



Junior Farmers: Farm-to-Table-to-Earth

(Preschool-3rd Grade)

The best part of being a farmer is cooking up something fresh and delicious that you grew yourself! This interactive language arts, science, and art-based curriculum is designed to teach your Junior Farmer about the magic of plants. Your Junior Farmer will get a chance to explore the planting process from start to finish, sparking curiosity every step of the way. To build on their knowledge, the Junior Farmer will move into the kitchen to enjoy the fruits of their labor. Then your Junior Farmer will bring everything full circle by composting. We have provided book suggestions, video links, step by step materials, and more to get your Junior Farmer turned chef turned environmentalist excited about making magic in gardens, kitchens, and the environment!

Access video content at: socalkids.org/ALMA

Getting Dirty!

(Activity #1: Language Arts and Science)

Objective:

Junior Farmers will learn about plants, the process of planting, and be able to show and/or tell the process of seed to plant.

Materials:

- Computer or device to watch “Junior Farmers Episode 1: Gardening” video (socalkids.org/ALMA)
- Small baggie
- Paper towel
- Seeds
- Tape

Let's plant:

- Watch the “Junior Farmers Episode 1: Gardening” video
- What can a seed do? (Ex: turn into a plant, grow into a yummy fruit, etc.)
- If you could plant any seed, what would your seed turn into?
- What are 2 things you do with a seed if you want it to grow big and strong? (Ex: water, sun)
- As a seed starts to grow, what grows first deep in the ground? (Ex: roots)
- Now it's your turn to be a Junior Farmer and plant your own seeds!
- You will start the seeds off by growing them in a baggie so you can see them open, sprout, and grow roots.
- Okay, soak your seeds in water for 24 hours. This way they can drink up some water and get ready to grow.
- After 24 hours, drain your seeds, dampen a paper towel, and fold it into your bag.
- Place the seeds along one side of the bag, pressing them against the paper towel, then tightly seal the baggie.
- Find a window that receives lots of natural daylight. Tape your baggie on the window with the seeds side facing you so you can watch them grow.
- In about 2 days your seeds will open. In 3 weeks your seeds will fully sprout, which means they are ready to pop into the earth or a pot with soil.
- Congratulations Junior Farmers, you are on your way to creating something special.



It's Alive!

(Activity #2: Language Arts and Science)

Objective:

Junior Farmers will be able to show their knowledge of the planting process. They will create their own "Seed to Plant" observation mini-book of drawings and written details about the seeds they planted.


Materials:


- Book: *From Seed to Pumpkin* by Wendy Pfeffer
- Printout of Junior Farmer's "Seed to Plant" mini-book
- Pencil, crayons, or colored pencils
- Printout of "Seed to Plant" mini-book
- Scissors
- Stapler


Check it out!

- Read the book *From Seed to Pumpkin*
- What type of seeds were the farmers planting in the ground?
- What 3 things did they do to help them grow? (Ex. water, sun, and air)
- What did their seeds turn into?
- Can you name 3 parts to their plants? (Ex: stem, leaves, roots, pedals, seeds etc.)
- Now it's time to make your own book and watch your seeds from Activity 1 turn into plants.
- Print out your "Seeds to Plant" mini-book.
- Cut each page out and staple them in numbered order.
- Add your name on the cover and draw a picture of your seeds, planting your seeds, or the plants you hope to grow.
- Watch your seeds slowly turn into plants. Be patient! Draw pictures and fill in the blanks with words to describe the process of your seeds growing into amazing plants!
- When your "Seed to Plant" mini-book is complete, read it to 2 people (sisters, brothers, grandmas, friends, stuffed animals, or even your pets). If you can't find someone at home, record yourself in a video and share it with us. We would love to hear your story on Instagram @socalkidsmuseum.
- You have officially become a Junior Farmer by growing your first plant!!!


_____ 's
Seed to Plant Book

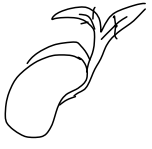


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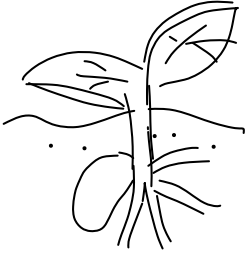
1.  Draw your seed.

This is my _____ seed. It needs _____, _____, and _____ to grow.


