



EDUCATOR GUIDE

**THE FARM TO SCHOOL
PLAY-IN-A-BOX-KIT**

WHAT IS FARM TO SCHOOL?

Farm to School is about students learning where their food comes from and leading efforts to have your school purchase and serve nutritious, fresh, regionally grown and raised food – including milk. Farm to School has two parts: **education** (learning about local foods in the area and understanding their benefits) and **implementation** (bringing locally produced food and dairy into school in a practical way).

HOW TO USE THE EDUCATOR GUIDE

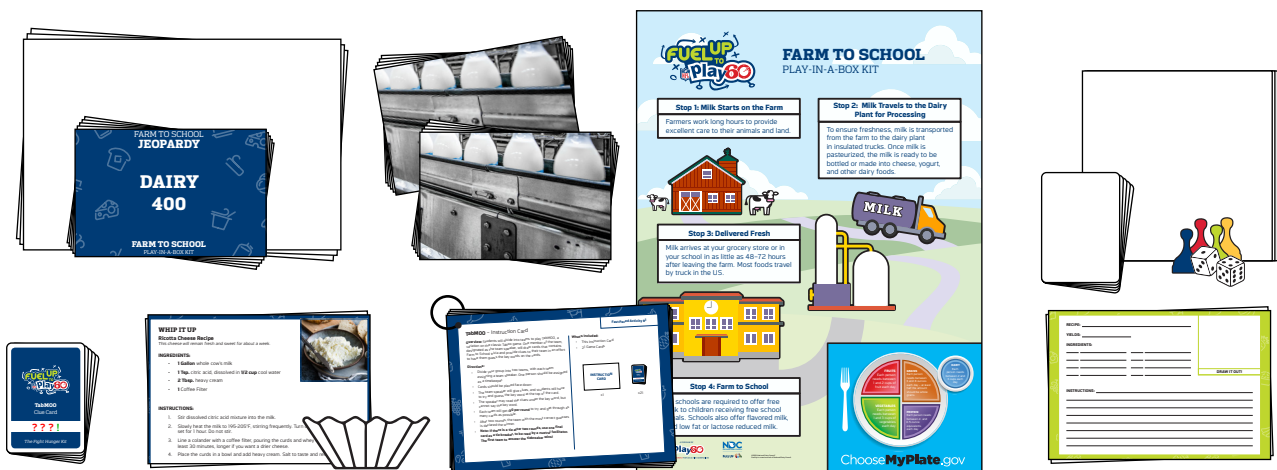
This guide includes all of the lessons found in the kit, as well as extra teacher content: pre-assessment questions, reflection questions, facilitator tips, and answer keys. The Educator Guide also provides additional resources and optional homework assignments.

Pre-assessment Questions: Ask students questions before you start the lesson so you can gauge how much they already know.

Discussion Questions: These are meant to be conversation starters after an activity has been completed to help students reflect on their learning as well as think about next steps.

SCHOOL ACTIVATIONS

There are three activations to help your FUTP 60 team get started on the Farm to School Play. Each activation is weighted based on the time and the resources needed.



FAST-PACED ACTIVITIES

Three activities designed to provide an interactive way for students to understand where food comes from and to inspire them to make healthy choices. Each activity is quick and easy to complete and provides a foundational knowledge that will begin the path to understanding food's journey from Farm to School. Each activity should take approximately 15 minutes.

TabMOO

Students will divide into teams to play TabMOO, a variation on the classic Taboo game. One member of the team will choose a card that contains Farm to School trivia, then he/she will provide clues to their team in an effort to have them guess the words on the cards.

Purpose: To provide basic facts about farming, farm animals, food growth and production

Pre-assessment Questions:

- What is one interesting fact you know about farming? (the process, the farms, animals)

Discussion Questions:

- What is one thing you learned and/or found interesting?

Facilitator Tips:

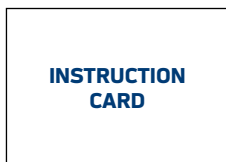
- Encourage the students to journal ideas on how to educate others in a fun way.

Answer Key:

The answers are illustrated on the cards.

