



# Lesson Plan: Farmers Market Produce

## Overview:

This lesson plan focuses on teaching preschoolers aged 3-5 about farmers market produce. The lesson aims to introduce children to different fruits and vegetables, teach them about the importance of eating fresh and healthy foods, and engage them in hands-on activities that promote understanding and appreciation for locally grown produce.

## Materials:

- Various fruits and vegetables (real or plastic)
- Pictures or flashcards of different fruits and vegetables
- Farmer's market props (such as a farmer's hat, basket, and cash register)
- Art supplies (crayons, markers, colored pencils)
- Chart paper and markers
- Sorting trays or baskets
- Blank grocery shopping lists or worksheets

## Introduction:

Start the lesson by gathering the children in a circle and introducing the concept of a farmer's market. Show them pictures or flashcards of different fruits and vegetables and ask them if they have seen or tasted any of them before. Discuss the concept of where fruits and vegetables come from and explain that farmers grow them in gardens and farms. Engage the children by asking questions like, "What are your favorite fruits and vegetables?" and "Have you ever been to a farmer's market?"

## Activities:

### 1. Farmer's Market Role Play (20 minutes):

- Set up a pretend farmer's market area with produce, baskets, and a cash register.
- Assign roles to children, such as farmers, customers, and cashiers.
- Encourage the children to take turns being the different roles and engage in pretend play, buying and selling fruits and vegetables.

### 2. Sorting Fruits and Vegetables (15 minutes):

- Provide a variety of fruits and vegetables (real or plastic) to the children.
  - Ask them to sort the produce into different categories, such as fruits and vegetables or by color.
  - Use chart paper to create a visual representation of their sorting, labeling each category.

### 3. Fruit and Vegetable Art (20 minutes):

- Give each child a piece of paper and art supplies.
  - Ask them to choose their favorite fruit or vegetable and draw a picture of it.
  - Encourage them to use bright colors and discuss the characteristics of their chosen produce as they draw.

### Closure:

To conclude the lesson, gather the children in a circle and have a group discussion about what they learned about farmers market produce. Review the different fruits and vegetables they explored, and ask them to share their favorite parts of the lesson. Emphasize the importance of eating fruits and vegetables for a healthy lifestyle.

### Extension Activities:

1. Field Trip to a Farmer's Market: Plan a field trip to a local farmer's market to give the children a real-life experience of shopping for fresh produce.
2. Garden Planting: Create a small garden or planter with the children and let them plant and care for their own fruits and vegetables.
3. Cooking with Produce: Engage the children in a simple cooking activity using fresh produce. For example, make a fruit salad or vegetable stir-fry with their favorite fruits and vegetables.

### Assessment Objectives:

#### 1. Social-Emotional:

- Interacts cooperatively with other children during the farmer's market role play
- Follows limits and expectations during the activity

#### 2. Physical:

- Demonstrates fine-motor strength and coordination when drawing pictures of fruits and vegetables
- Demonstrates gross-motor skills during the farmer's market role play

#### 3. Language:

- Listens to and understands instructions during the introduction and activity explanations
- Uses language to describe the characteristics of different fruits and vegetables during the sorting and drawing activities

#### 4. Cognitive:

- Demonstrates curiosity and motivation during the farmer's market role play and sorting activities
- Remembers and connects experiences by categorizing fruits and vegetables based on different criteria

### Assessment Methods:

Observations will be made throughout the lesson to assess the children's social-emotional interactions, physical abilities, language skills, and cognitive engagement. The teacher will also listen to the children during group discussions and provide individual feedback during the art and sorting activities. Assessment results will inform teaching practices by identifying areas where additional support or extension activities may be required.