

Lesson Overview

A Farm of Many Colors, by Angie Edge, introduces children to the concept that fresh and healthy food comes from the farm. Students are introduced to a variety of foods from the five food groups, categorized by color.

After listening to the story, students will demonstrate their understanding by responding to story related statements through movement and give appropriate answers to questions on how food travels from the farm to the table. Students will have the opportunity to prepare colorful yogurt parfaits using three of five food groups.

Objective

Students will be able to:

- Express an understanding that food comes from a farm
- Identify a fruit, vegetable, grain, and dairy product produced on a farm
- Name something made from milk
- Participate in a food activity: making individual yogurt parfaits

Advanced Preparation

- Review Teacher Guide prior to presenting lesson

Rainbow Parfaits

Note: Clean or cover table surface

Assemble ingredients for yogurt parfaits: (25 students)

- 25 5-oz. paper cups
- 25 napkins
- 25 plastic spoons
- Serving spoons for yogurt, cereal and fruit
- 2 32 oz. containers of strawberry yogurt
- 4 cups of fresh fruit such as blueberries, strawberries, raspberries or drained, unsweetened canned fruit
- 1 box of whole grain, low sugar cereal (Cheerios®, Kix® or granola)

Note: Place 2 spoonfuls of yogurt in each paper cup prior to activity

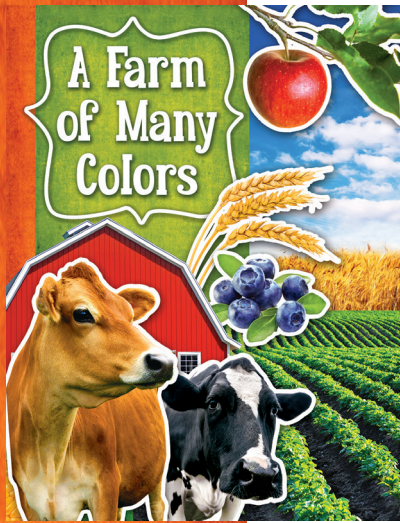
A Farm of Many Colors Lesson

Explain to the students that farms are special places where foods that make us healthy are grown and animals are raised. Farms also make our state a beautiful place to live and provide jobs for people.

Ask students the following:

- What state do we live in? (Wisconsin)
- Name an animal that you would find on a farm. (cows, chickens, pigs)
- Which animal on the farm gives us milk? (cow)
- What foods are made from milk? (cheese, yogurt, cottage cheese, butter, ice cream)
- Name something grown on a farm in Wisconsin. (corn, carrots, apples)

Share with the students that you are going to read the book, *A Farm of Many Colors* to them and that they will be learning about a variety of colorful foods grown on farms in Wisconsin. Explain that the foods grown on the farm help our bodies grow and be healthy.



Follow-up Discussion

Ask the students to stand and respond to the following statements:

1. Touch your toes with your fingers so they meet, if you can name a yellow food that cows and people like to eat. Ask for a response. (corn)
2. Apples are red, ripe and delicious, stand on your tip toes if they are also nutritious!
3. You may not find a purple cow, but raise your hand to name a purple vegetable now! (eggplant, beans)
4. Jump up and down if you can name something that you drink that comes in white or brown or even pink. (milk)
5. We're now going to go quietly to make our parfait, our fun and nutritious snack for today.

Yogurt Parfait Activity

Have all students and staff wash their hands and make sure the surface of the table you will be using is covered or washed.

Set out cups, spoons, yogurt, fruit, cereal and napkins on a table, buffet style.

- Ask students to raise their hands if they've tasted yogurt.
- Explain the yogurt is made from milk and provides calcium for strong bones and teeth.
- Encourage each student to try a small taste of the parfait.
- Call students to the table in small groups and distribute paper cups with 2 spoonfuls of yogurt already spooned into cups to each student.
- Allow students to add 1 spoonful of fruit and 1 spoonful of cereal.
- Invite students to take a napkin and return to their seats to eat.

Follow-up

- Thank students for being good listeners and "taste-testers".
- Ask students how they liked the parfaits.
- Remind students that this is something they could make as a snack or breakfast at home.
- Review that foods that make our bodies healthy are grown on Wisconsin farms and come in a variety of colors and shapes. The yogurt was made from milk and helps make bones and teeth strong. Cereal is an energy food. The fruit will help keep your body strong.

Reference
WisconsinDairy.org



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A Farm of Many Colors



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you by the
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A Farm of Many Colors

by Angie Edge





A Farm of Many Colors

Farms are important for many reasons. Farms help to make our state a beautiful place to live. They provide jobs and they grow fresh and healthy foods

for us to enjoy. This book shows foods from all of the different food groups in a wide array of colors. I hope you enjoy this book as much as you enjoy the delicious foods that are grown and raised on Wisconsin farms.

This book is dedicated to the Dairy Farm Families of Wisconsin who for more than a 100 years have made Wisconsin "America's Dairyland." This book is also dedicated to my parents who gave me the amazing gift of growing up on a *Farm of Many Colors*.



