

Lesson Plan 3: What Grows On A Farm?

Learning Objective:

Students discover different crops and learn where food comes from.

Materials:	Lesson Overview:
• Picture cards of fruits, vegetables, and grains • Sorting mats or baskets labeled Fruits, Vegetables, and Grains • Farm-to-Table Matching worksheet • Crayons or colored pencils • Construction paper (optional)	1. Introduction (10 min) 2. Lesson: Crops on the Farm (15 min) 3. Game: Farm Food Sorting Race (15 min) 4. Activity: Farm-to-Table Matching (15 min) 5. Wrap-Up (5 min)

1. Introduction (10 Minutes)

- Ask students:
 - Where does our food come from?
 - What fruits and vegetables do you like to eat?
- Show pictures of fruits, vegetables, and grains.
- Explain that many foods grow on farms.

2. Lesson: Crops on the Farm (15 Minutes)

- Teach the three main crop categories:
- Fruits
 - Grow from flowers and contain seeds.
 - Examples: apples, strawberries
- Vegetables
 - Are plants or parts of plants.
 - Examples: carrots, lettuce
- Grains
 - Come from grass plants and seeds.
 - Examples: corn, wheat, rice
- Discuss how farmers:

- Plant crops
- Water crops
- Harvest crops

3.Game: Farm Food Sorting Race (15 Minutes)

- Divide students into small groups.
- Give each group food picture cards.
- Students sort foods into:
 - Fruits
 - Vegetables
 - Grains
- The first group to sort correctly wins.

4.Activity: Farm-to-Table Matching

- Students match foods to the crops they come from.
- Examples:
 - Apple → Apple Tree
 - Carrot → Carrot Plant
 - Corn → Corn Plant
 - Bread → Wheat Plant

5. Wrap-Up (5 Minutes)

- Review:
 - What are fruits?
 - What are vegetables?
 - What are grains?

Assessment: ✓ Students identify fruits, vegetables, and grains. ✓ Students match foods to crops. ✓ Students participate in sorting activities.	Extension Ideas: • Visit a garden. • Create a classroom farmers market. • Read a book about healthy foods.
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Name: _____ Date: _____

FARM-TO-TABLE MATCHING

Directions: Draw a line from each food to the crop family.

Food We Eat			Comes From
Apple 	.	.	Berries
Peach 	.	.	Tree Fruit
Almond 	.	.	Vegetable
Lettuce 	.	.	Citrus
Wheat 	.	.	Cereal
Orange 	.	.	Tree Nut
Strawberry 	.	.	Stone Fruit

Bonus Question: What is your favorite fruit or vegetable?

Why?

A VEGETABLE GARDEN

Directions: Color the garden and the crops.

