



5 A Day and School-Age Children

Fruit and Vegetable Field Trip

Visiting a farmers' market or county agricultural fair can be a fun way to get kids interested in fruits and vegetables. This handout will help you to plan a field trip. Contact your local Cooperative Extension agency for information about fairs and markets or visit www.agr.state.nc.us/markets for links to information about farmers' markets in your area.

Before your visit

- Contact the director of local farmers' market or county fair to find out the best times for a visit.
- Find out which farmers will be present with which fruits and vegetables for sale or on display.
- Ask for a map or diagram of the market or fair.
- Have the director alert the farmers of your field trip.
- Arrange for plenty of chaperones (parents).
- Gather supplies for your trip: clipboard for each child, pairs of children, or small group (if the children need help recording information, a chaperone can be assigned to that responsibility); pens or pencils, crayons or colored pencils; and paper.

Pre-visit preparation ideas

- Discuss and make charts related to these questions:
 - What do we already know about specific fruits and vegetables at the market or on display?
 - What do we predict we'll see at the market or fair?
 - What do we wonder about farmers, farmers' markets and agricultural fairs?
- Brainstorm a list of questions that might be asked at the market or fair. In order to help the children think of the questions, give them categories and record their ideas under the separate headings. Examples include jobs, people, machines, fruits, vegetables and seasons; or who, what, when, where and why?

Pre-visit guest ideas

- Invite a local farmer or local extension agent to speak to your class on crops in your immediate area.
- Have the class interview your guest speaker or host. Have students write their questions in advance as a writing assignment. Sample questions could be:
 - How did he/she start farming?
 - Why is he/she growing/raising that particular commodity(s)?
 - How much land do they have under production?
 - What machines does he/she use?
 - How do they sell their product?
 - How do they determine price?
 - What factors determine price?
- After the interview have them write articles on it as a newspaper reporter would.

At the farmer's market or fair

- Set up a scavenger hunt on paper based on the map/diagram that you received.
- List items students need to find (animals, crops, commodities) in each area or exhibit.
- Have them list how much the biggest watermelon/pumpkin weighed.
- Have students find out where the fruits or vegetables on display were grown.
- Have students make drawings of the grounds and displays.

After your visit

- Compare pre-visit predictions with on-location discoveries.
- Locate where displayed fruits and vegetables were grown on a North Carolina map.
- Discuss nutrients found in the fruits and vegetables seen at the market.
- Categorize where items were grown by region.
- Give reasons why these fruits and vegetables are grown in these regions.
- Compare characteristics of regions (soil type, climate).
- Make a "Jeopardy" type game with the information everyone has gathered.
- Make up a quiz to give parents, another class or the chaperones.
- Have a parents' night taste test featuring fruits and vegetables displayed at the market/fair.
- Make a mural of the market or fair based on sketches.
- Make a model of the market/fair out of blocks or Legos™.
- Make a diagram of a fruit or vegetable finding its way from a farm to a lunch box.
- Have students write reports, articles or stories about the trip and their discoveries.
- Have students write thank you notes to the director and any guest speakers.
- Work with the school's Child Nutrition Manager to identify and promote locally grown fruits and vegetables in the cafeteria.