

Linking the Farm to Table

This activity works to help students understand how their food is linked back to the farm, before processing. Two sets of cards are provided: “Meals” and “Ingredients.” There are several ways to engage your students, depending on their age, time frame and number of children.

1. Begin by telling the students that most all foods originate on farms and are provided by plants, animals, or both.
2. Pass out all of the “ingredient” cards (1 to each student) or lay them out on a table. A display board may also be used in the front of the group if you wish to affix Velcro or magnets on the cards.
3. The goal is to link the chain of ingredients for each meal and/or find similarities between ingredients.
4. If time allows, a fun ice breaker at the beginning of the lesson could be to allow the students to organize the ingredients on their own, and ask them why they grouped them that way. There is no right or wrong.
5. Bring out the “meal” cards and walk the students through the Spaghetti and Meatballs meal. Ask where each of the components come from, and have the students who have those ingredient cards come to the front and link arms.
6. Pasta > Wheat > Tomato Sauce > Tomatoes > Ground Meat > Beef, Pork or Chicken is acceptable.
7. You may also link the animal’s food (corn and soybeans) to each animal. Be sure to have a conversation about producers (plants) and consumers (humans and animals, primary and secondary). Forages are also in animal diets.
8. See if the students can then complete the “chain” for other meals. Some ingredients will be used more than once.
9. Students may also be asked to find ingredients that have similarities:
 - a. Which ingredients come from plants? From animals?
 - b. What ingredients can we eat with little to no processing (closest to farm)?
 - c. What ingredients require processing?
 - d. What ingredients are grain foods? fruits/vegetables? proteins?



