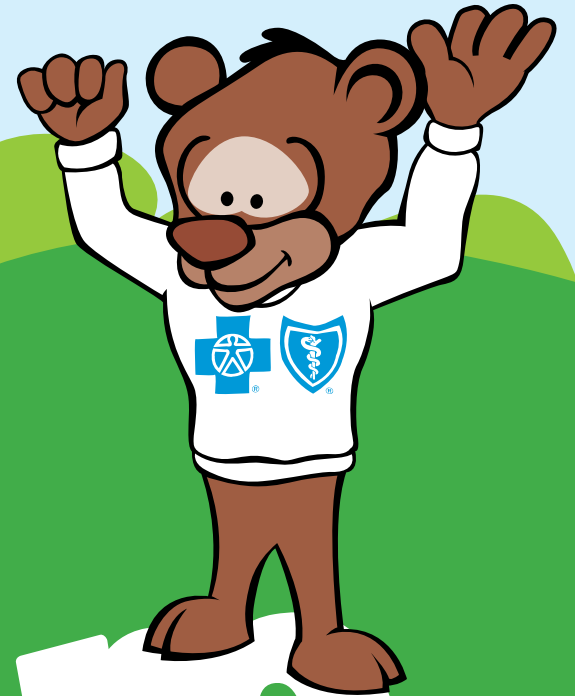


BE ACTIVE KIDS®



A Trip to the Farm

with Blue
and Friends!



Written by: Evie Houtz

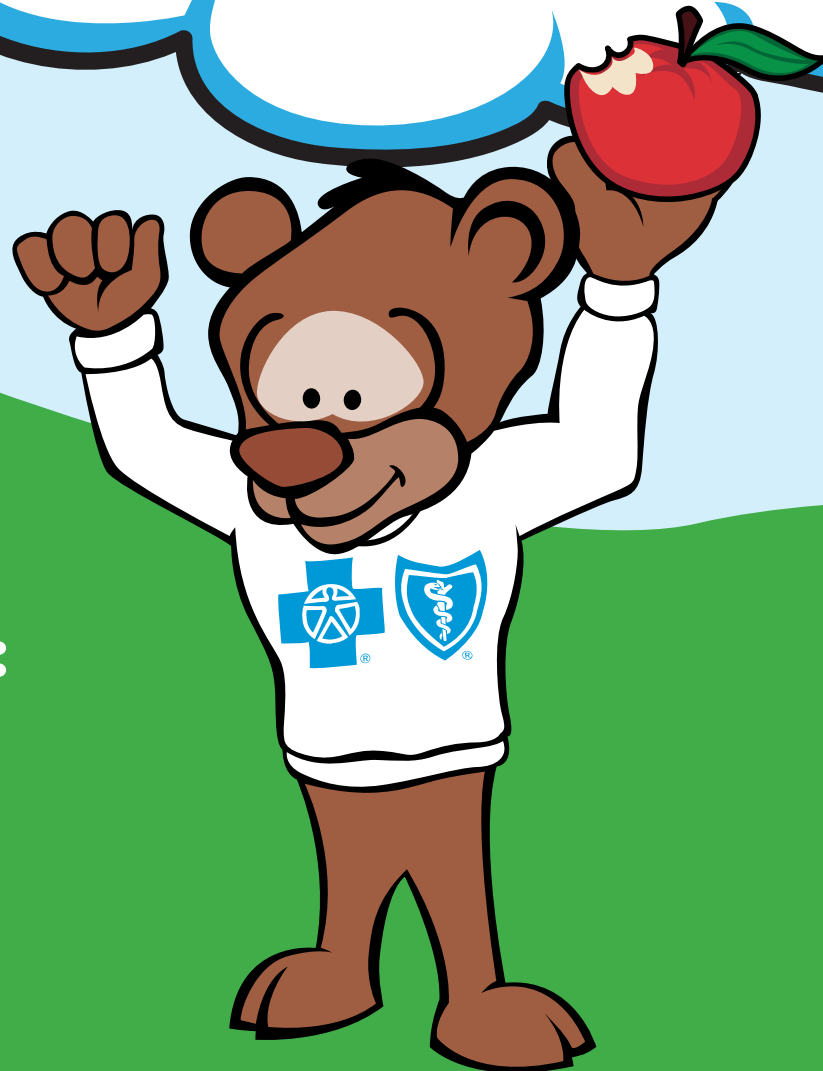
Layout: Jennifer Kanakos

School, bus, seat belt and all farm-related illustrations: ©iStockphoto

**Special thanks to all those who
helped bring this book to life:**

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Tanya Dennis

**Special thanks
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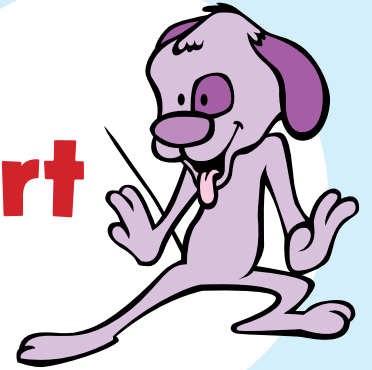


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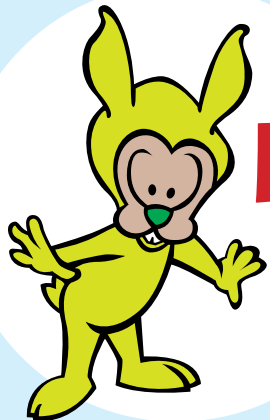
Hi Friends!
My name is Blue,
the Caring Cub,
and these are
my friends;
Dart, Glide, Leap,
and Swing.



Swing



Dart

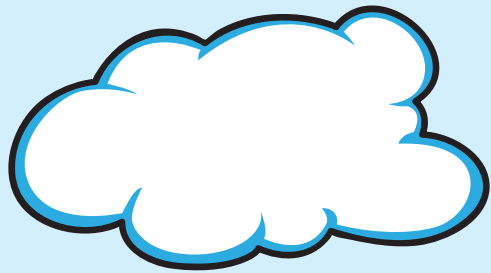


Leap



Glide





**Today, Blue and his friends are going
to the farm to see the animals
and have a picnic.**

**What do you think
they will need
for their trip?**



**What do you know
about farms?**

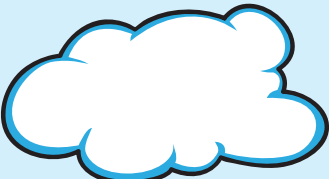


**Have you ever been
to a farm?**

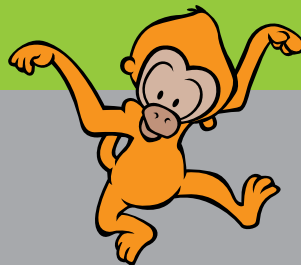
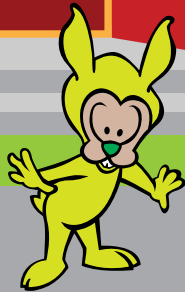


The friends find their bus buddy
and then it's time to go.

