



# From the Field Trips Program

The following activities are suggestions to help you prepare students for the upcoming field trip and to provide the appropriate background knowledge.

## Before the Trip: Activate Knowledge

Discuss what students might experience on the field trip to the Lowes Foods supermarket. Tour highlights include:

- Discussing the benefits of eating locally-grown foods
- Exploring what plants need to grow
- Learning about the importance of nutrition

**Ask: What do you do at the grocery store? What kinds of food do you and your family shop for?**



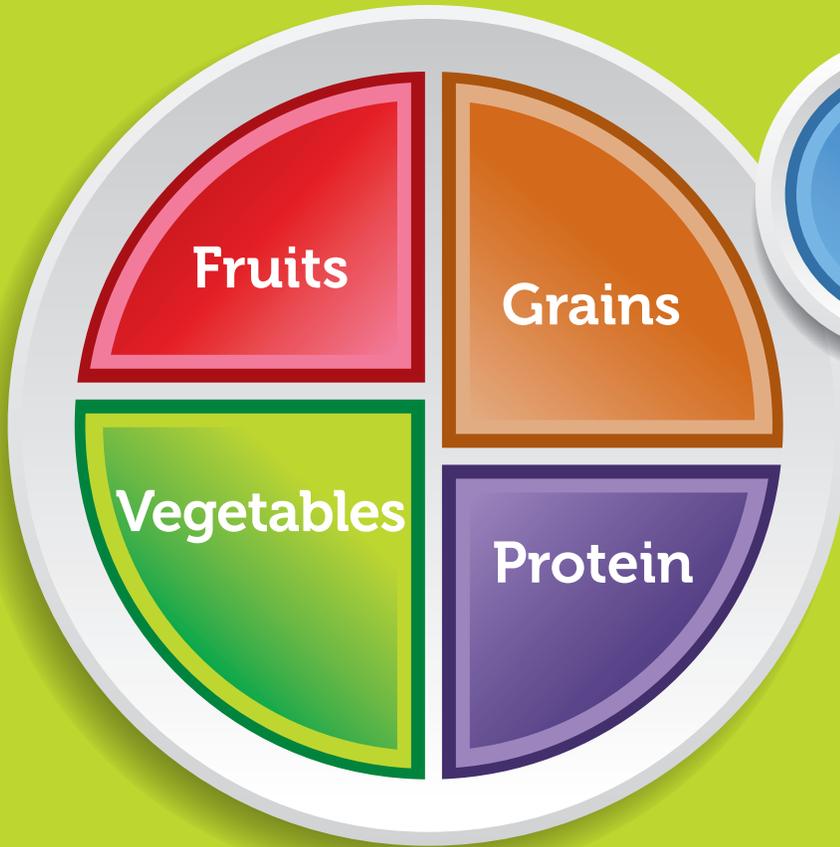
Introduce MyPlate to students. Display the MyPlate visual and ask students what they notice. Students may notice that some colored sections are bigger than others or that the red/fruits and green/vegetables take up half the plate. Explain that each color represents one of the five food groups. Discuss how it is important to eat foods from each of the food groups, naming some examples for each group.

Invite students to complete the Eating a Rainbow worksheet to reinforce healthy food choices. Then discuss where the food they find in the grocery store comes from. Provide some examples and ask students where each might grow. **Ask: Have any of you ever gone apple picking? Or picked your own fruits or vegetables from a garden?**

Help students understand that some foods are grown in their community and some foods are grown far away in other countries that we can't grow locally.

Use one or both of these ideas to reinforce the benefits of locally-grown foods.

- Invite a local farmer to come to the classroom and talk to students about the foods they grow and how the foods they harvest change each season.
- Provide a seasonal fruit or vegetable for students to taste.



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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Eating a Rainbow

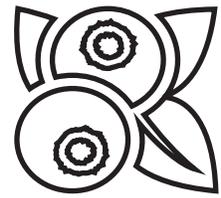
On the field trip, you'll learn what it means "to eat a rainbow of produce." Produce is fresh fruits and vegetables that farmers grow. Color the fruits and vegetables you want to put on your plate, or draw your own. Make sure you have a rainbow of colors: red, orange, yellow, green, blue or purple.



banana



egg plant



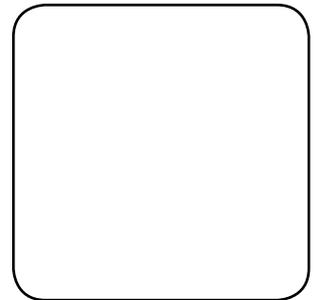
blueberry



apple



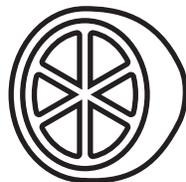
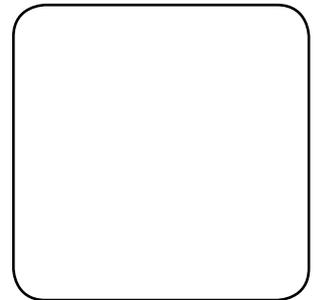
grapes



lettuce



pepper



orange



broccoli

