



# MI Farm to ECE Webinar Series:

## Farm to ECE Lesson Plans

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Abby Harper  
MSU Center for Regional Food Systems



**MICHIGAN STATE**  
UNIVERSITY

Center for  
Regional Food Systems



## IDEAS FROM YOU!

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What is one way you've brought farm to ECE into the classroom?

# WHY LESSON PLANS?



- More exposures to a type of food can lead to greater
- Lesson plans bring meals and nutrition into the classroom and allow children to come to food on their own terms
- Opportunity to build in other subjects in innovative ways

# WHAT CAN BE INCLUDED IN LESSON PLANS?

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- Nutrition, health, and healthy eating
- Information on local agriculture, crops that grow near
- Environment
- Stories highlighting food and agriculture
- Farm field trips and activity days
- Gardening activities

# STEP 1: CHOOSE FOODS TO HIGHLIGHT

- Create a calendar
- Plan days for education before products show up in meals
- Focusing on one a month to start can make a program more sustainable
- Build activity into part of your day
- Involve teachers in planning

| Month     | Product       |
|-----------|---------------|
| January   | Sprouts       |
| February  | Herbs, Honey  |
| March     | Parsnips      |
| April     | Radishes      |
| May       | Asparagus     |
| June      | Snap Peas     |
| July      | Beans         |
| August    | Peaches       |
| September | Tomatoes      |
| October   | Cauliflower   |
| November  | Carrots       |
| December  | Winter Squash |

# EASY WAYS TO INTEGRATE

- Taste tests or other observations with highlighted food
- Involve children in snack preparation
- Build stories about food into morning circle time
- Chef or farmer visits to talk about specific food highlighted



# RESOURCES FOR ACTIVITIES

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**Farm to Child Care Curriculum** – *Institute for Agriculture and Trade Policy (IATP)*

[www.iatp.org/farmtochildcare](http://www.iatp.org/farmtochildcare)

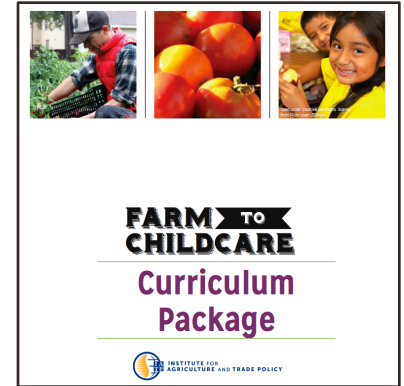
**Farm to Preschool Lesson Plans** – *Growing Minds*  
[growing-minds.org/farmtopreschool/](http://growing-minds.org/farmtopreschool/)

**Grow It, Try It, Like It** – *United States Department of Agriculture (USDA)*

[www.fns.usda.gov](http://www.fns.usda.gov)

**National Farm to School Network Resource Search**

[www.farmtoschool.org/resources](http://www.farmtoschool.org/resources)



# LESSON PLANS FOR ANY VEGETABLE

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- Discuss different types of a product, including comparing shapes, sizes, smells, tastes, etc.
- Count seeds from different types of vegetables
- Plant seeds and have children note the differences
- Discuss the different parts of plants, how they grow, and what part you eat
- Develop an art project around the featured food



# MICHIGAN HARVEST OF THE MONTH

## Exploring Apples



- Highlights seasonal products with supplemental activities for pre-k – adults
- Family newsletters
- Easy recipes that highlight products
- Materials available free to SNAP-ED sites and at cost to others
- [MichiganNutritionNetwork.org/mihotm/](http://MichiganNutritionNetwork.org/mihotm/)

| <b>Sense</b>   | <b>Tasting #1</b> | <b>Tasting #2</b> | <b>Tasting #3</b> |
|----------------|-------------------|-------------------|-------------------|
| <b>Color</b>   |                   |                   |                   |
| <b>Texture</b> |                   |                   |                   |
| <b>Smell</b>   |                   |                   |                   |
| <b>Sound</b>   |                   |                   |                   |
| <b>Taste</b>   |                   |                   |                   |

My favorite apple is: \_\_\_\_\_.

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# EXAMPLE FROM ADVENTURES LEARNING CENTER

- **Math**: Seeds (counting, sorting, different shapes), Sprouting (measuring sprouts, documentation, graphing)
- **Science**: Soil, worms, lots of discovery table use, being the growing process inside, “Smelling” garden (which all items can be tasted too!), dissecting vegetables and fruits
- **Art**: painting with vegetables, painting with soil, using gardening tools to paint, lots of finger painting and printing to make vegetables and fruit pictures
- **Books & Reading**: The Tiny Seed Eric Carle, Growing Vegetable Soup Lois Ehlert, Planting a Rainbow Lois Ehlert, The Little Gardener Jan Gerardi, Eating the Alphabet, Lois Elhert.
- **Cooking**: Each week lesson plans include a cooking activity ; items from the garden are being used for snack time
- **Home Area/Dress up Area**: gardening gloves, hats, gardening tools, baskets, overalls, boots, play vegetables and fruits
- **Moving and Grooving**: Garden Yoga for Kids



## IDEAS FROM YOU!

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**QUESTIONS?**

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