To be safe, they look left,
look right,
and left again.



Now they are ready to
walk to the bus.

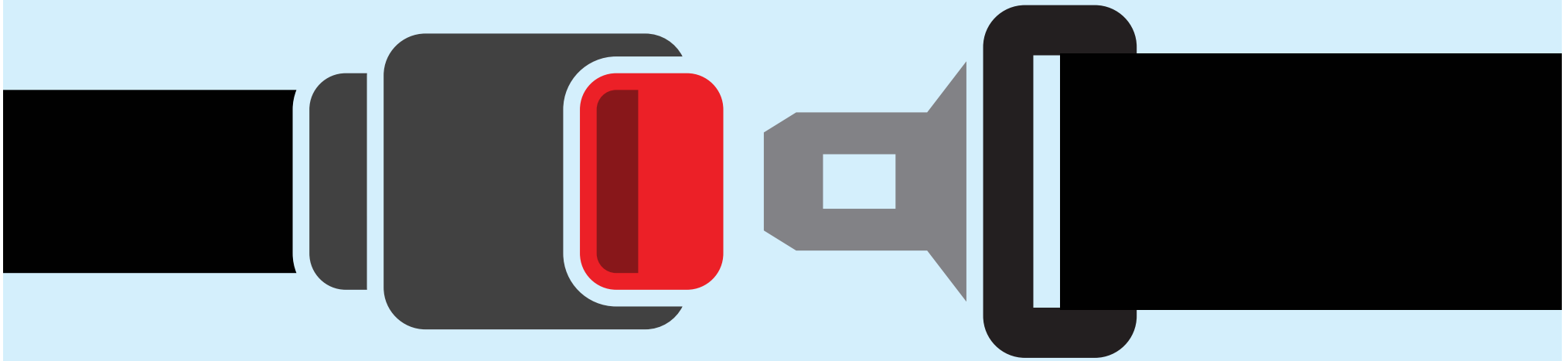


The **steps** to get on the bus
are high.

Swing reminds
everyone to **lift** their knees
as they get on.



Blue and his friends
buckle up
for safety!



The friends arrive at the farm,
get off the bus,
and

stretch.



Farmer Rich welcomes the friends to the farm.

“Who’s ready to
explore
the farm?”
asks Farmer Rich.



Farmer Rich is going to take Blue and his friends on a tour of his farm.