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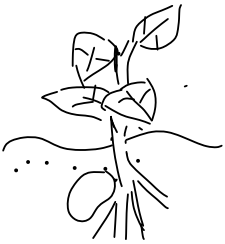
2.  Draw your seedling.

My _____ seed splits open and a sprout starts to grow.

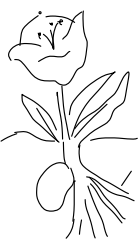
3.  Draw your sprout.

Now, my _____ seed sprouts with _____ that grow down.

Cut here


4.  Draw your plant.

Next, my _____ seed has grown into a plant with a _____ to hold it up and green _____s.

5.  Draw your flower.

This is my _____ seed that has grown into a _____ plant with a _____ (color) flower!

Dreamland Farms

(Activity #3: Writing)

Objective:

After planting seeds and watching plants grow, it's time to dream big! Junior Farmers will use their imaginations to write a creative story about a farm of their dreams. Using the writing process of beginning, middle, and end, they will share their interpretation of a dreamland farm!

Materials:

- Printout of lined paper or writing paper
- Pencil
- Crayons or colored pencils

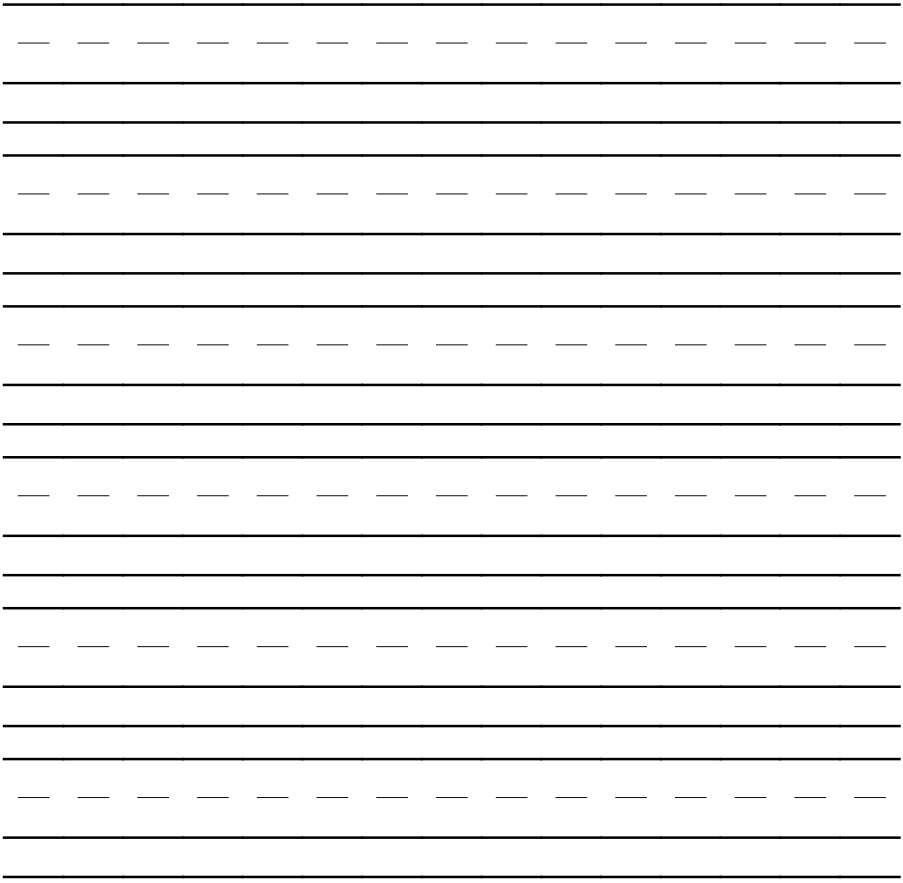
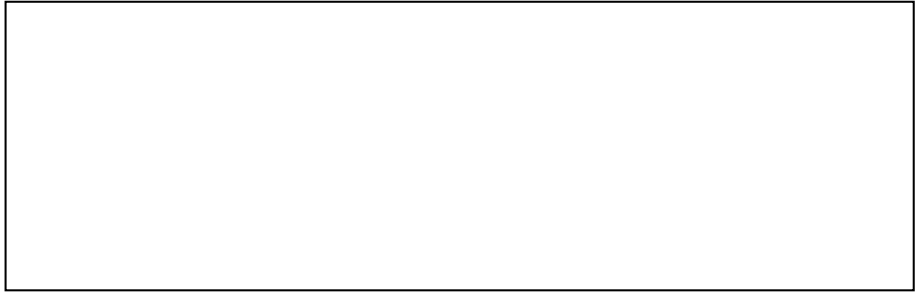
Dreaming big!

