

TabMOO – Instruction Card

Overview: Students will divide into teams to play TabMOO, a variation on the classic Taboo game. One member of the team, designated as the team speaker, will draw cards that contains Farm to School trivia and provide clues to their team in an effort to have them guess the key words on the cards.

Directions:

- Divide your group into two teams, with each team assigning a team speaker. One person should be assigned as a timekeeper.
- Cards should be placed face down.
- The team speaker will give clues, and students will have to try and guess the key word at the top of the card.
- The speaker may read the clues under the key word, but cannot say the key word.
- Each team will get **:30 per round** to try and get through as many cards as possible.
- After two rounds, the team with the most correct guesses is declared the winner.
- **Note: If there is a tie after two rounds, use one final card as a tie-breaker, to be read by a neutral facilitator. The first team to answer the tiebreaker wins!**

What's Included:

- This Instruction Card
- 21 Game Cards



x1



x21



TabMOO
INSTRUCTION CARD

Milk MOOvement – Instruction Card

Overview: Students will split into two teams, and will each be given a stack of picture tiles that represent different stages of the dairy farm to school process. Students will be asked to group pieces by image and then arrange them in chronological order of how dairy begins on the farm to when it arrives in the school cafeteria.

Directions:

- Shuffle the students into two teams.
- Each team will receive a SHUFFLED stack of 24 picture tiles.
- When the facilitator says start, teams will begin to race, sorting and organizing their picture tiles.
- Each team will assemble the five images, placing them in chronological order.
- The first team to get their tiles assembled and in the correct chronological order, wins.
- Debrief and review the farm to school process as a whole group.

What's Included:

- This Instruction Card
- Two Sets of 24 Picture Tiles (48 Total Tiles)



x1



x24



x24



MILK MOOVEMENT
INSTRUCTION CARD

Whip It Up: Cooking Lesson – Instruction Card

Overview: Students will gain understanding about how incorporating different ingredients creates a familiar food.

Cooking demonstration on one of two options:

- **Ricotta Cheese**
- **Creamy Apple Butter Dip**

Directions:

- Read over the recipe cards and choose which recipe you want to try.
- Students and teachers can plan ahead and decide what supplies and ingredients are needed and who will be bringing them in.
- Try to get ingredients from local markets.
- Choose a day to conduct the cooking activity.
- Follow the recipe cards and enjoy!
- Remember to wear gloves when cooking.

What's Included:

- This Instruction Card
- Coffee Filters
- 2 Sample Recipe Cards

INSTRUCTION CARD

x1



A Few!



x2



WHIP IT UP: COOKING LESSON

INSTRUCTION CARD

Farm to School Jeopardy – Instruction Card

Overview: The goal is to provide students with information about all aspects of farm to school including where food comes from, what a body needs to stay healthy, and how foods get from a farm to their school. Utilizing a gamified approach, students will play a version of Jeopardy. The Jeopardy board categories will mirror the MyPlate food groups. Breaking up into teams, students will take turns choosing a category and dollar amount level then answering a multiple-choice question about the food group.

Using knowledge gained from the Jeopardy game, students will design a MyPlate food poster that represents the journey of foods through the people that process, deliver, cook and serve them. The posters will hang in the cafeteria where other students can see them and choose their favorite.

Directions – Part 1: Farm to School Jeopardy

- Set up the Jeopardy cards face down by category, in numerical order.
- Divide students into three teams.
- Each team will take turns choosing a card, including the point amount ("Fruits for 200").
- The facilitator will flip over the card and read the question.
- The team will have a chance to answer the question. If they answer it correctly, the team will receive the number of points that is on the back of the card. If the team answers the question incorrectly, then they receive no points.
- The teams will take turns answering questions until there are no more cards left.
- The answer key is in the Educator's Guide.

Directions – Part 2: Poster Design

- Students will take the facts that they learned from the Jeopardy game to create posters that represent the farm to school journey for each category.
- Display the posters in the school cafeteria.

Directions – Part 3: Reflection and Discussion

- Students will come together for reflection to discuss what they learned and what the next steps can be in their efforts to encourage the school community to choose fresh, locally grown foods and educate others about the journey food takes to get to their cafeteria and the people that help get it there.

What's Included:

- This Instruction Card
- 20 Jeopardy Cards (+1 Answer Key Card)
- 15 Blank Poster Sheets



x1



x21



x15



FARM TO SCHOOL JEOPARDY
INSTRUCTION CARD

Game Show – Instruction Card

Overview: Student will use what they have learned from previous activities to create their own Farm to School game show. They'll be illustrating, in a really fun way, the journey food takes from Farm to School!

Directions:

- Utilize the enclosed game board, cards and knowledge you have gained to design an interactive game show.
- Get creative then play with other students in various classrooms and at assemblies.

What you'll need:

- Enclosed game board, game pieces, and cards
- Materials to design your own game

What's Included:

- This Instruction Card
- 1 Blank Game Board
- 1 Deck of Blank Playing Cards
- 1 Pack of Dice and Game Pieces



x1



x1



x1



x1



GAME SHOW
INSTRUCTION CARD

Map it Out! – Instruction Card

Overview: Students will educate their peers about where food comes from by creating a display in the cafeteria for a featured food.

Directions:

- Work with your school nutrition staff to help create the display and choose the featured food.
- Utilize the enclosed map to indicate where the food comes from and create a profile of the farmer who produced it.
- Get creative by finding other ways you can educate your friends about the origin of the food like inviting a farmer to speak or constructing an eye-catching exhibit. Rotate the featured food as often as possible.

What you'll need:

- Map (enclosed) with pins or Post-it notes to show where featured food comes from
- Other materials to showcase the featured food such as posters or food displays

What's Included:

- This Instruction Card
- 1 USA Map

**INSTRUCTION
CARD**

x1



x1



MAP IT OUT!
INSTRUCTION CARD

Classroom Cooking Club – Instruction Card

Overview: Students will start a Classroom Cooking Club in the school that focuses on using local ingredients to make nutritious and economical recipes and get their friends involved in farm to school in and active and hands-on way.

Directions:

- Develop your own recipes.
- Invite local farmers to speak to your club members.
- Have your school nutrition staff act as celebrity chefs.
- Promote your club to other students.

What you'll need:

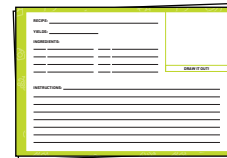
- Enclosed blank recipe cards
- Cooking tools and utensils
- Resealable bags for students to take home food/meals

What's Included:

- This Instruction Card
- 2 Blank Recipe Cards



x1



x2



CLASSROOM COOKING CLUB
INSTRUCTION CARD