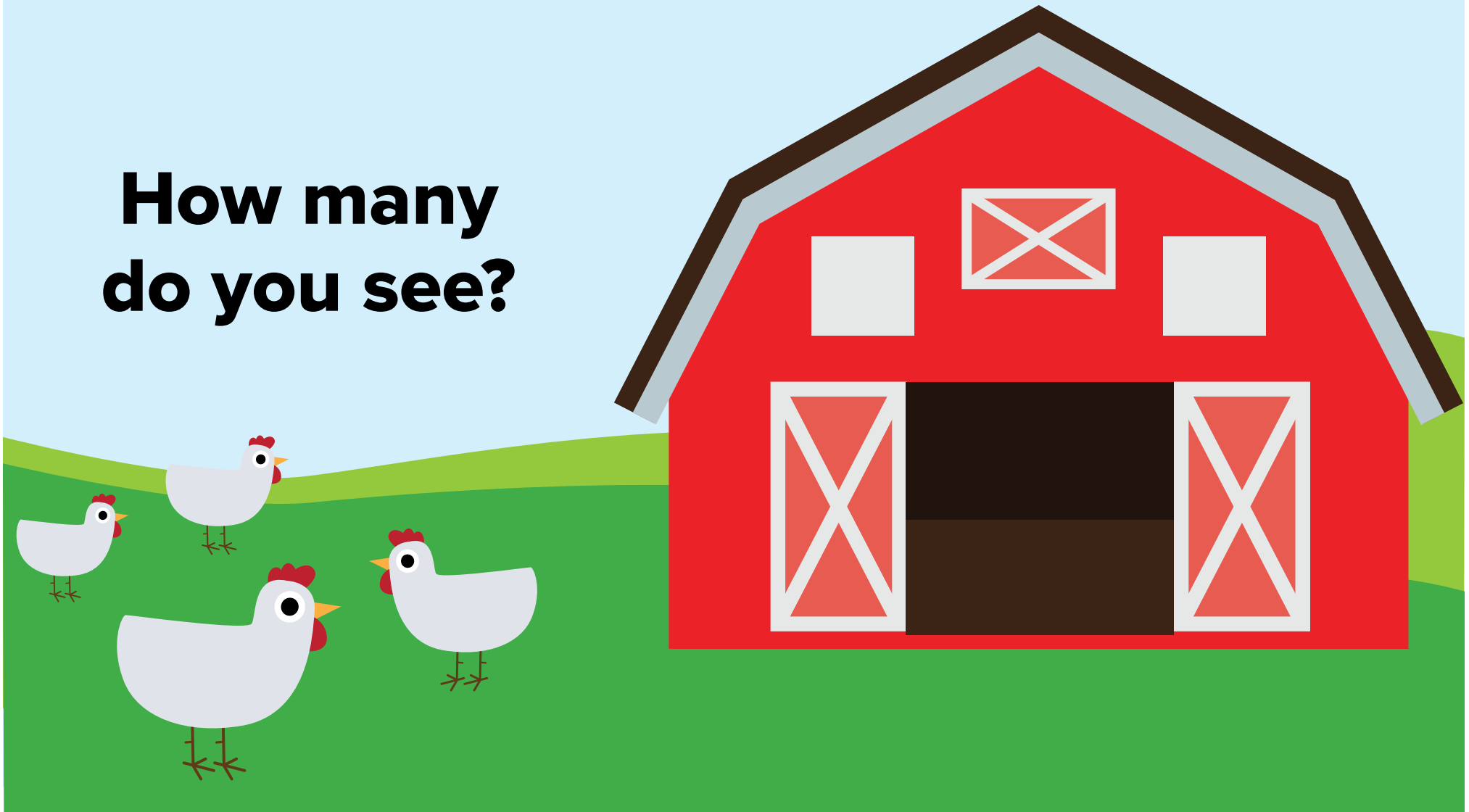


**What animals
might they see?**

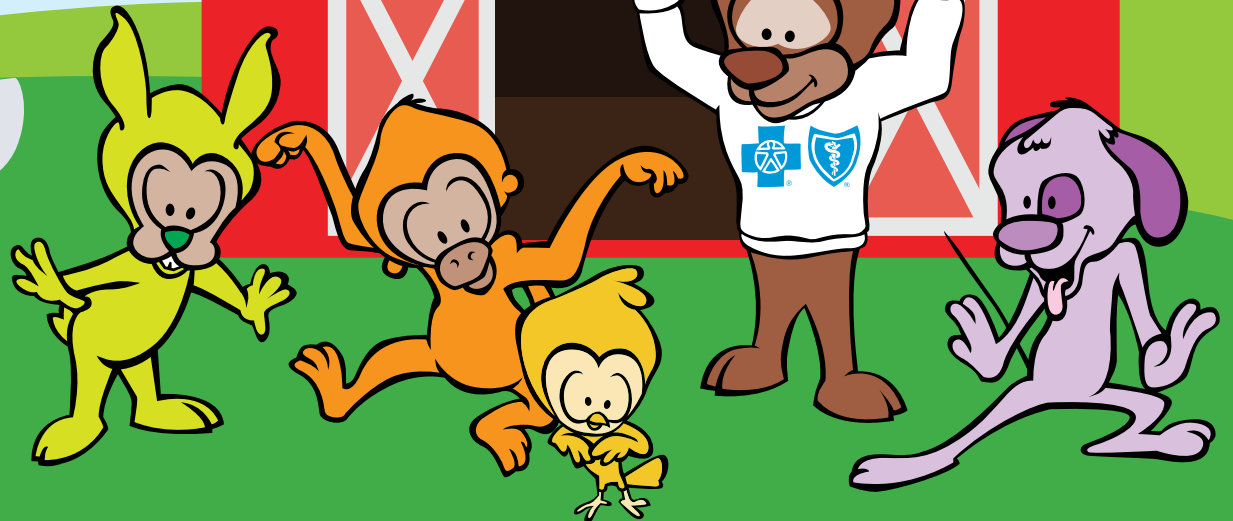
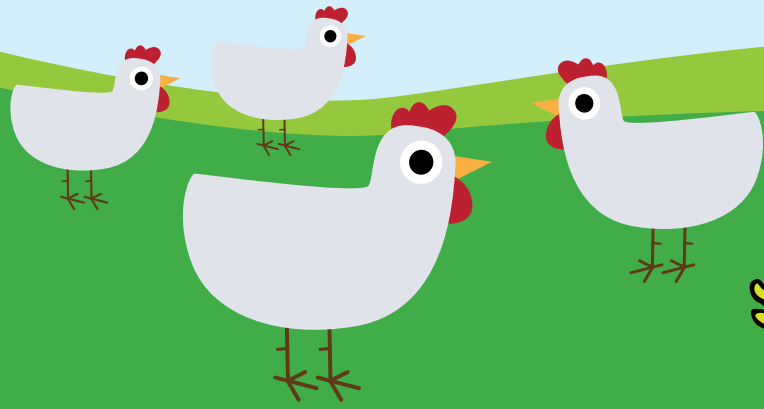
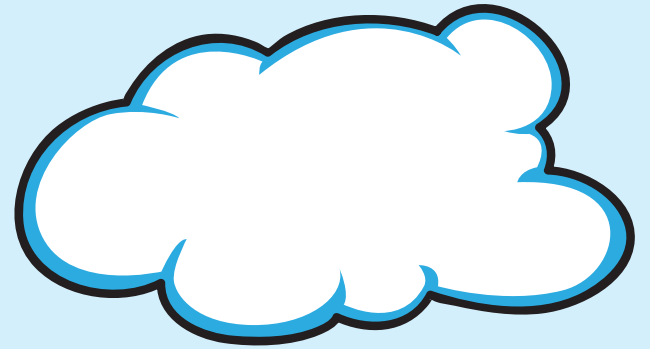
Look!

There are some chickens.

