

## 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

## 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



## **SPOODLE**

1. A kitchen appliance used to measure out sauces
2. Commonly used when making pizza
3. Spoon + ladle



**TabMOO**  
Clue Card

? ? ? !

*Farm to School Kit*



## **COW DUNG**

1. Can be used as a source of energy
2. Can be used as a fertilizer
3. Can be used to make bricks



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **DAIRY**

1. A nutrient-rich food group
2. Contains calcium, vitamin D, and proteins
3. Foods include milk, cheese, yogurt





**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **FARMER**

1. Can teach you about how and where food is produced
2. Feeds everyone in the world
3. Can work 10-14 hours per day



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **COW**

1. Can walk upstairs but not down
2. Has four stomachs
3. Weighs between 1000-1800 pounds



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



# FARMERS MARKET

1. Local items are sold here
2. Fruits, vegetables, cheese, breads
3. Supports family farmers



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **CALCIUM**

1. Helps build strong bones and teeth
2. Found in milk
3. Is stored in your teeth and bones





**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **PROTEIN**

1. Helps build and repair muscle tissue
2. Found in foods like milk, meat, cheese, and eggs
3. Acts as a fuel for the body



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **GARDEN**

1. A space used to grow veggies and fruits
2. Can exist at home, at school, and in a community
3. Can feed the local people and animals



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



# **SCHOOL CAFETERIA**

1. A place to socialize
2. A place where school staff feed students
3. Comes with a well-balanced menu



**TabMOO**  
Clue Card

? ? ? !

*Farm to School Kit*



# **WATER**

1. One gallon can be used up to 4 times on a dairy farm
2. Can be warmed and can be chilled
3. Drink it, squirt it, splash it





**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **TASTE TEST**

1. A way to try local, seasonal food items
2. To sample in order to check flavors
3. A chance to give personal feedback



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **COOKING CLASS**

1. A way to learn how to use local foods
2. A fun way to introduce new foods
3. Can be led by a farmer, teacher, or student



**TabMOO**  
Clue Card

???!

*Farm to School Kit*



## **BUSHEL**

1. A unit of measurement for crops (usually grain)
2. For corn, it equals 56 pounds
3. For wheat it equals 60 pounds



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



# **SEEDLING**

1. Used to make food
2. A very young plant
3. Needs water and nutrients to grow





**TabMOO**  
Clue Card

? ? ? !

*Farm to School Kit*



# CHICKEN

1. Found on many farms
2. Can be used for meat or eggs
3. Can eat seeds, insects, small mice, and lizards



**TabMOO**  
Clue Card

? ? ? !

*Farm to School Kit*



## **FRUITS**

1. Need 1-2 cups daily
2. Grows on trees, vines, and bushes
3. Availability is based on the season



**TabMOO**  
Clue Card

? ? ? !

*Farm to School Kit*



## **VEGETABLES**

1. Need 1-3 cups daily
2. Can be a root, stem, bud, bulb, leaf stalk, or seed
3. Can be fresh, canned, frozen, dehydrated and pickled



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*



## **CURD**

1. Producing these is one of the first steps in cheese making
2. Solid pieces of milk protein
3. Can be found in sour milk

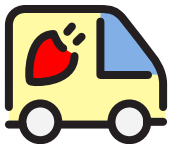




**TabMOO**  
Clue Card

???!

*Farm to School Kit*



# **FARM TO SCHOOL**

1. Education & Implementation
2. Connects farmers, students, and communities
3. Raise awareness on what's going on in your backyard



**TabMOO**  
Clue Card

? ? ? !

*Farm to School Kit*



## **FOOD SAFETY**

1. The handling, preparation, and storage of food
2. USDA helps to regulate this
3. Clean, Separate, Cook, Chill



**TabMOO**  
Clue Card

?? ? !

*Farm to School Kit*