

**BE ACTIVE KIDS®**



# **A Trip to the Farm:** **What Grows Here?**

**Written by: Evie Houtz**

**Layout:** Jennifer Kanakos

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

**Special thanks to our reviewers:**

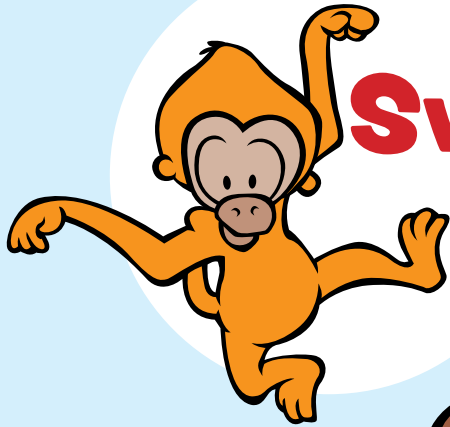
Rich Rairigh  
Lisa Butterworth  
Lynn Policastro

**Special thanks  
to our supporting partners:**

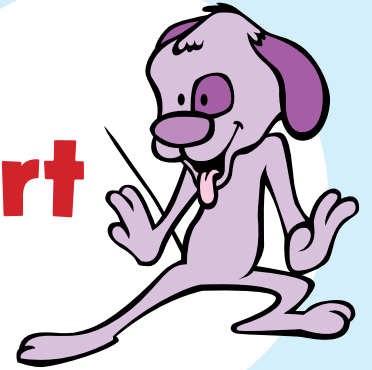


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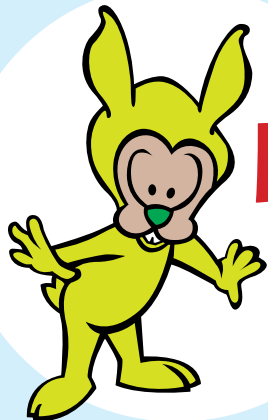
Hi Friends!  
My name is Blue,  
the Caring Cub,  
and these are  
my friends;  
Dart, Glide, Leap,  
and Swing.