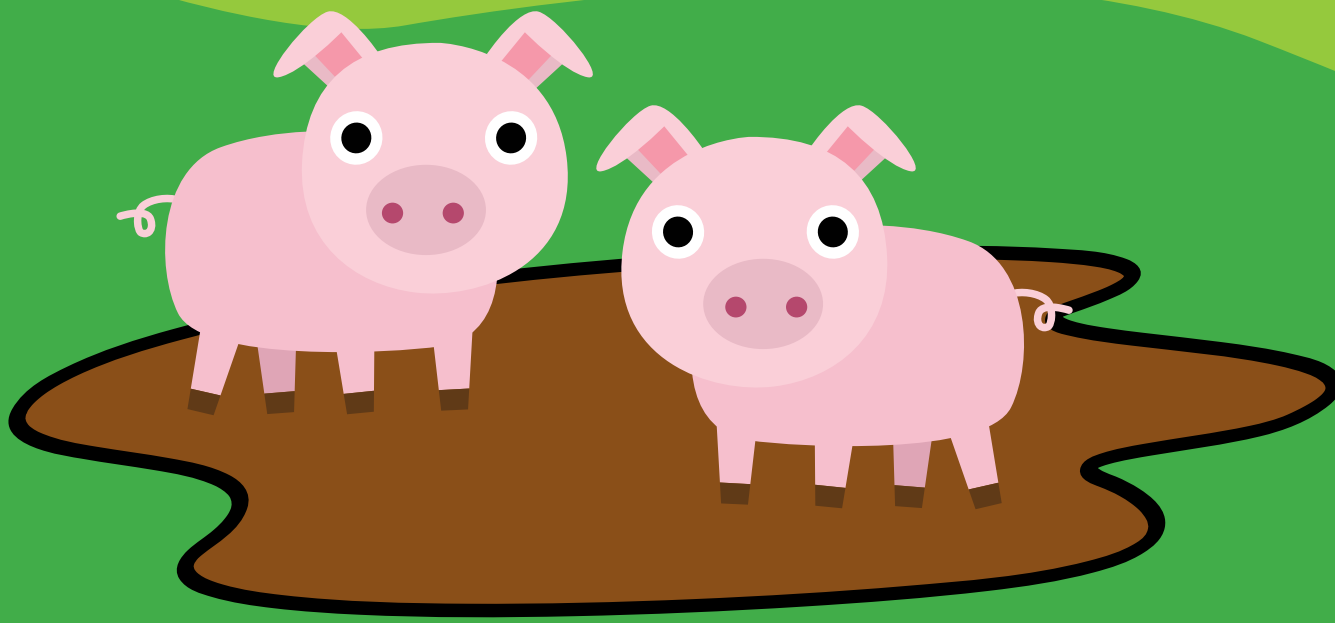
**How many
do you see?**



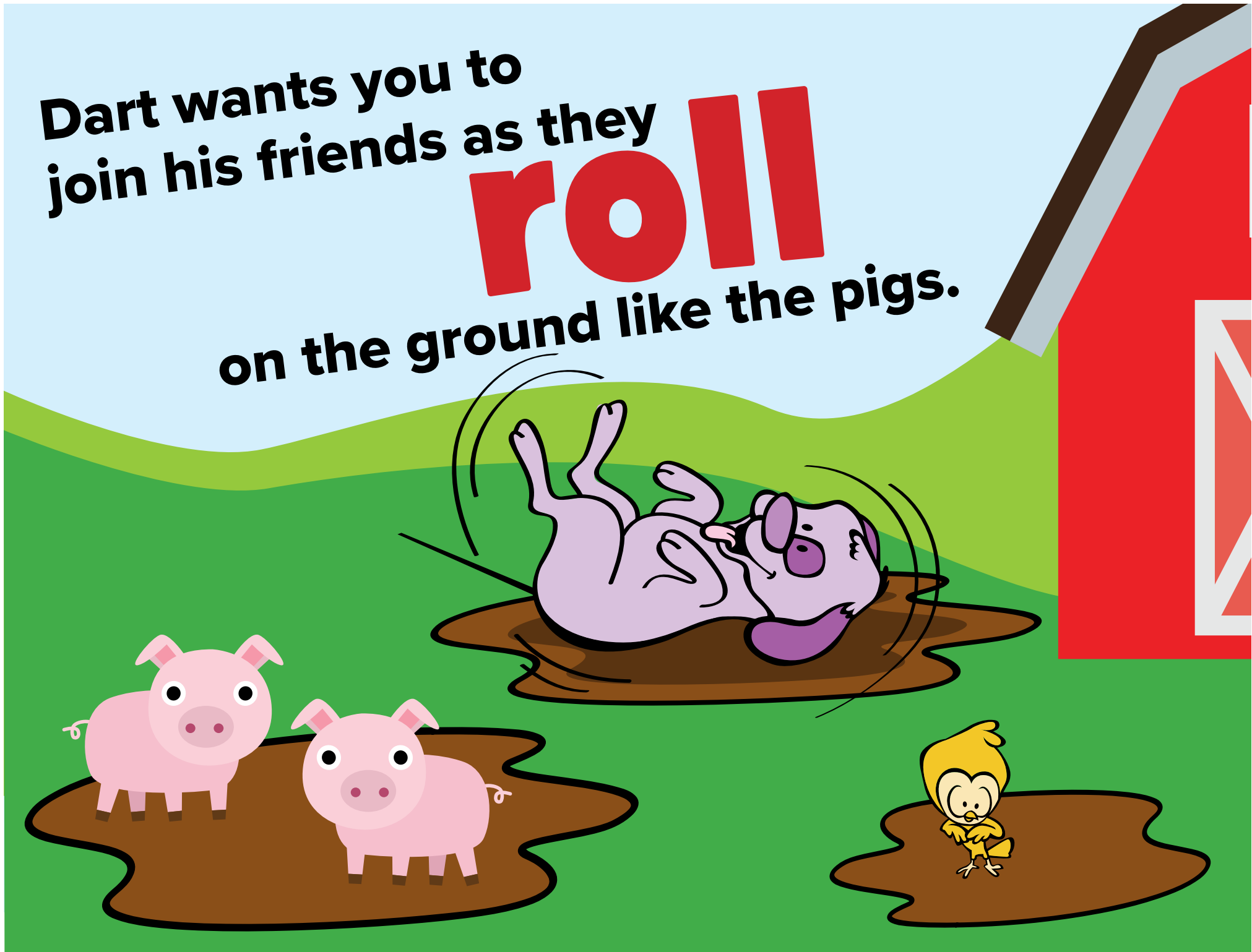
Blue wants you
to join his friends in
flapping
your arms and
strutting
like a chicken.



Dart sees two pigs
rolling
in the mud.

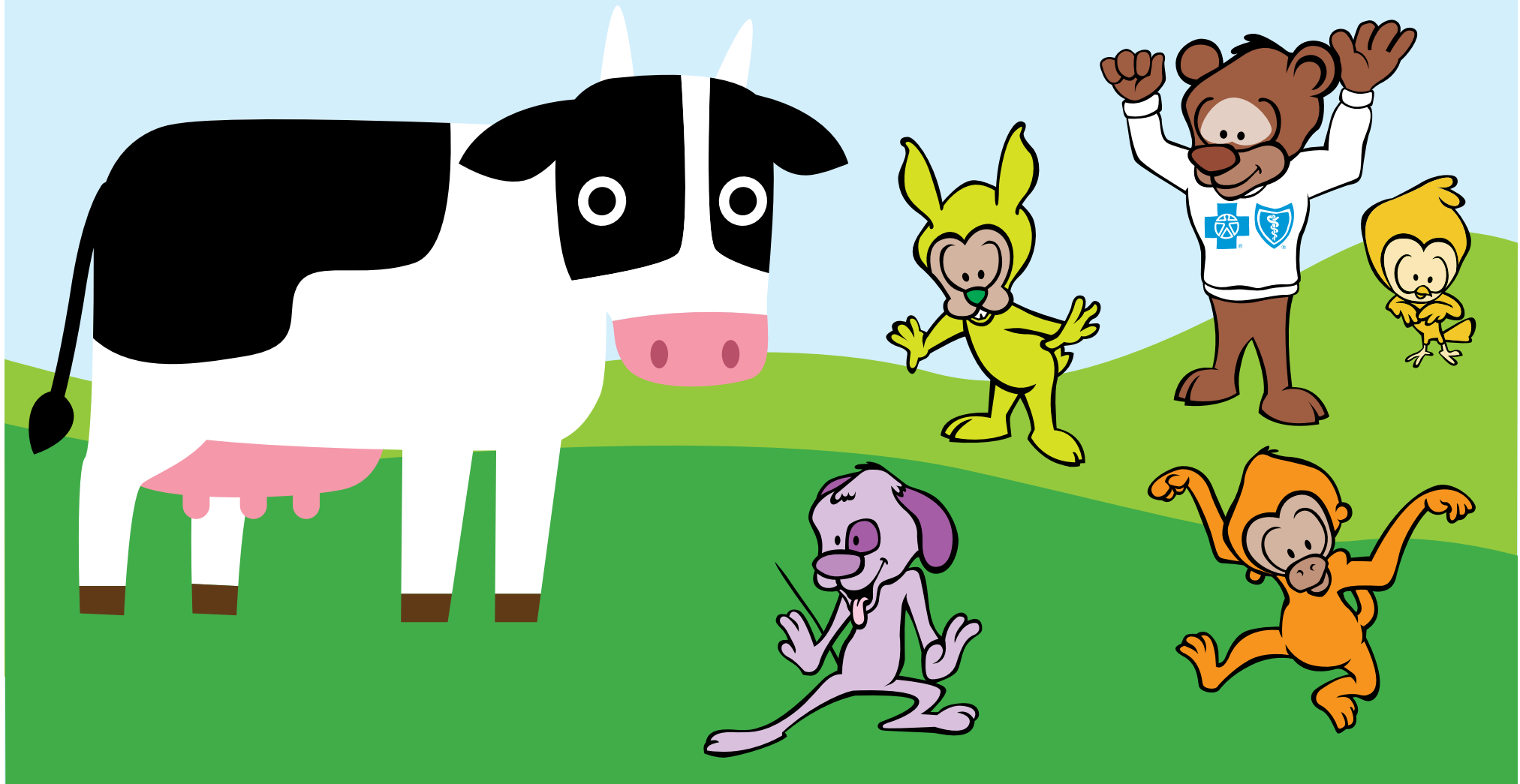


Dart wants you to
join his friends as they
roll
on the ground like the pigs.