What does the farm of your dreams look like? Who is in it? Are there any magical plants or foods that give special powers? Let your imagination run wild as you take us on journey into your dreamland farm. Don't forget to write a beginning, middle, and end to your story. Here are some story starters to help you:

A. You have been farming and notice an unusual plant or food that is growing all by itself. What does it look like? What special things can it do... like talk, sing, change the weather, call animals to sit by it, make all the other flowers bloom? Do you keep it a secret? How do you make more? What do you name it? What happens to your plant or food? Does something or someone try to ruin it?

B. You have the farm of your dreams. What does it look like? What type of plants and food do you grow? Where is your farm? How do you care for your farm? Do you live on your farm? If so, with who? Who comes to your garden (fairies, superheroes, magical bees, etc.)? Why is your farm the best? What smells or sounds are on your farm? Are there things we should not touch? Are there crops we can taste? Tell us ALL about it!

When you finish writing your story, you can dress up and act it out, make a video, or read it to a friend, pet, family member, or even US! Share it with us on Instagram @socalkidsmuesum. We can't wait to see all of the Dreamland adventures!



A series of 12 sets of handwriting lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

Just Right Foods

(Activity #4: Language Arts, Science, and Art)

Objective:

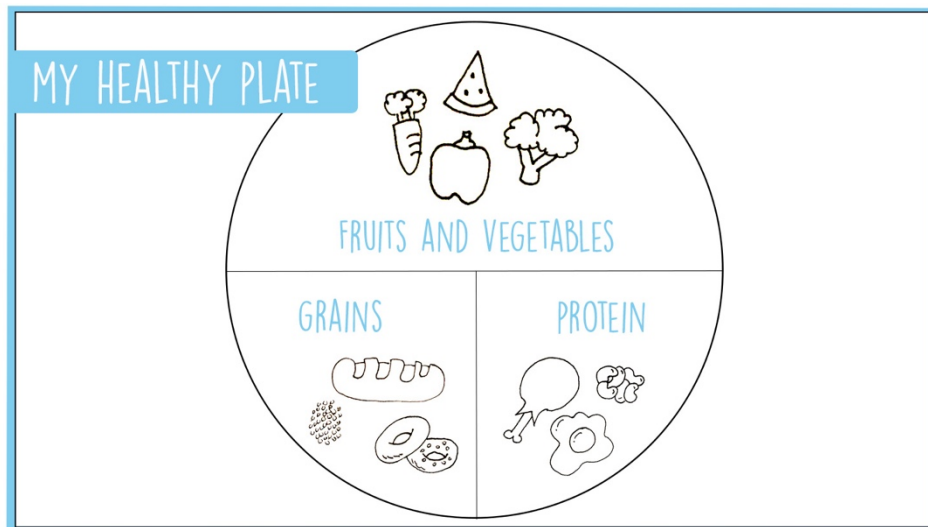
Junior Farmers will learn the healthy food groups that are just right for their bodies at each meal and make a fun placemat to remind them.

Materials:

- Book: *What's on My Plate?* by Jennifer Boothroyd
- Glue
- Crayons or colored pencils
- Scissors
- 12X18 construction paper

Let's Plan:

- Read the book *What's on My Plate*
- Farmers grow and produce the foods we buy in grocery stores, but it's our job to make healthy choices when we eat.
- What were 3 things that were just right to add to our plates that you saw in the book? (Ex: bananas, grapes, carrots, pasta, bread, chicken, fish, eggs, nuts)
- What are 2 of your favorite foods that are just right for your plate?
- What are the 4 main food groups that we should have on our plates? (Ex: Fruits, vegetables, grains, and proteins.)
- You are so smart! Now you're ready to make your own Junior Chef placemat.
- Grab your construction paper, start by tracing any circle shaped object about as big as a plate in the center of your paper.
- Next, draw a line from the left to the right through the center of your entire circle, and label the top portion "fruits and veggies."
- Then, draw a line from top to bottom through the center of the bottom half of your circle and label one side "grains" and the other "protein."
- Draw, color, and label each of your favorite foods in the 4 main food groups.
- Wahoo! Now it's time to head to the kitchen!



