



# Farm Fresh Learning Resources

Materials for supporting Farm Fresh education in the classroom, school garden, or at home.



## AGRICULTURE

The science, art or practice of cultivating the soil, producing crops, and raising livestock



## COOKING & NUTRITION

The process of preparing food for consumption and the understanding of food's impact on health



## GARDENING

The act, activity, or pastime of planning and cultivating a plot or container of herbs, fruits, flowers, or vegetables

## INTRODUCTION TO THIS GUIDE

While children are learning at school, the Texas Department of Agriculture (TDA) Farm Fresh Initiative helps ensure you have the resources you need to teach them about agriculture, cooking, nutrition, and gardening. The materials in this guide engage children in activities that support healthy and active lifestyles and strengthen their understanding of how their food is produced. This guide is for teachers as well as caregivers overseeing instruction at home.



## BENEFITS OF FARM FRESH LEARNING

- Increases children's willingness to try new and healthy food at home
- Increases knowledge in science, technology, engineering, and math (STEM)
- Increases children's understanding of gardening, agriculture (growing cycles, seasonality), local foods and the environment

Source: National Farm to School Network



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711  
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Food and Nutrition Division  
Farm Fresh Initiative

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# Farm Fresh Learning Agriculture



Use the resources below to engage children in learning about topics related to natural resources, water and land management, crop lifecycles, and caring for livestock.



**BETTER  
SCHOOLS  
BETTER  
FARMS  
BETTER  
COMMUNITIES**



## HANDS-ON LEARNING



- [National Ag in the Classroom eLearning](#)
  - [Life Cycle of a Flowering Plant](#); [Eggology](#) (PreK-2)
  - [Dirt Shake](#); [Farming in a Glove](#) (Grades 3-5)
- [Honeycomb Home](#) (Purple Plow)

## VIDEOS



- [How Does It Grow](#) series (PBS)
- [Texas Ag in the Classroom](#) series (Texas Farm Bureau)
- [How It's Made](#) series (TDA Farm Fresh Initiative)
  - [Growing Cherry Tomatoes](#)
  - [How to Make Cheddar Cheese](#)

## ACTIVITY SHEETS AND LEARNING GUIDES



- [Ag in the Classroom](#) (Texas Farm Bureau)
  - [Texas Farm Bureau Curriculum Download](#)
- [AgBytes Blog](#) (National Center for Agricultural Literacy)
- [Farm Fresh Activities](#) (TDA Farm Fresh Initiative)



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# Farm Fresh Learning Cooking & Nutrition



Use the resources below to engage children in learning about preparing nutritious meals with family and friends and the role of food choices in building healthy habits.



## MAKING THE FARM FRESH CHOICE



### HANDS-ON LEARNING



- The Edible Schoolyard Project
  - [Saving Scraps for Vegetable Stock](#)
  - [Exploring Home with Food](#)
- [“Stone Soup” and the Plant Parts We Eat](#) (Zilker Botanical Garden)

### VIDEOS



- [Cooking & Nutrition Lessons](#) (FoodCorps Service Members)
- [Team Nutrition Cooks](#) (USDA Food & Nutrition Service)

### ACTIVITY SHEETS AND LEARNING GUIDES



- [Activity Sheets](#) and [A Yummy Curriculum](#) (USDA MyPlate)
- Coordinated Approach to Child Health (CATCH) Distance Learning
  - [Resources for Educators](#)
  - [Online Classroom for Parents](#): Health & Nutrition; Healthy Snacks & Recipes



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# Farm Fresh Learning Gardening



Use the resources below to engage children in learning about planting and caring for gardens in a variety of settings – indoors, outdoors, at home or at school.



## HANDS-ON LEARNING

- [How to Make Seed Balls](#) (Lady Bird Johnson Wildflower Center)
- [Plants from Kitchen Scraps](#) (Missouri Botanical Garden)
- [Activities for Home or Garden](#) (KidsGardening)



## VIDEOS

- [Garden Daily for Kids](#) series (Richardson ISD, TX)
- [Garden Video Lessons](#) (FoodCorps Service Members)
- [In the Weeds with Christine](#) series (Kids Gardening)



## ACTIVITY SHEETS AND LEARNING GUIDES

- [Dig Art! Cultivating Creativity in the Garden](#) (Cornell University Cooperative Extension)
- [Plant a Seed Day For Families](#) (Big Green)
- [School Garden Curriculum and Online Resources](#) (Life Lab)



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