**Glide is excited to see a cow
in the pasture.**

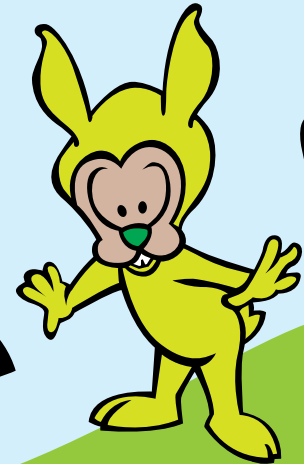
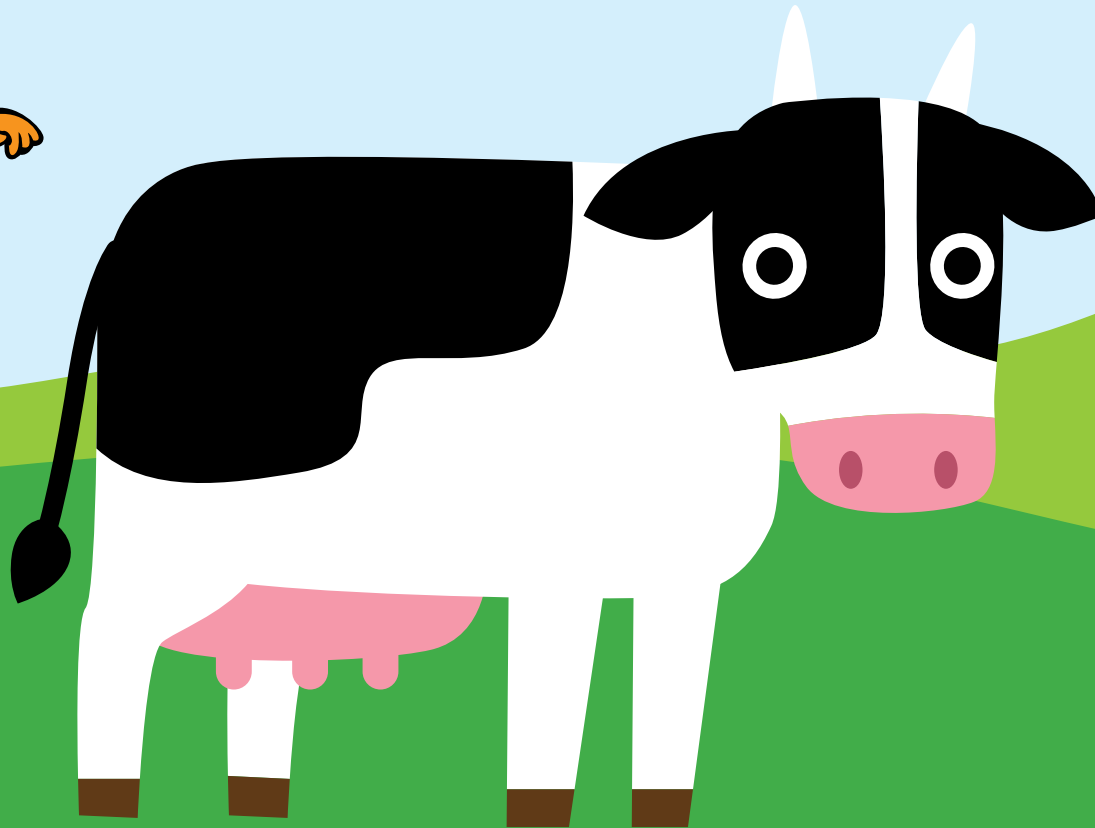
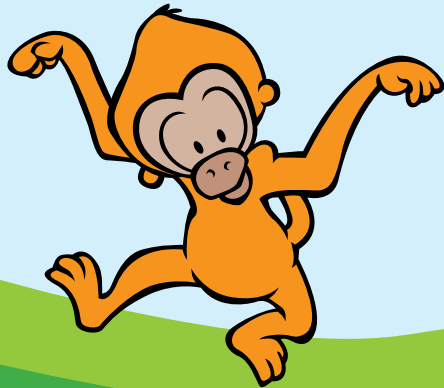
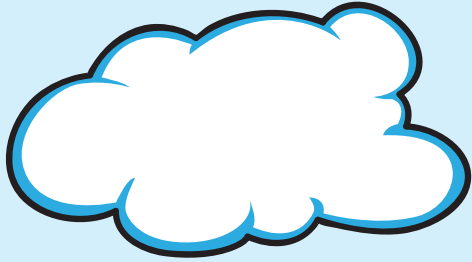
What color is the cow?



**Glide wants all of the friends
to moo and**

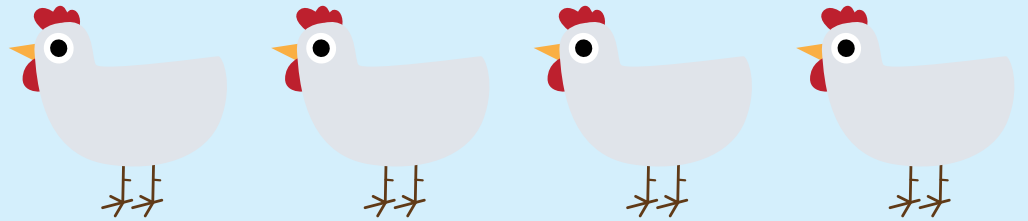
move

slowly like the cow.