**Wisconsin is famous for
our cows and our dairy**

**Red, black, brown and white
the cow colors vary**

**Is there any other food made
from milk that you know?**

**Let's visit a farm to find fresh
foods from the rainbow**



**Milk starts on a farm
and ends in a store**

**Along the way made
into dairy foods GALORE!**

RED

Red, ripe
and delicious

Apples are awesome
and so nutritious



On a vine are
rosy red tomatoes

And in the ground
are red potatoes



Don't forget about the big
barn that is red

A special home for all
of the animals to be fed



ORANGE

Oohhh... how I love
the farm in the fall

To see the amazing
colors best of all



You are sure to find
orange leaves on trees

Red, brown and gold
blown away by the breeze



Orange pumpkins in patches,
carrots in the ground

Or made from milk a wheel
of cheddar that is round





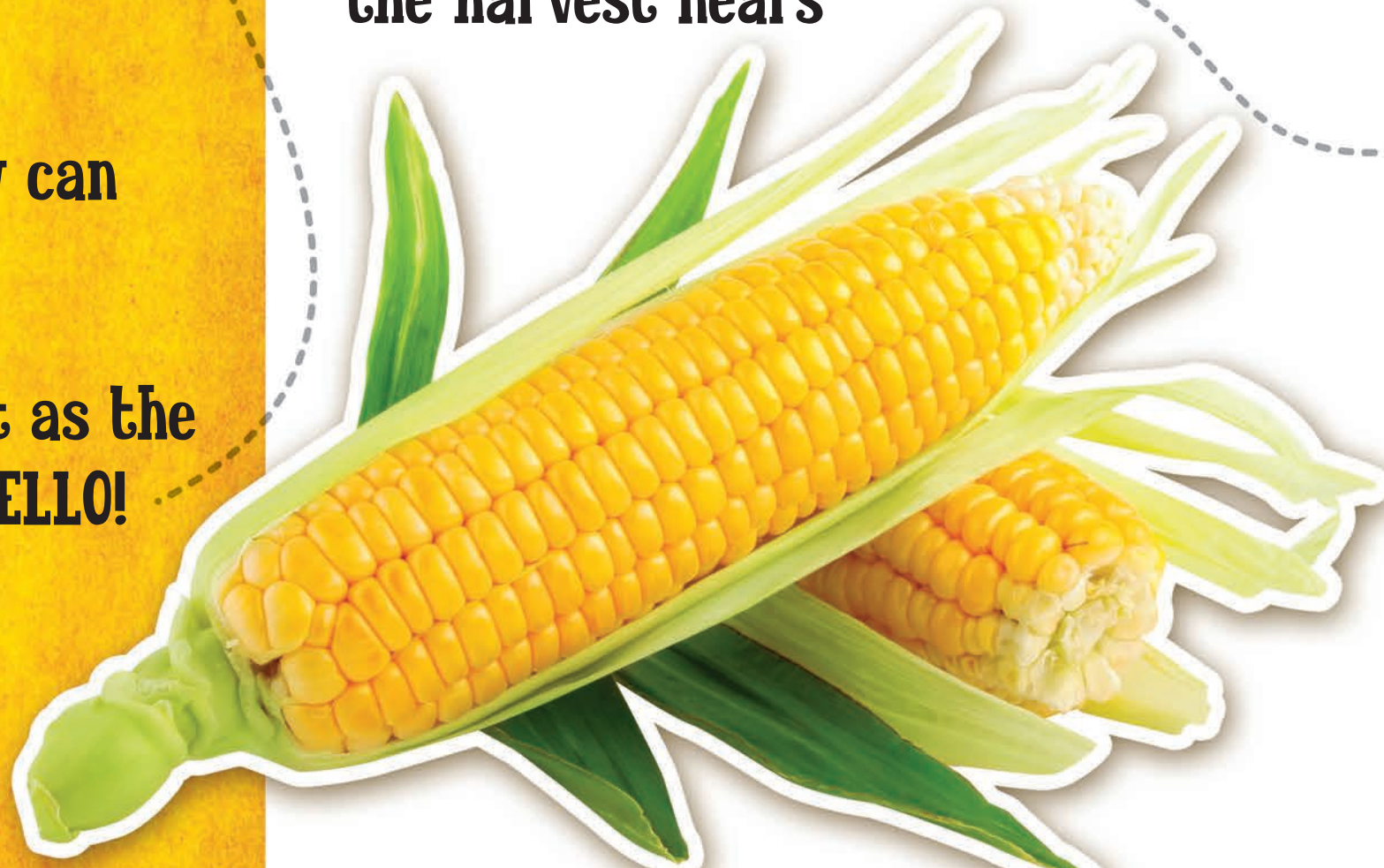
YELLOW

**Corn crops glisten
with yellow ears**

**Growing taller as
the harvest nears**

**The color yellow can
be quite mellow**

**Or can be bright as the
morning sun's HELLO!**



**Farm fields flourish with
the golden yellow wheat**

**To make whole grain breads
and cereals that we eat**





GREEN

**Gorgeous green fields
cover our great state**

**Growing healthy foods
for our dinner plate**

**Green vegetables
are not hard to find**

**Even if you'd like a
new and different kind**



**Green beans, lettuce, peas
and broccoli to name a few**

**Or try zucchini, brussels
sprouts and cucumbers, too!**



BLUE



Baby blue, bright blue,
light blue or true blue

The color of the farm sky is
amazing in the morning dew



Can you think of anything
else on a farm that is blue?

