play 20 questions using local fruits or vegetables to guess.
- Perform a quick spelling bee or alphabetizing exercise with fruits and vegetables.
- Taking turns, go around the room and have each student finish the sentence, "If I were a farmer, I'd grow..." Each student tries to name a different fruit/vegetable. (Bonus points if you know it's a North Dakota-grown food!)
- Write a riddle, poem, or short story about a local fruit/vegetable or family farm.

3. Mathematics:

- Perform fractions with a melon, measure the thickness of a zucchini slice, calculate the number of $\frac{1}{2}$ cup servings you could get from a bushel of apples.
- Utilize story problems. Example: If you needed four pounds of squash at \$2/pound and you handed the farmer a \$20 bill. How much money should you get back?

4. Science:

- Learn about the lifecycle of plants – grow a tomato, radish, or pea plant.
- Learn about composting.
- Research a particular nutrient, vitamin, or mineral in the fruit/vegetable.
- Bring a collection of common seeds to class. How many can they identify in 5 minutes?
- Encourage students to form a "question bowl" of things they wonder about in science, agriculture, or the environment. During snack time, the class can draw a question from the bowl and research to find the answer.

5. Social studies:

- Locate where the food originated and/or if it is grown in North Dakota. Using a map key determine how many miles it was grown from your school.
- Study the history of the fruit/vegetable. How is it eaten in different cultures?
- Challenge students to name businesses in your community that is connected to the farm or agriculture in general.
- Take a field trip to a farm.
- Take photos of the trip to share with parents and other classes. If you'd like help finding a local farm, the website Agrilicious can connect you to farms within the region: <http://www.agrilicious.org/local/farms/north-dakota>