

# Activities Description and Selection

We want to make your group's experience at the Food Literacy Project at Oxmoor Farm as meaningful as possible. As a part of the field-to-fork experience, we ask that each group take part in both the Tasting Tour and Field-to-Fork activity to help students experience the relationship between farming and food. In addition to these two activities, it is our desire to provide age and academically appropriate lessons. Below you will find a list of activities along with a description and the age groups they are best-suited for. Please select two (2) additional activities to participate in during your farm experience. Activities are always subject to the variables of time, weather and resources available. We will tailor the experience to the specific needs of your group, if there are some special consideration or particular areas you'd like us to focus on, please let us know and we will do our best to accommodate.

<b>X</b>	<b>Activity</b>	<b>Activity Description</b>	<b>Ideal for</b>
	<i>Compost/Worm Exploration</i>	Students explore interdependence and the role of the worm as decomposer, getting an up close view of red wigglers turning waste into fertilizer to nurture plants. This can be adapted for different ages and levels of understanding.	pre-K-12
	<i>Magic Seed / Plant-A-Seed</i>	Students discover the embryo inside a seed, explore the diversity of seeds, and plant seeds in containers to take home.	pre-K-5
	<i>Food Web Game</i>	Youth demonstrate the interdependence of plants, animals and people by creating a food web and exploring how humans affect the environment.	3-6
	<i>Compost Relay</i>	Students learn the ingredients needed to build healthy soil while racing to build the most nutrient-rich compost pile.	3-12
	<i>Seed Hitchhikers</i>	Our world is full of many kinds of seeds, and each has a way of getting planted. Students explore the farm to find many varieties of seeds and discover how they travel.	3-12
	<i>Pollinator Relay</i>	Students learn about the role of pollinators in food production by acting out the role of pollinators in a cooperative game.	pre-K-5
	<i>Go, Slow, WHOA!</i>	Students will demonstrate knowledge of healthy food choices by playing <i>Slow, Woah, Go</i> . In this activity they will indicate the frequency of consumption for a particular item through their walking speed.	3-5
	<i>Food Label Scramble</i>	Students will explore nutritional similarities and differences between common packaged foods by performing movements in response to questions about their food's nutrition information.	4-12
	<i>Edible Plant Parts Twister</i>	"Right hand, root! Left foot flower!" In a specially created game of twister, students discover that many common foods that we eat come from edible plant parts.	3-8
	<i>Trace-Your-Lunch</i>	All processed food, including meat, can be traced back to plants and the sun. As a group, students will trace some of their favorite foods back to the farm.	K-5
x	<i>Field-to-Fork</i>	Students experiment with simple recipes using fresh vegetables grown on the farm, and sample their creations. They will harvest vegetables from the garden beds and fields then prepare the recipe at the outdoor kitchen. Examples of recipes include: salad, omelettes, quesadillas, bread and pizza.	pre-K-12
	<i>Food Feet</i>	After completing a Field-to-Fork activity, students use the non-standard measure "food feet" to calculate the distance travelled by some of the foods they harvested to create recipes at Oxmoor Farm, then compare and contrast the distances travelled by locally grown foods and foods that travel across the United States and internationally.	3-12
x	<i>Tasting Tour of the Farm</i>	Students are guided through our learning garden and farm fields to see what is growing, using their senses and tasting vegetables fresh from the earth. Participants will find at least one of each plant part: root, stem, leaf, flower, fruit, and seed.	pre-K-12
	<i>Re-think Your Drink</i>	Students explore the contents of popular beverages and learn about making good drink choices.	3-12
	<i>Service Learning</i>	There are many opportunities to help the farmers and the Food Literacy Project by planting, weeding, or doing other projects according to the season.	pre-K-12

**Of Special Note to Teachers: Our activities were designed to align with the Common Core Standards, Next Generation Science Standards, and National Health Education Standards**