What's Included:

- Instruction Card
- 21 Game Cards



x1



x21

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MILK MOOVEMENT

Students will split into two teams with each given a bag of picture tiles that represent the journey that milk takes from farm to school. Students will be asked to group tiles by image and then arrange them in chronological order, from milking a cow to a student drinking milk in their school.

Purpose: Establish a connection between food and the farmer that produces it while introducing the journey food takes to get to their school

Pre-assessment Questions:

- Where does your food come from?
- What is the role of a farmer?
- How does food go from the farm to your plates?

Discussion Questions:

- In the Farm to School journey, which process do you know the least about?
- How can we learn more and educate others?

Facilitator Tip:

- Use a timer during the activity, and challenge your students to complete the activity under a time limit.

Answer Key:



Milking Process

Farmers work long hours to provide excellent care to their cows, milking cows multiple times a day.



Transporting

Milk is transported from the farm to the dairy plant in insulated trucks.



Processing

Milk is pasteurized before it can be bottled or made into other dairy foods.



Packaging

Milk is bottled at the dairy plant.



Delivery

Milk is delivered to your local grocery store or school within 48-72 hours. It travels by truck.

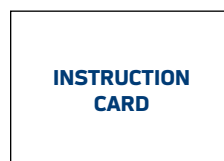


Enjoying!

Schools offer flavored milk, low fat milk, and lactose reduced milk.

What's Included:

- Instruction Card
- Two sets of 24 Picture Tiles (48 Total Pieces)



x1



x24



x24

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WHIP IT UP: COOKING LESSON

Students will gain understanding about how incorporating different ingredients creates a familiar food, and will take part in a cooking demonstration on one of two options:

- Ricotta Cheese
- Creamy Apple Butter Dip

Purpose: Illustrate how food is more than just something bought at a grocery store and emphasize the importance of knowing where food is from

Pre-assessment Questions:

- Where did each of the ingredients come from?
- What are some of the benefits of the ingredients?

Discussion Questions:

- What are the benefits of using local foods?
- How can we encourage the use of local foods in our schools?
- Why is it important to know where your food comes from?

Facilitator Tips:

- Plan in advance.
- Ask students to help bring in ingredients.
- Talk to school staff and follow all school procedures.

What's Included:

- Instruction Card
- 2 Sample Recipe Cards
- Coffee Filters



x1



x2



A Few!

INTERACTIVE EXERCISE

By using a gamified approach, this interactive exercise provides 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.

FARM TO SCHOOL JEOPARDY

The Jeopardy board categories will mirror the MyPlate food groups. Breaking up into three teams, students will take turns choosing a category and point amount, answering questions about the selected food group.

Using knowledge gained from the Jeopardy game, students will design a MyPlate 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.

Purpose: To provide awareness about the different food groups including what foods are healthy for your body, to connect students to food sources, and begin to create informed Farm to School ambassadors.

Pre-assessment Questions:

- What are the different food groups?

Discussion Questions:

- How can we connect others to their foods?
- What is one thing you didn't know that you do now?

Facilitator Tip:

- Be flexible as most students' answers will vary.

More resources:

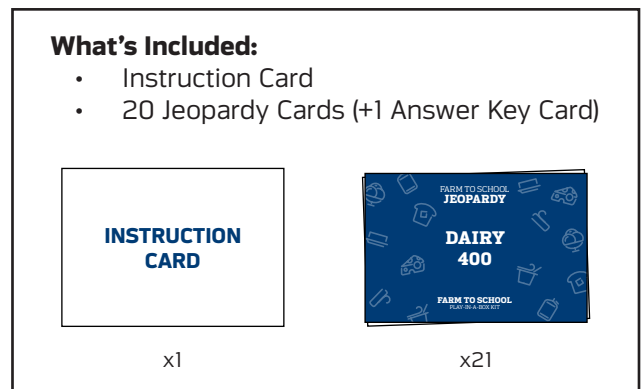
- MyPlate.gov
- Local Dairy Council
- USDA Farm to School toolkit

Optional Homework Assignments

- Refrigerator Inventory: Make an appointment with the school cafeteria staff to go check out the school refrigerator. Write down items you see and where they come from. Determine how much of the food is locally sourced.
- Food Journal: Have students record what they eat and where it comes from for a week. At the end of the week, students can share their food journals.