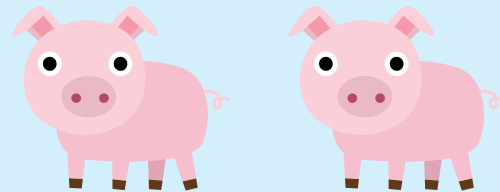


**So far, Blue and his
friends have seen:**

4 chickens

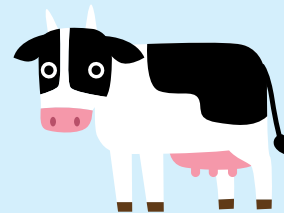


2 pigs

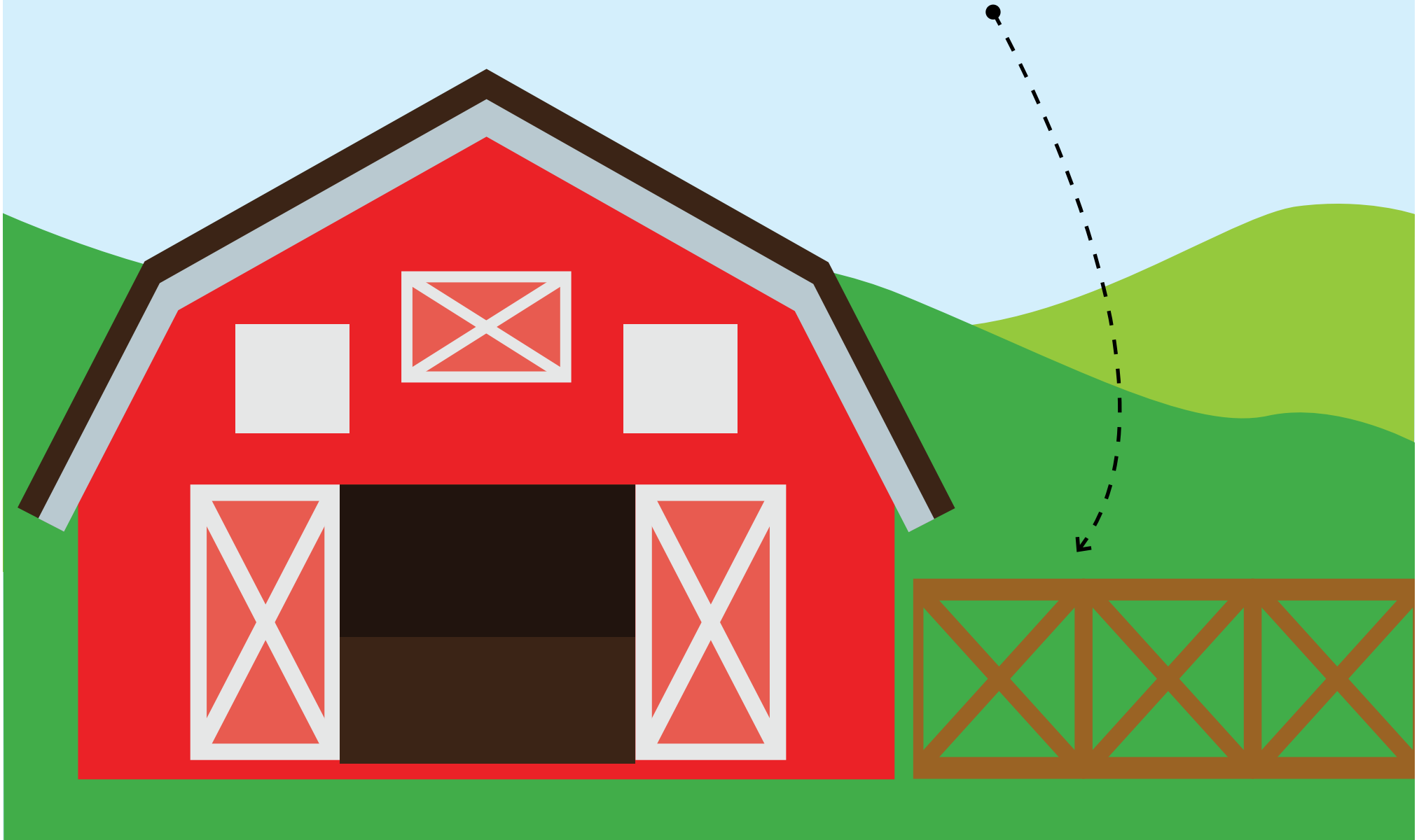


and

1 cow

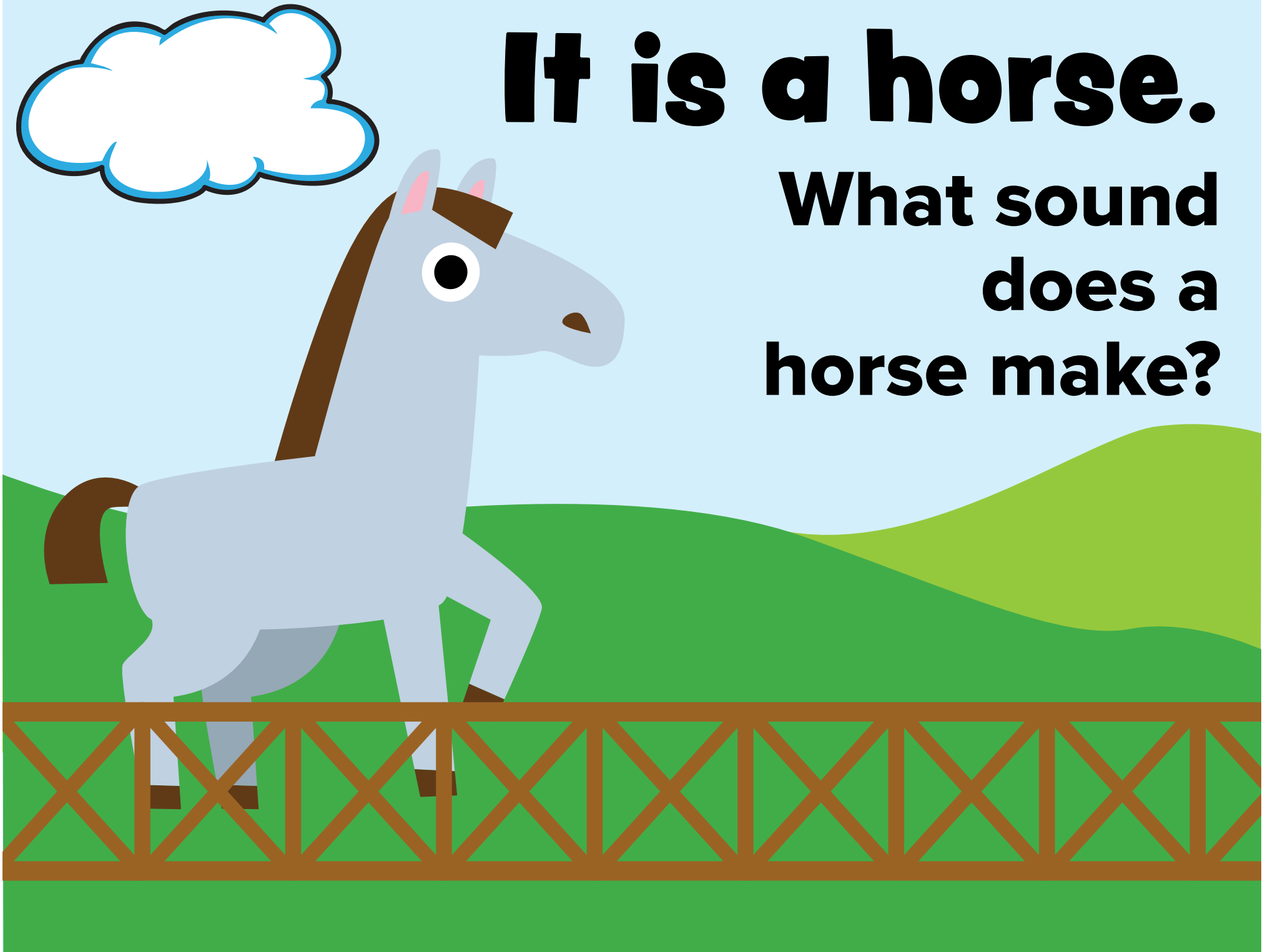


**What do you think
is behind the fence?**



It is a horse.