What's Cooking?

(Activity #5: Language Arts and Science)

Objective:

Junior Chefs will better understand the concept of farm-to-table eating by making their own healthy snack.

Materials:

- Computer or device to watch “Junior Farmers Episode 2: Smoothies” video (socalkids.org/ALMA)
- Book *Before We Eat: From Farm to Table* by Pat Brisson
- Spoon
- Large bowl
- 1/2 cup of peanut butter (substitute: almond butter or sunflower butter)
- 1 1/2 cups of old fashioned oats
- 1/3 cup of honey (substitute: maple syrup)
- 1/4 cup of chocolate chips or topping of your choice

Let's Eat:

- Watch the “Junior Farmers Episode 2: Smoothies” video and/or read *Before We Eat: From Farm to Table*
- What were 2 fruits from the garden that the Junior Chefs used?
- What are your favorite fruits?
- The Junior Farmers took fruits from their farm and made them into something they could eat at their table... and you can too!
- So Junior Chefs, it's time to put on your aprons and start cooking some protein balls!
- In a large bowl, pour in all the ingredients and use a spoon or clean hands to mix, mix, mix.
- It's time to set your timer for 30 minutes and put the ingredients in the refrigerator to chill.
- Once your timer goes off, take the bowl out of the fridge and use your hands to roll the mixture into bite-size balls.
- Enjoy them right away or save them for the perfect protein-packed snack to give your body energy for learning, art, sports, and more!
- Make sure you save any leftovers in the refrigerator for later.
- Junior Chefs, you just made something yummy!



Passing It On

(Activity #6: Writing)

Objective:

Food is earth's gift that keeps on giving. Junior Chefs will write out one of their favorite healthy recipes to share with someone. They will practice writing in order using numbers or transition words.

Materials:

- Computer or device to watch "Junior Farmers Episode 3: Toast" video (socalkids.org/ALMA)
- Print out of recipe card
- Pencil
- Crayons or colored pencils

What's next?

- We want you to pass the love of your favorite healthy snack recipe along to a friend, neighbor, teacher, grandparent, aunt, uncle, or anyone you can think of... even us!
- Watch the "Junior Farmers Episode 3: Toast" video.
- Use the recipe card to write your recipe's title and draw a picture of your delicious snack.
- Now, write the directions on how to make your snack. You may number them or use transition words like "first, second, third, next, then, and last" to help your friends learn how to make your snack.
- Decorate the front of the card and edges with designs that make you happy.
- Reread your recipe card out loud to make sure it sounds just right.
- It is time to give your recipe card to someone special.
- We are proud of you for showing others how to take fruits and vegetables from the farm to the table.
- We would love to see your recipe for a healthy snack that you made with your two powerful Junior Chef hands. Share it with us on Instagram @socalkidsmuseum.

The form consists of a large outer rectangle. Inside, on the left side, is a smaller, empty rectangular box for drawing a picture. To the right of this box are five horizontal lines. Below these lines, spanning the width of the inner box, are seven more horizontal lines for writing the recipe directions.

Compost Hunters

(Activity #7: Language Arts and Science)

Objective:





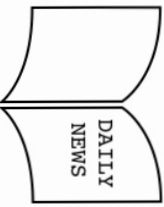
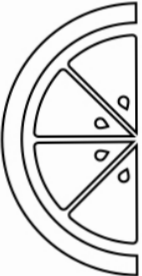

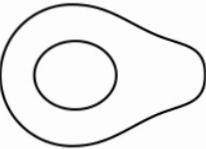









Junior Farmers learn to compost by using leftover food scraps and trash to create less waste. They will do this by sorting items that can be composted.

Materials:

- Computer or device to watch “Junior Farmers Episode 4: Compost” video (socalkids.org/ALMA)
- Book *Compost Stew* by Mary McKenna Siddals
- Printed Compost Hunt sheet
- Scissors
- Glue
- Crayons or colored pencils

Let’s Go:

- Watch the “Junior Farmers Episode 4: Compost” video and read *Compost Stew*
- Composting is a great way to reuse our trash and food items. It helps make less waste on earth. It also goes back into our gardens as a healthy snack for our plants.
- What are 4 items that CAN be composted? (Ex: newspaper, fruit peels or pits or cores, eggshells, tea bags, coffee grounds, nutshells, etc.)
- What are 4 items that CAN NOT be composted? (Ex: cans, plastic of any kind, shiny paper, meat, fish, bones, glass, etc.)
- You are ready for your own composting hunt!
- Grab your Compost Hunt sheet.
- Color, cut, and sort all the items that should go in either the trash, compost, or recycle bin.
- Glue the correct items in each column. Can you find 8 items for composting, 4 items for recycling, and 3 pieces of trash?
- Once you are done, share it with a friend, your parents, your sister or brother, and tape it on the wall so you can use it each day.
- You are an Earth Saving Junior Farmer! Next stop: the real deal.