Answer Key:

| | | | | |
|--|--|--|---|---|
| Fruits – 100 Farmers, regular citizens | Vegetables – 100 Answers will vary | Protein – 100 Answers will vary | Grains – 100 Between 2-8 months | Dairy – 100 Dairy farmer |
| Fruits – 200 Answers will vary | Vegetables – 200 Answers will vary | Protein – 200 By truck | Grains – 200 Rice | Dairy – 200 48-72 hours |
| Fruits – 300 Bananas | Vegetables – 300 Answers will vary | Protein – 300 Answers will vary | Grains – 300 Processing | Dairy – 300 Answers will vary |
| Fruits – 400 1-2 cups | Vegetables – 400 1/4 of your plate | Protein – 400 Between 2-6.5 ounces | Grains – 400 3-8 ounces | Dairy – 400 Between 2-3 cups |



SCHOOL ACTIVATIONS

Here are three activations to help your FUTP 60 team get started on the Farm to School Play. Each activation is weighted based on the time and the resources needed. You and your team may start with light and progress to heavy, choose one, or decide to try different activations at different points of the school year. Don't forget to report your Play on your FUTP 60 dashboard!

LIGHT LIFT – GAME SHOW

Utilizing what they learned from earlier activities, students will produce a Farm to School game show! They will play this with other students in various classrooms and assemblies to pass on their knowledge in a fun way.

Purpose: This “Light Lift” activation illustrates, in a fun way, the journey food takes from Farm to School.

Facilitator Tips:

- Allow students to be as creative as possible.
- Research interesting facts about local processes.
- Rehearse and practice the game before playing it with others.

What You'll Need:

- Enclosed game supplies
- Writing utensils or markers
- Any supplies you have at home or in school that will make the game fun and exciting

What's Included:

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



x1



x1



x21



x1

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MEDIUM LIFT – MAP IT OUT

Students will bring farming to life by creating a display in the school cafeteria that features foods served there and showcases where they come from. With the help of the school nutritionist, the display will use a map to visually illustrate where the featured school food item originates as well as a profile on the farmer who helped to produce it.

Purpose: This “medium lift” activation provides a more engaging way to showcase Farm to School by mapping out the journey of food to the school cafeteria and featuring a familiar food.

Facilitator Tips:

- Have students research local farms and foods.
- Have students reach out to the school nutritionist to gain more information on healthy foods in schools.
- Have students reach out to a farmer – they may be willing to come visit your school!

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:

- Instruction Card
- USA Map



x1



x1

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HEAVY LIFT – CLASSROOM COOKING CLUB

Students will start a Classroom Cooking Club which will focus on using local ingredients to make healthy recipes as well as inviting local farmers to discuss how they grow and transport foods. Students will be responsible for recruiting local farmers to come speak, developing recipes, working with school nutrition staff, and promoting the club to their peers. Students can bring in school nutrition staff as celebrity chefs.

Purpose: This “heavy lift” activation will lead efforts to engage more students in Farm to School practices by connecting students with a similar interest around understanding where food comes from.

Facilitator Tips:

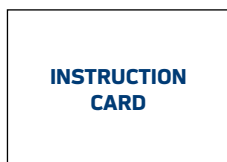
- Research
 - Where can local, healthy ingredients be obtained?
 - What is the budget for buying food?
 - Is there a farmer close by willing to be a guest speaker?
- Discuss logistics
 - Where can the club take place?
 - What is the school rule for bringing in food?
- Have students create a list of healthy recipes in advance to get approval from school leaders.
- Have students create promotional material for this new club.

What You'll Need:

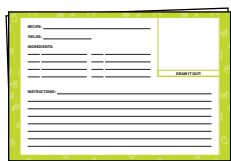
- Enclosed blank recipe cards
- Cooking tools and utensils
- Resealable bags for students to take home ingredients/meals

What's Included:

- Instruction Card
- 2 Blank Recipe Cards



x1



x2



THE FARM TO SCHOOL PLAY-IN-A-BOX KIT

Presented by...



GOT QUESTIONS?

Please reach out to the Fuel Up to Play 60 team at
StudentAmbassador@FuelUpToPlay60.com



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