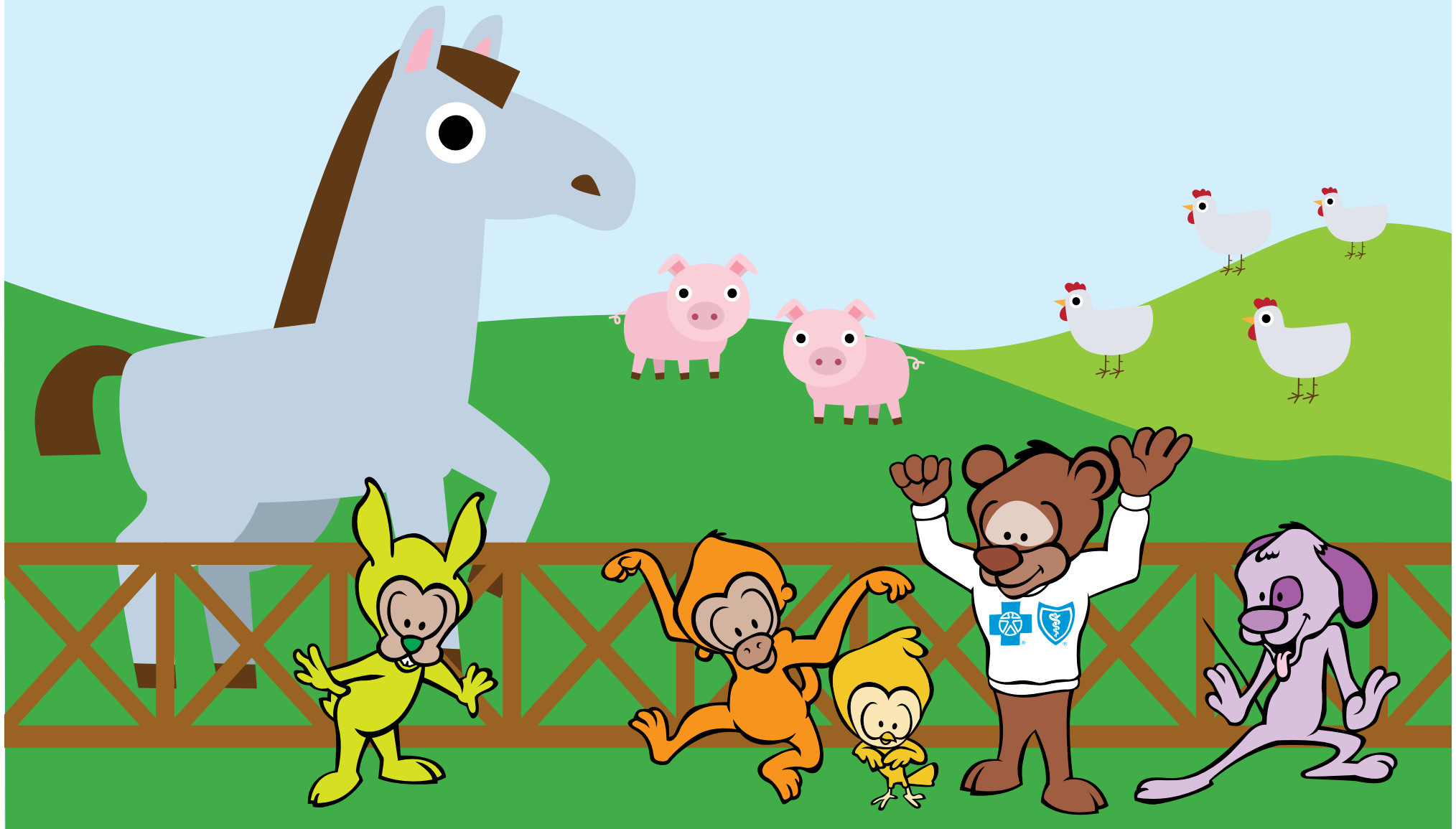
**What sound
does a
horse make?**



Dart wants you to
join his friends and
gallop
like a
horse.



**The friends enjoyed seeing the farm animals,
but now they are ready for lunch!**



Farmer Rich and the friends **find** a good place to have a picnic - the pumpkin patch!



Blue and his friends are ready for a
healthy lunch.



**They have sandwiches from home,
milk and produce from the farm.
Farmer Rich brings some fresh
red and green peppers for everyone to try.**



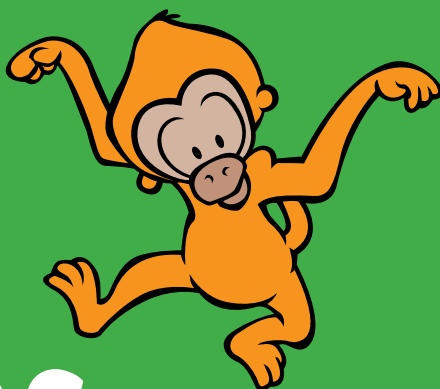
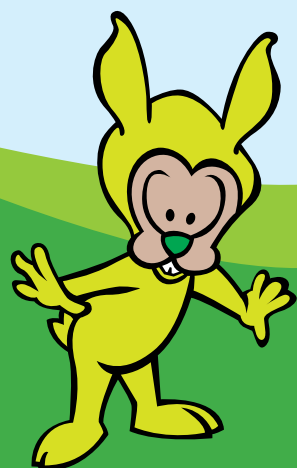
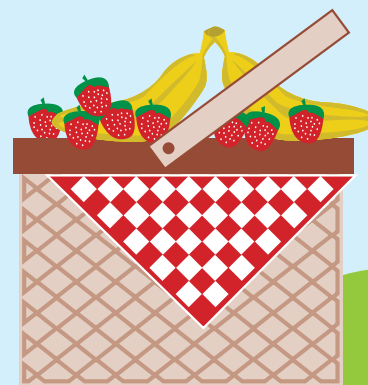
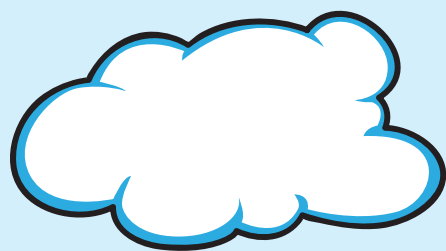
**“Those were the
best peppers ever,”
said Leap.**

**“Thank you,
Farmer Rich!”**



“I hope you will come back and try other healthy foods from the farm next season,” said Farmer Rich.

