



### Farm to Preschool Assignment Ideas for Community College Courses

- Plan a menu that features a local product prepared in different ways.
- Research culture specific foods and diets in a specific geographic area and develop a menu. Research and write a summary of local farmers that provide those foods. (Reach out to your local Cooperative Extension office to learn about farmers in your area.)
- Use the Toolkit to design a unit around one local product
  - What will you do in the classroom?
  - What will you serve for meal(s)/snack(s)?
  - How will you communicate what you are doing with local food in the center with to families?
- Design a bulletin board for educating families about local food that the kids are eating at the center.
- Identify an existing recipe where a local food item could replace a non-local food item and/or develop a recipe that uses a local food item that would be feasible to feature on a center's menu. Optional: prepare recipe, conduct a taste test, and evaluate the recipe.
- Review and become familiar with food safety guidelines for cooking with local foods in a center, cooking with foods from edible gardens, preparing taste tests in the classroom, and conducting cooking demonstrations and classes.

The following table is an example of some farm to preschool assignments Blue Ridge Community College has used in their courses.

Course	Assignment
EDU 153 Health, Safety, Nutrition	<p><i>This assignment is designed to help students familiarize themselves with the different areas of the Farm to Preschool Toolkit.</i></p> <p>1) Select one <b>Preschool Lesson</b> from the Toolkit.</p> <ul style="list-style-type: none"> <li>● Give the name of the lesson.</li> <li>● Give the page number of the lesson.</li> <li>● Explain what you liked about this lesson.</li> <li>● Explain why you chose this lesson.</li> </ul> <p>2) Select one of the <b>Gardening Ideas</b> from the Toolkit.</p> <ul style="list-style-type: none"> <li>● Give the page number where you found it.</li> <li>● Explain what you liked about the idea.</li> <li>● Explain why you chose it.</li> </ul> <p>3) Select one of the activities in the <b>This Week in the Garden</b> sections from the Toolkit.</p>

Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).  
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	<ul style="list-style-type: none"> <li>• Give the page number where you found it.</li> <li>• Explain what you liked about the idea.</li> <li>• Explain why you chose it.</li> </ul> <p>4) Select an <b>Energizer Activity</b> other than the one used from #3 above.</p> <ul style="list-style-type: none"> <li>• Give the name and page number where you found it.</li> <li>• Explain what you liked about the idea.</li> <li>• Explain why you chose it.</li> </ul>
EDU 131 Child, Family, Community	Give 5 examples of activities from the toolkit that you might use in your classroom to enhance child/family engagement. Explain each activity and elaborate on why you feel each activity benefits the child and parent/family member.
EDU 151 Creative Activities	<p><i>This assignment is used as an introduction to lesson planning as the Toolkit lesson plans show students the elements of lesson planning and what is needed to implement the lesson. This is the first time I have used an assignment of this nature in the online course and have seen excellent lesson plans created as a result of the students having the resource as a model for them to follow.</i></p> <p>Review the Farm to Preschool Toolkit at <a href="https://growing-minds.org/farm-preschool-toolkit/">https://growing-minds.org/farm-preschool-toolkit/</a> and choose one lesson plan that appeals to you. Use the lesson plan with a group of children or an individual child. You may do this activity with any group of children or in your workplace.</p> <p>In your submission, include: Name of lesson plan and provide the Toolkit page number for the lesson plan Answer these questions:</p> <ol style="list-style-type: none"> <li>1. What parts of the lesson plan were easy to follow?</li> <li>2. What parts of the lesson plan provided you with all the information you physically needed to complete the activity?</li> <li>3. Tell me about gathering the materials needed to put the lesson plan into effect. What if any were your challenges?</li> <li>4. Reflect on the children's response to the lesson plan. What did they enjoy? What did they find to be challenging? What did you enjoy doing with the children?</li> <li>5. What if any changes would you make to the lesson plan?</li> <li>6. What elements of the lesson plan format were of most benefit to you?</li> <li>7. What elements of the lesson plan will you be sure to use in your future lesson planning activities?</li> </ol>
EDU 280 Language & Literacy	Review the literature in the resource: <a href="https://growing-minds.org/childrens-literature/">https://growing-minds.org/childrens-literature/</a> or the Farm to Preschool Toolkit. Choose a theme (farm or food related) and review 8 to 10 books from the list provided in the resource. Present three of the books to children in various settings using the Dialogic Reading Method.