



# Kindergarten

JK Community Farm



# Field Trip

## Objectives & Rules

The JK Community Farm is deeply grateful to the growing community of generous supporters who have fostered the development of our education programming

Young children are naturally curious and creative thinkers, we hope to help children develop a solid foundation for understanding of the natural world, nutrition, and agriculture.. Please use this time to explore the JK Community Farm and make connections with your child's curriculum and nature. Our education activities were carefully curated to meet Virginia's standards of learning for each grade level and integrated into the JK Community Farm.

For our self guided field trips, rules provide the structure necessary for an engaging and productive class. Please be mindful of social distancing at the JK Community Farm, masks are optional as long as distance is maintained. Please be gentle with our plants as they are growing to feed families in our community in need of our help.



# Essential Questions

Discuss these questions with your student throughout the field trip.

**What are the food groups?**

**What are the seasons?**

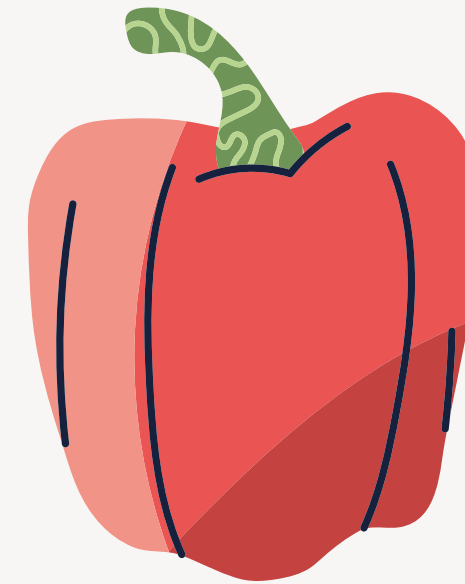
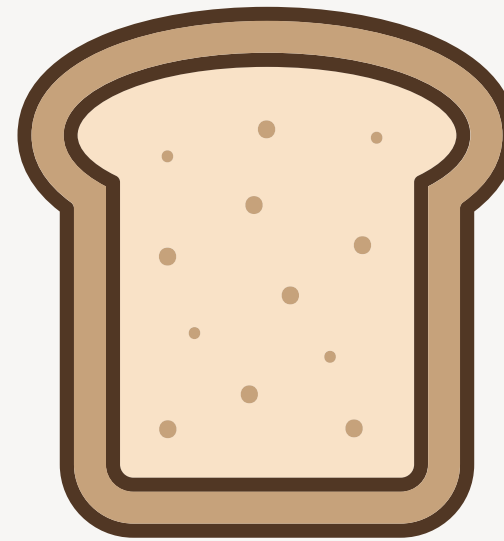
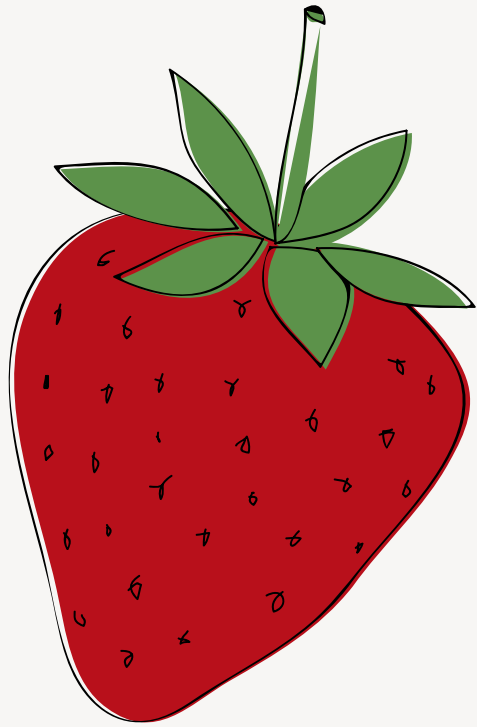
**What are the 5 senses?**

**How do seeds grow?**

**How do we learn about the world around us?**

# Match the Food to the Food Group.

Discuss each food group and the role it plays on our body with the students



Vegetable

Fruit

Meat

Dairy

Grains

# Finding Shapes in Nature

counting, sets, and fractions



## Activity

Explore the JK Community Farm looking for shapes. **Have the student draw what shapes they were able to find,**  
Be sure to check the plants, tables, greenhouses, and raised beds!

