



## PROJECT 8

# Farm to Table



### **Goal**

Children study nutritious eating by growing their own vegetable garden.

### **What**

Summer is a great time to investigate the journey that vegetables take from farms to our tables. Children study how vegetables grow, who grows them, and why eating vegetables is so important.

### **Why**

Vegetables are a nutritious part of a healthy diet. As children study vegetables, they gain appreciation for the work that goes into growing, harvesting, transporting, and preparing vegetables.

### **Community**

A gardening expert visits the classroom to help children plan their vegetable garden. Children visit a farmers market, grocery store, or supermarket to see how vegetables are sold.

### **Family**

Family members can suggest a field trip location, visit the classroom for a Garden Tour to view children's vegetable garden, and support children's learning at home.