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Cheeseburger



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Bun

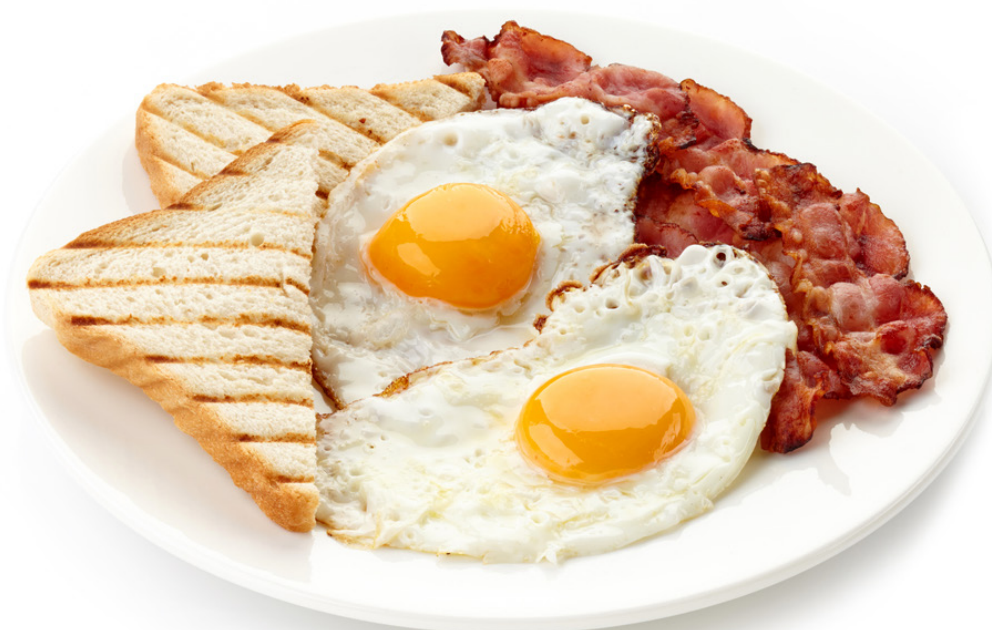
Lettuce

**Tomato Slice
& Ketchup**

Beef Patty

Cheese

Breakfast



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Eggs

Bacon

Toast

Pizza



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Crust

**Tomato
Sauce**

Cheese

Pepperoni

Vegetables

Chicken Dinner



**Chicken
Breast**

Potatoes

Broccoli

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Garden Salad



Lettuce

Tomato

Peppers

Onions

Cucumber

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Spaghetti & Meatballs



Pasta

**Tomato
Sauce**

Meatballs

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Bun

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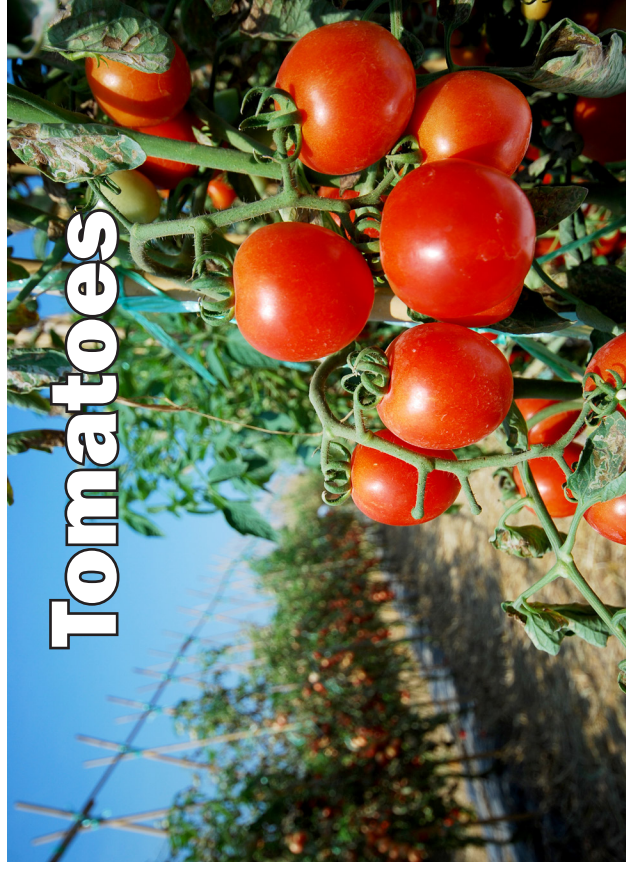
Wheat

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Lettuce

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Tomatoes

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Beef Patty

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Cheese Slices

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Milk

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Dairy Cow

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Beef Cattle

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Hen

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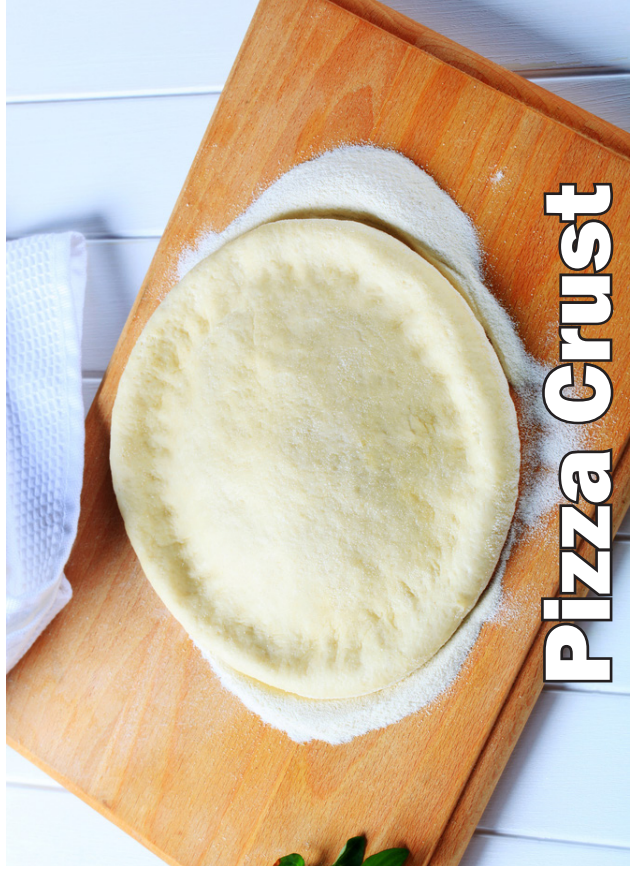
Eggs

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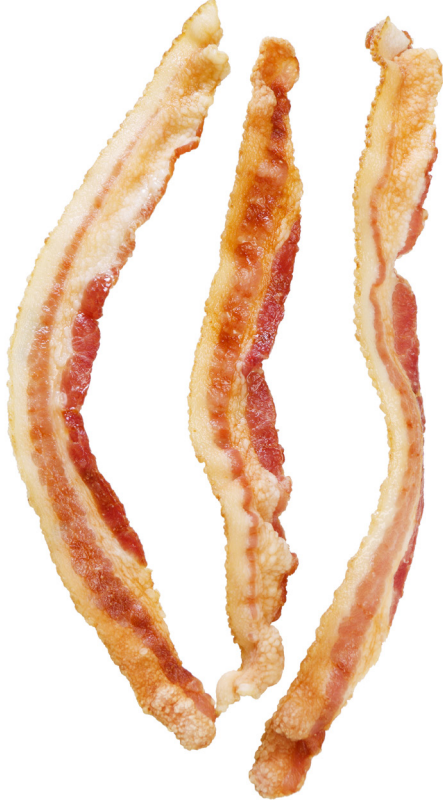
Hogs