		
Trash	Compost	Recycle
  	    	     

Back to the Earth

(Activity #8 Language Arts and Science)

Objective:

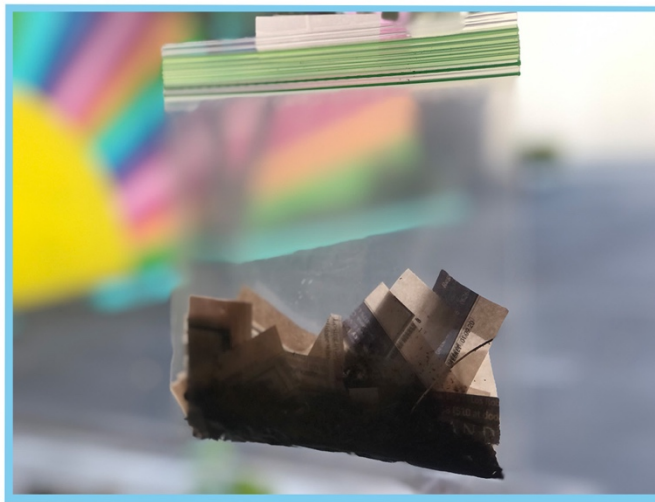
Junior Farmers will build on their knowledge of composting and become Junior Environmentalists. They also come full circle with their food that came from the farm: they ate it at the table, and now they will put it back into our earth to produce more. They will apply their knowledge by making compost in a bag.

Materials:

- Computer or device to watch “Junior Farmers Episode 4: Compost” video (socalkids.org/ALMA)
- Book *Compost Stew* by Mary McKenna Siddals
- Large gallon baggie
- Dirt
- Newspaper or any paper that does not have a shiny coating on it

Let's Compost:

- Watch the “Junior Farmers Episode 4: Composting” video and/or read the book *Compost Stew*.
- Think about the seeds you planted and the food you made. Now it's time to use some of your food scraps and trash to make compost!
- Remember that you can add leftover fruit cores, peels, pits, paper without the shiny coating, coffee grounds, tea bags, cardboard, old or dried pasta, etc.
- This compost snack will go back into the next plant you plant and help it grow even stronger. It also helps by creating less trash in landfills. You are helping our earth.
- Go outside, find any kind of dirt and add a small amount to the bottom of your bag, just enough to cover the bottom.
- Next, shred or tear your newspaper into small pieces and add to your bag.
- Dampen the materials inside by adding a small amount of water.
- Seal your bag and mix it together by squishing the bag all over.
- Lastly, add all the ingredients you learned from the video and lesson and watch your compost grow!
- Once your bag is full, place it outside and you can start using your compost as soil!



With Gratitude

(Activity #9: Writing)

Objective:

Junior Farmers turned Earth Heroes will give thanks to those who work hard to provide our food. They will write thank you cards to an Earth Hero of their choice.

Materials:

- Printout of card
- Pencil
- Crayons or colored pencils
- Any other decorative materials to put on the card (optional)

Full Circle Thanks!

- The world needs more Junior Farmers like you! You have planted and grown a plant, made healthy snacks with food grown from a farm, and helped the earth by creating compost that recycles some food scraps and trash to feed more plants. You are an Earth Hero!!!
- Think about other Earth Heroes out there who would love to hear a huge THANK YOU for all their hard work.
- Close your eyes and think of who you want to make a card for... maybe a grocery store worker, or a farmer at your local farmers' market, or a chef that cooks incredible meals that help our bodies grow... chefs like your parents, grandparents, siblings, and more.
- Open your eyes once you have decided.
- Cut, color or decorate, and write your thank you card.
- Let's say thank you for helping all of us receive, cook, and enjoy good food for our bodies. Hip hip hooray for Earth Heroes like you!

