



From the Field Trips Program

The following are suggested follow-up activities to help students reflect on their field trip experience.

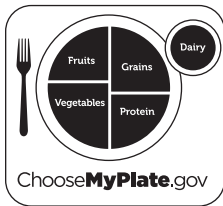
After the Trip

Ask students their overall impressions of the field trip. **What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?**

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you letters to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

Demonstrate Knowledge



Invite students to create their own MyPlate using paper plates. Have them divide the plate into the appropriate food group sections. Use a larger sheet of construction paper to represent a placemat. Glue the plate to the “placemat,” along with a white circle to represent the Dairy Group.

Encourage students to draw at least one representative food in the appropriate food group. Or students may want to cut out pictures of different foods to attach to their plates. Discuss that students can use these to help them remember how to make a balanced meal.

Next, have students complete the Local Foods worksheet.

Worksheet Extension for Older Students: Next to each locally-grown fruit or vegetable above, have students write when the item is in season (winter, spring, summer or fall). Some foods will be available in more than one season. Students should use the What Is in Season? chart for help.



Name: _____

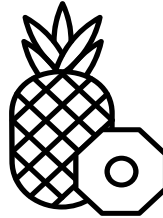
Date: _____

Local Foods

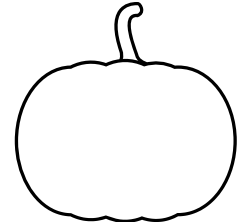
On the field trip, you learned about in season local foods. Below are some foods that grow locally (nearby) and some that grow better far away. Circle the foods that are grown locally.



apple



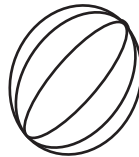
pine apple



pumpkin



blueberries



watermelon



spinach



sweet potatoes



asparagus



oranges



bananas



avocado



carrot