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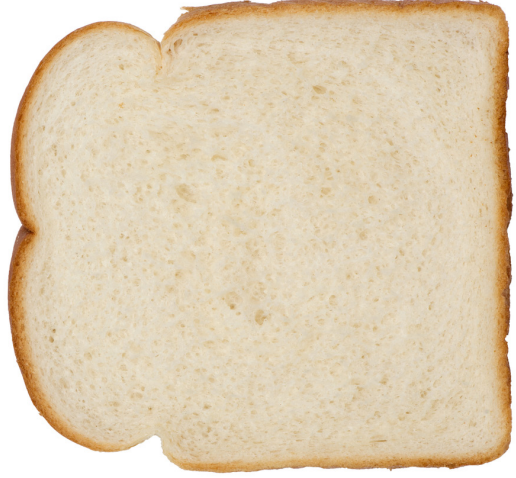
Pizza Crust

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Bacon

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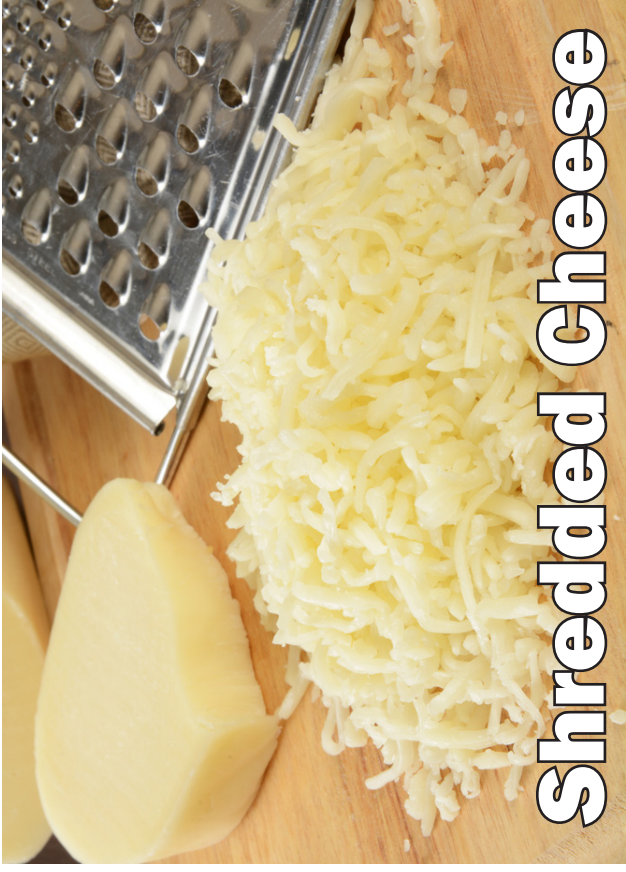
Bread

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Tomato Sauce

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Shredded Cheese

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Pepperoni

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Vegetables

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Pasta

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Ground Meat

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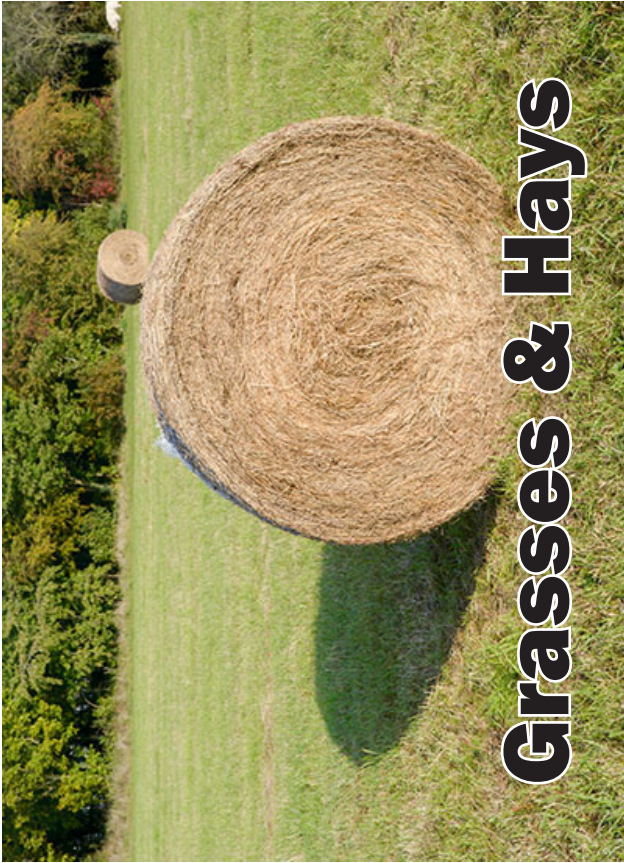
Field Corn

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Soybeans

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