

Third Week of January

Get Local @ School Product of the Month = Apples

What's Growing?



Farms don't just grow fruits and veggies, they grow animals too! Many farms in WNC raise pigs, chickens, goats, cattle, and even bison. Introduce your students to the variety of animals that live on farms in Western North Carolina, using buyappalachian.org to research area farmers. Help them understand the commitments involved in raising farm animals and make connections to the responsibilities they may be familiar with that come along with owning a pet.

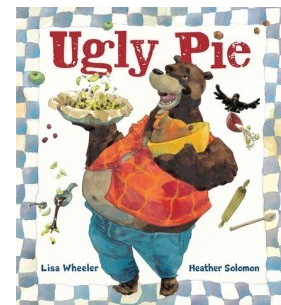
Visit the Growing Minds website for more ways to connect Farm to School with curriculum:
www.growing-minds.org

Activities

- ◆ Show students different pictures of farm animals and listen to them make the corresponding animal noises. This would be great time to introduce the classic "Old McDonald" song.
- ◆ Come up with a story for the day in the life of a farm animal of choice. What does the farm animal eat for breakfast? Where does it play or sleep? Compare and contrast to the children's experiences.

Farm to School Book of the Week

Ugly Pie
Lisa Wheeler



Bear is trying to hunt down some ugly pie, but all he can find are pies that please the eye!

After gathering his ingredients, Bear has to cook up his ugly pie all by himself. How will it turn out? This book includes a recipe for ugly pie.

Energizers

Encourage students to get active with these Farm to School energizers!

Get Local recipe:

Apple Pie Overnight Fridge Oats

1/3 cup rolled oats
1/2 cup chopped apples
1/2 cup unsweetened almond milk
1 tsp honey
1/2 Tbsp almond butter or peanut butter
1/2 cup plain green yogurt
1/2 tsp cinnamon (optional)
Plastic containers or jelly jars.

Steps

1. Layer oats, milk, honey, almond butter, yogurt and apples into mason jars or plastic containers.
2. Mix together with spoon or a butter knife works great.
3. Refrigerate overnight and have for snack or breakfast the next day.



Have children play pretend with this week's energizer. Explain to children that when you shout out an animal the child has to walk like that animal would walk. You can choose from cows, pigs, turkey, chickens, sheep, horses and many more. How do these animals eat, run, sleep? Have the children attempt mimic all of these movements in a large open area.