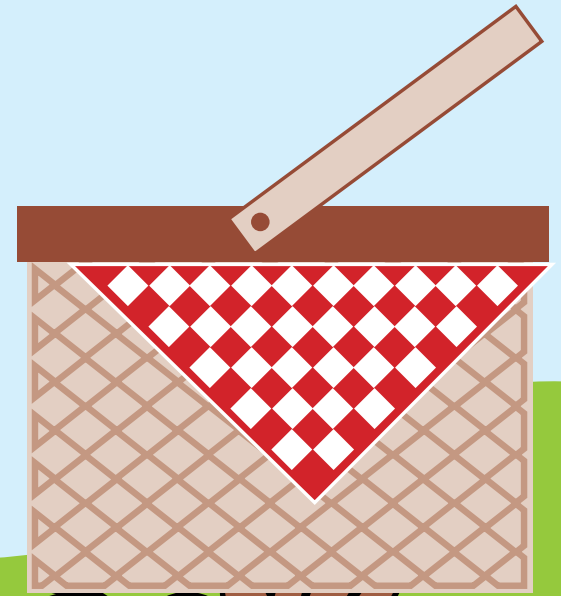




**“Of course,”
the friends shouted!**

Everyone is ready to go to the bus.

Blue **lifts** the picnic basket above his head to **carry** it to the bus.



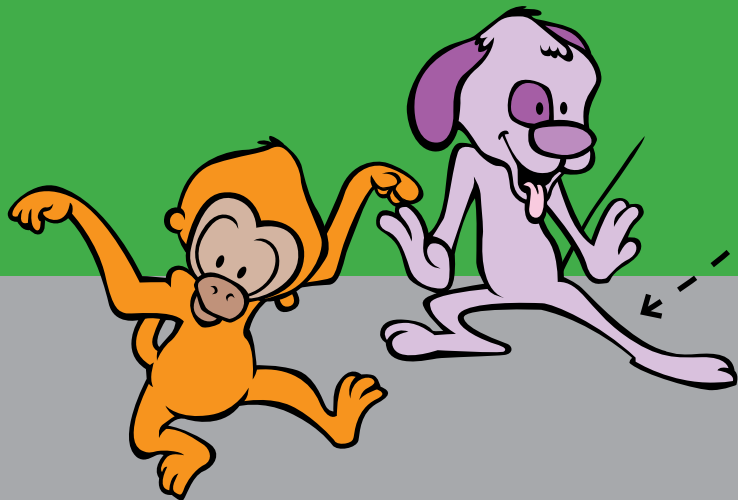
Can you
lift
your hands
above your head?



The friends say good-bye,
find their buddy, and walk to the bus.



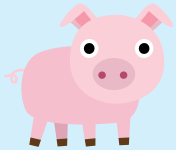
Dart reminds
everyone to
lift their legs up high
to get on the bus.



**The friends help unload
the bus and agree
they can't wait to go
back to the farm!**



Tips



- While reading, talk about the farm animals, discuss what noise they make, and what do they provide
- Do a day of tasting the different farm fresh foods; eggs, milk, etc.
- Visit a farm and/or petting zoo
- Practice learning objectives while reading the story; numbers, patterns, letters, or letter sounds
- Send tips, recipes, and activities from the book home for parents and children to work on

Farm Food Recipes



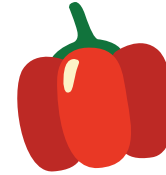
Roasted Pumpkin Seeds

Ingredients:

- 1 ½ cup raw whole pumpkin
- Salt
- 2 tsp of butter

Directions:

- Pre-heat oven to 300 degrees.
- Clean the pumpkin out and separate the pulp from the seeds. Rinse seeds in cold water
- Coat a baking sheet with butter and lightly salt the seeds
- Bake for 30 - 45 minutes



Bell Pepper Nachos

Ingredients:

- Bell peppers
- Cheese
- Olives

Directions:

- Wash and slice peppers
- Place peppers on a microwave-safe plate
- Top peppers with cheese and a few olives
- Warm until the cheese is melted

Movement Activity

Chicken's in the Coop

Needed Materials:

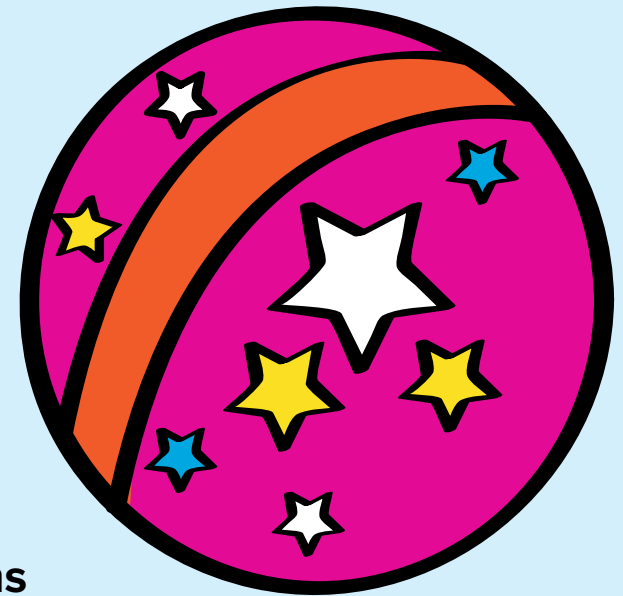
tape, beach balls (8-10 of two colors equal in number), and pool noodles

Age:

Toddler and older

Directions:

- Create two coops out of tape: the “coop” will be a square made from tape (about 5 ft. by 5 ft.) on the floor.
- Each player will get ½ of a pool noodle.
- Players will be divided into two teams.
- Each team will use their noodle to get their chicken back in their coop.
- Players can only use the noodle to move the chicken.
- Players can also use their noodle to shew the other teams chickens out of their coop.



Additional Resources:

- **Be Active Kids**
www.beactivekids.org
- **NC Farm to Early Care and Education, Center for Environmental Farming Systems, NC State University**
<https://cefs.ncsu.edu/food-system-initiatives/nc-farm-to-early-care-and-education/>
- **Natural Learning Initiative, NC State University**
<https://naturalearning.org/>
- **Growing Minds – Farm to School, Appalachian Sustainable Agriculture**
<https://growing-minds.org/farm-to-preschool/>
- **Farm to Preschool Toolkit, Wake County Smart Start**
<https://www.wakesmartstart.org/farm-to-child-care-toolkit/>
- **Shape NC, North Carolina Partnership for Children**
<https://www.smartstart.org/shape-nc-home/>
- **GO NAPSACC, University of North Carolina**
<https://gonapsacc.org/>



BE ACTIVE KIDS®

Be Active Kids is an award-winning, signature program of the *Blue Cross and Blue Shield of North Carolina Foundation*. This innovative, interactive health program for children ages birth to five is available to adults working in child care centers, child care homes, and schools across North Carolina. Its *evidence-based* and evidence-informed messages are carried out through five cuddly and adventurous *characters* including Blue the caring cub, Glide the bird, Swing the monkey, Leap the rabbit and Dart the dog. Using these characters as their guides, children can engage in playful experiences, interact with a story, explore their natural surroundings, and much more.

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