## Questions

- Can you find a circle?
- Square?
- Triangle?
- Rectangle?
- What colors are they?

## Materials

Blank Paper  
Pencils/Crayons

# How Many?

counting, sets, and fractions



## Activity

**a.** Walk down to the pepper plants (bottom left plot). Select a plant to make observations...

**Ask the student to count how many peppers are on the plant. Can they find a plant with more peppers?**

**b.** Harvest two peppers of different sizes, compare height, weight, and color. Cut one pepper into sections to discuss fractions.

**Don't forget to test taste!**

## Questions

- How many peppers are on the plant?
- Who are these peppers being grown for?
- What is the length of each pepper?
- What is the weight of each pepper?
- Can you show us  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ ?

## Materials

Measuring Tape  
Blank Paper  
Pencil

# Daily Weather

counting, sets, and fractions



## Activity

As you walk the farm, ask the students to observe the weather. **Help the students use their senses to make observations about the temperature and season.**

After making observations about the temperature, check the thermometer at the top of the farm, were you close?

**Ask the student to describe what the weather feels like.**

## Questions

- What do you feel, see, smell..?
- What temperature do you think it is?
- What is the season?
- How many seasons are there?
- What happens to the vegetables at night?

## Materials

Measuring Tape  
Blank Paper  
Pencil

# Explore and Discuss

At the JK Community Farm



## Nutrition

Food contains nutrients that our bodies need to live and grow. Nutrients allow us to move, think, digest, rebuild, and heal.

We get the most nutrients from our food when it is local, seasonal, colorful, and organic.



## Bee Hives

Discuss how bees play an essential role in agriculture - pollinating crops, increasing yields and producing honey.

Over 1/3 of the food we eat relies on pollination by bees.



## Food Insecurity

Food Insecurity is when a person or family does not have consistent access to enough food for a healthy life.

The JK Community Farm donates all of the food grown to local food pantries to make sure everyone has access to healthy food





# Here are some tips to cultivate a culture of caring in young children

Offering opportunities for outdoor play will promote an essential connection to nature. Through caring relationships with nature, our food and our communities, children become interested in engaging in a healthy and just present and future.



## Duration

Try to keep the duration of the project short. Young children's interests change rapidly. Service learning will be most effective if children start and finish the project in a short amount of time.



## Listen

Listen to children when they have an idea for making a difference. Ask them questions to guide their thinking about what may or may not be feasible.



## Make Connections

Help children make connections between their interests, experiences, and learning by asking, "how can we help?" and "Is there something we can do?"

# is everything clear?

Please find Samantha and Farmer Mike at the Farm for any questions.

We'd love to help!

[www.jkcommunityfarm.org](http://www.jkcommunityfarm.org)



# Thank you for a lovely field trip

We hope you had a great time and learned a lot! Below is some additional information on the farm!

## Volunteer

We welcome volunteers of all ages throughout the season to join us for planting and harvesting projects. Sign up is available at

[www.jkcommunityfarm.org/volunteer](http://www.jkcommunityfarm.org/volunteer)

## Donate

As a nonprofit, we rely on our community to help us grow. This year the JK Community Farm will donate 135,000 lbs of healthy food to the food insecure in our region, but we need your help to expand.

[www.jkcommunityfarm.org/donate](http://www.jkcommunityfarm.org/donate)

## Follow

Keep up with the farm and events on social media

[@jkcommunityfarm](https://www.instagram.com/jkcommunityfarm)

We're on instagram, Facebook, and LinkedIn!



JK COMMUNITY FARM