

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

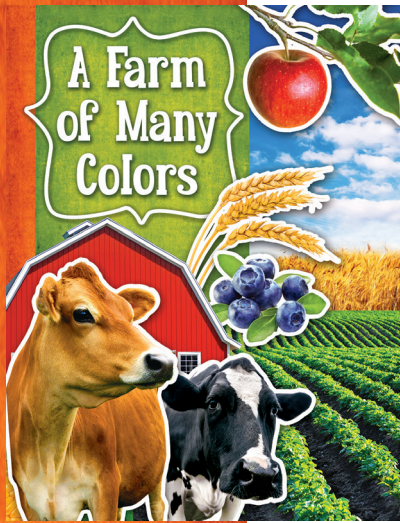
A Farm of Many Colors Lesson

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