Tractors, blueberries and
flowers just to name a few



Eggs of all different
colors a chicken can lay

You may be surprised to
find a blue one someday

PURPLE

Purple is my
favorite color

It is as pretty
as no other

Purple beans and an
eggplant for you

Are you surprised
that purple foods grew?

You may not find
a purple cow

But purple vegetables,
we're thinking now



WHITE

Many animals on the farm are white today

Ducks, geese, sheep and cows spots in array

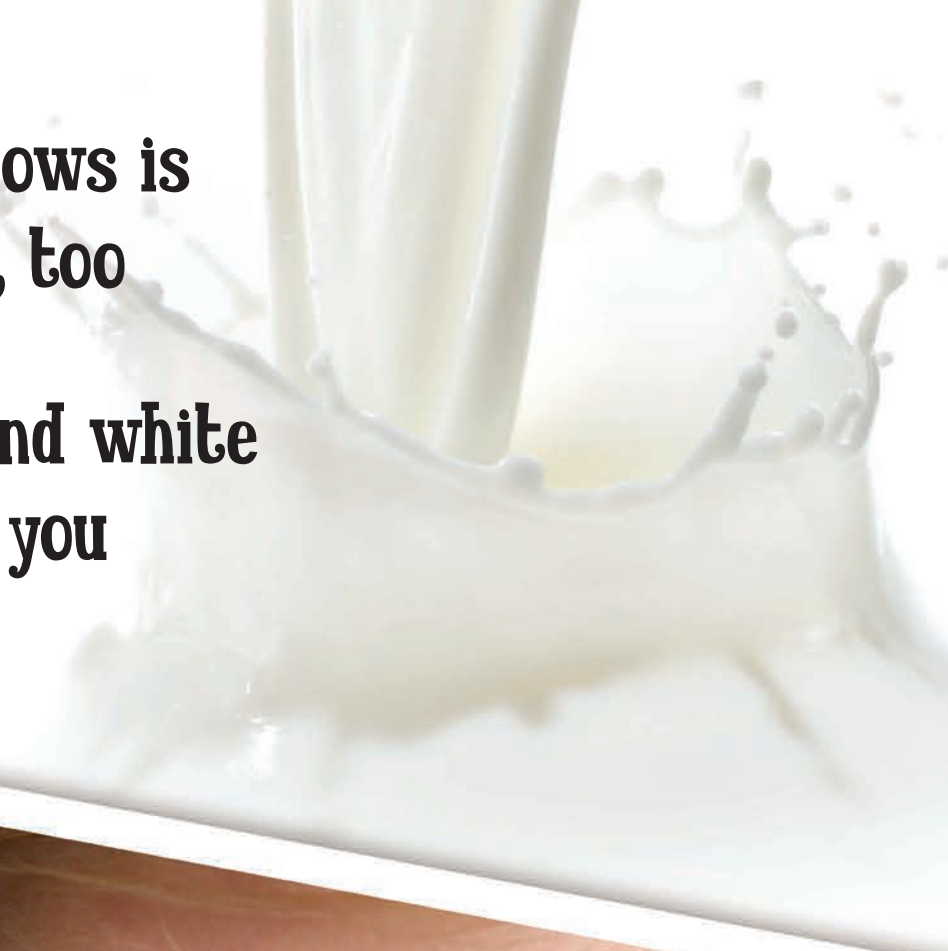


Cows make white milk for you and me to drink

Wouldn't it be fun if cow's milk was pink?

Milk made from cows is pure and natural, too

It makes bones and white teeth strong for you



BROWN

Some of our farm friends like brown to wear

Bunnies, kittens, puppies and even a mare



These are the animals that make farms more fun

We can play with them when our chores are done



Chocolate milk is delicious and light brown in color

It helps our bodies grow strong and healthy like no other

PINK



Yogurt is made from the fresh milk from a cow

Blend with fresh berries for a pink food that says WOW!



Pink is so pretty, don't you think?

Mixing red and white is the secret to pink



Red raspberries are yummy and strawberries are sweet

It's hard to choose a flavor for this sweet dairy treat.



**That's the end of
our colors for now**

**Don't forget about
the milk from a cow**

**Enjoy each day milk,
yogurt or cheese**

**Try one for breakfast, lunch
or dinner if you please**

**Farm fresh foods of every color
make your meals complete**

**To grow a healthy body from
your head down to your feet!**



Rainbow Parfait

RECIPE

- 2 Spoonfuls of your favorite flavored yogurt
- 1-2 spoonfuls of your favorite fresh or unsweetened well-drained fruit (blueberries, strawberries, peaches, bananas, or fruit cocktail)
- 1-2 spoonfuls of any whole grain, low sugar cereal or granola

Layer the above ingredients in an 8 ounce glass beginning with the yogurt and ending with the cereal.

Enjoy!





**The
End**



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