

## Audience

3-5 Years of Age



## MyPlate Messages

Fill half your plate with fruits & vegetables

## Setting

Small Group

## Fresh Baby Products (optional)

[Farmer's Market Tip Sheet](#) to share with parents to reinforce the activity lessons.

## Anticipatory Set

Share with the classroom what you, as the teacher, would grow if you were a farmer.



## Objectives

- Children will practice their writing skills.
- Children will recall the names of fruits and vegetables they have learned about.
- Children will creatively express themselves through dictation, writing, drawing and coloring.



## Materials

- Markers, crayons or colored pencils
- Pencils
- Fresh Baby's If I was a Farmer I would Grow worksheet



## Tips

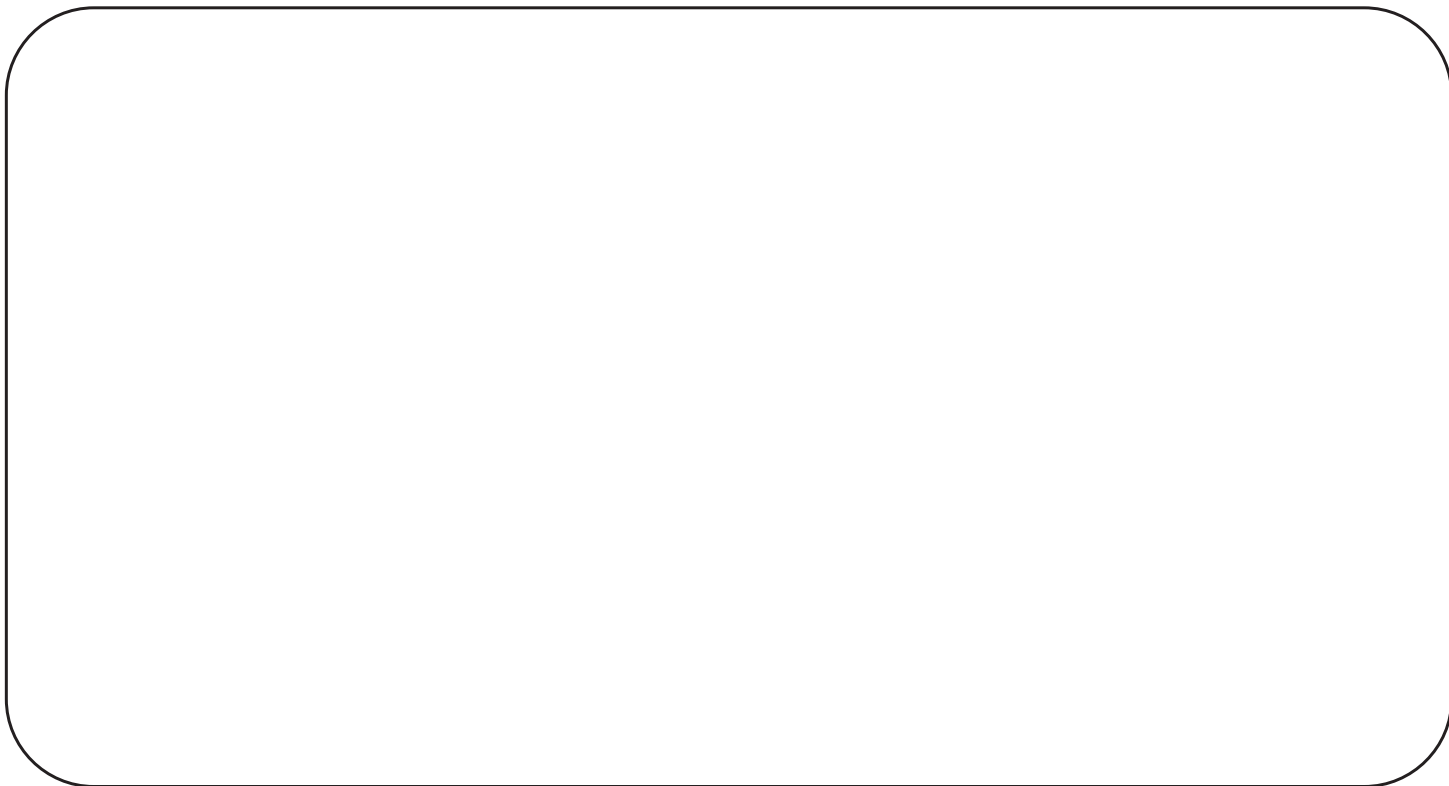
Ask the children to read aloud their story or share what their picture is. Make it a classroom sharing activity.



## Instructions

Using the writing prompt have the children either write or dictate to you (depending on their age) what they would grow if they were a farmer.

1. Have the children draw a photo to go with their story.
2. Put the stories together and create a classroom book to read aloud to the children during whole group time.
3. Laminate the story book and put the book on the book shelf for the children to read to themselves



If I was a farmer I would grow...

Handwriting practice lines consisting of five sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

Written and drawn by: \_\_\_\_\_



# TRANSITION TIME

## FILL THE MYPLATE WITH FRUITS AND VEGGIES

### Audience

3-5 Years of Age



### MyPlate Messages

Fill half your plate with fruits & vegetables

### Setting

Large Group

### Fresh Baby Products (optional)

Fresh Baby's [4 or 5 Section MyPlate](#)

### Anticipatory Set

Remind the children of the other farmer's market activities that you have done. Point to the book, the graphing or the writing activity.



### Objectives

- Children will be introduced to MyPlate and better understand filling their plate with half fruits and vegetables.
- Children will recall the names and colors of the fruits and vegetables they have learned about.

### Materials

- Markers, crayons or colored pencils
- Pencils
- [Fresh Baby's If I was a Farmer I would Grow worksheet](#)



### Tips

Use the [Fresh Baby's Fruit and Veggie Worksheet](#) or plastic fruits and vegetables to have the children choose from.



### Instructions

1. During whole group time have each child choose one fruit or vegetable that they would choose to add to the Fresh Baby MyPlate.
2. After the child has chosen a fruit or vegetable they may be dismissed to wash their hands for snack, line up or another activity