**Swing**



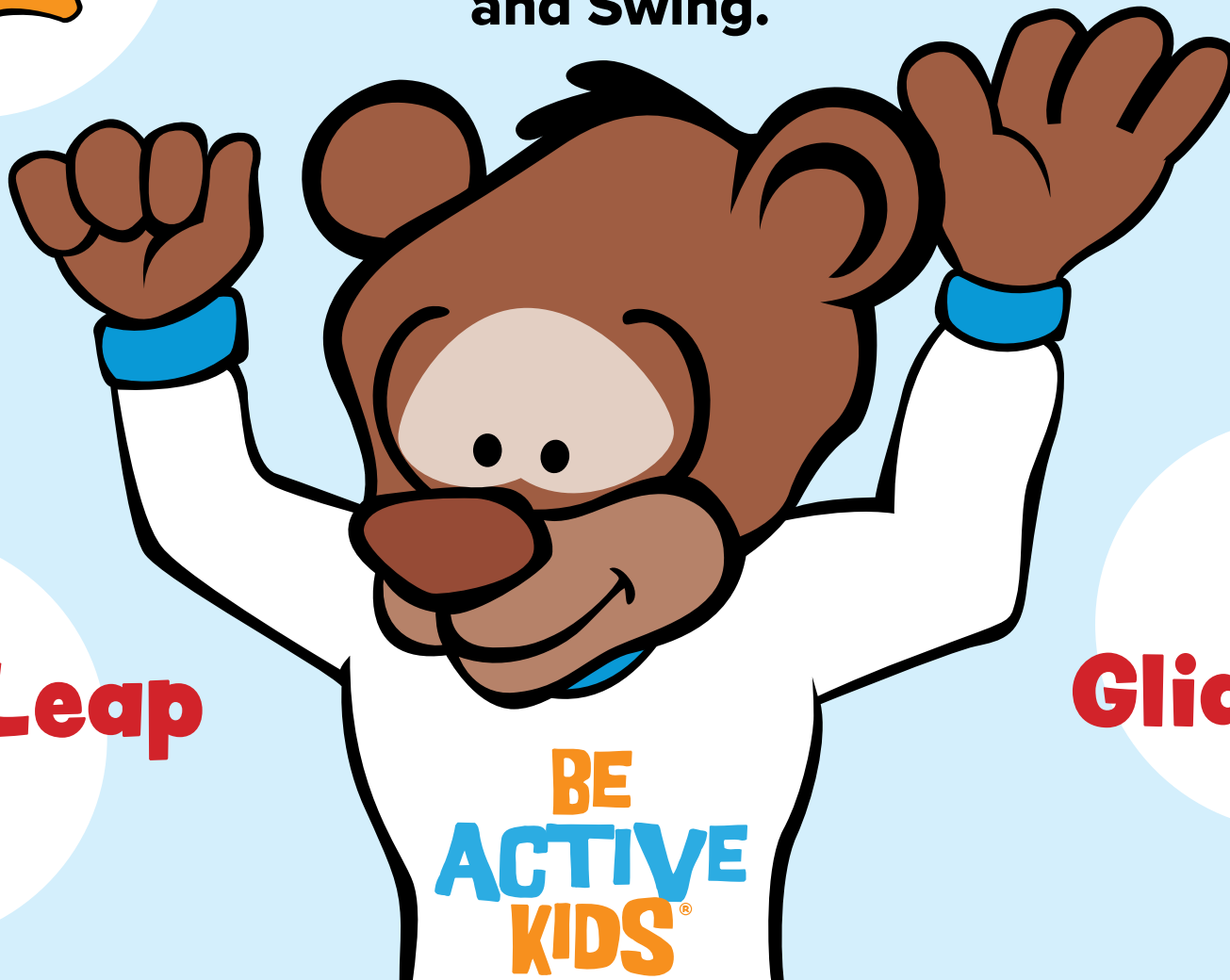
**Dart**



**Leap**

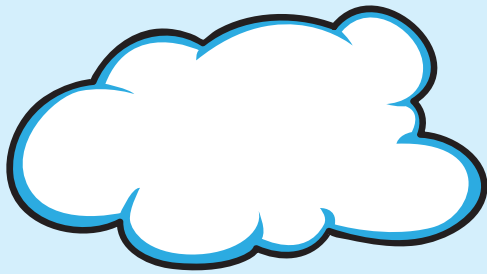


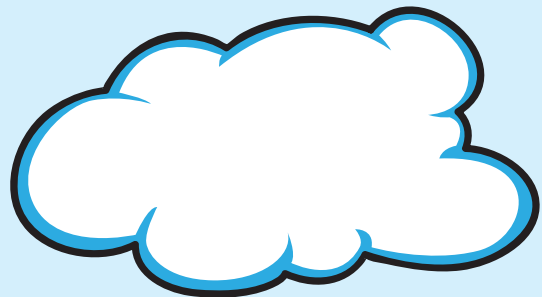
**Glide**



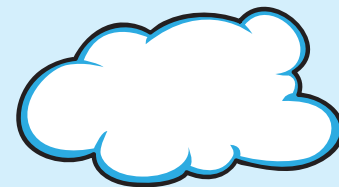
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**Today, Blue and  
his friends are  
going to talk to  
Farmer Rich  
about what grows  
on his farm.**

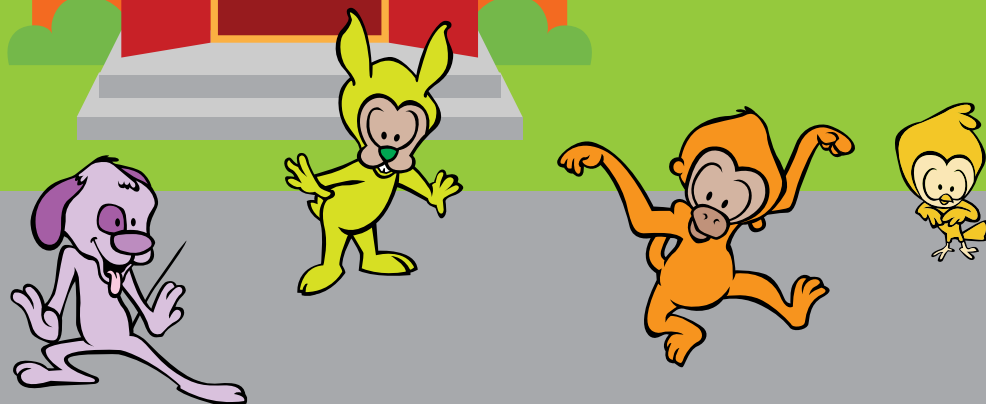




**It's time to go.**



**The friends**  
**walk**  
**to the bus.**

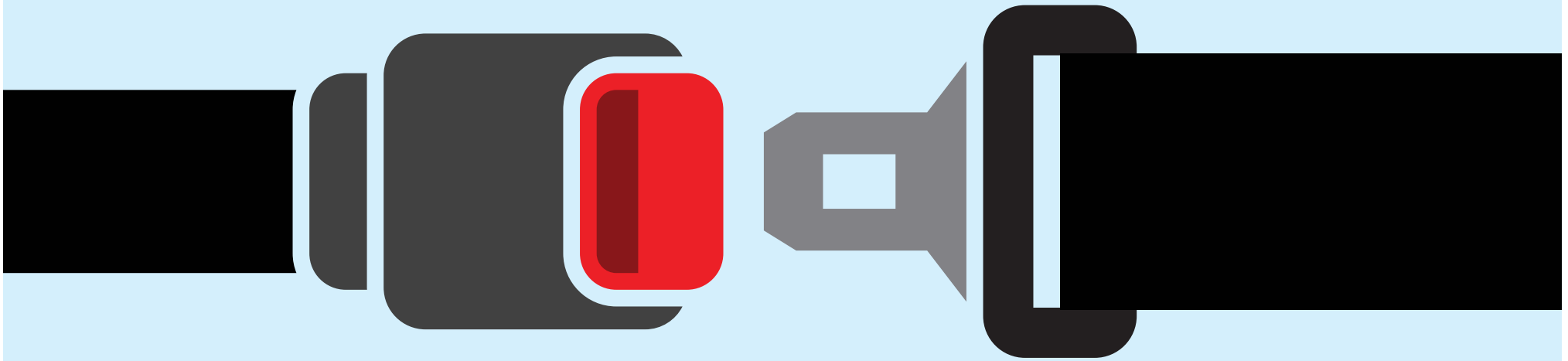


The **steps** to get on the bus  
are high.

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**  
after the long ride.





**Farmer Rich welcomes the friends to the farm.**

**“Does anyone know  
what grows on a farm?”  
asks Farmer Rich.**





**The fruits and vegetables  
grown on the farm are  
picked and delivered to the  
farmers markets, restaurants,  
schools, and child care centers  
around our community.**

**Today, the friends are helping Farmer Rich pick fruits and vegetables they can bring back to their school and families.**

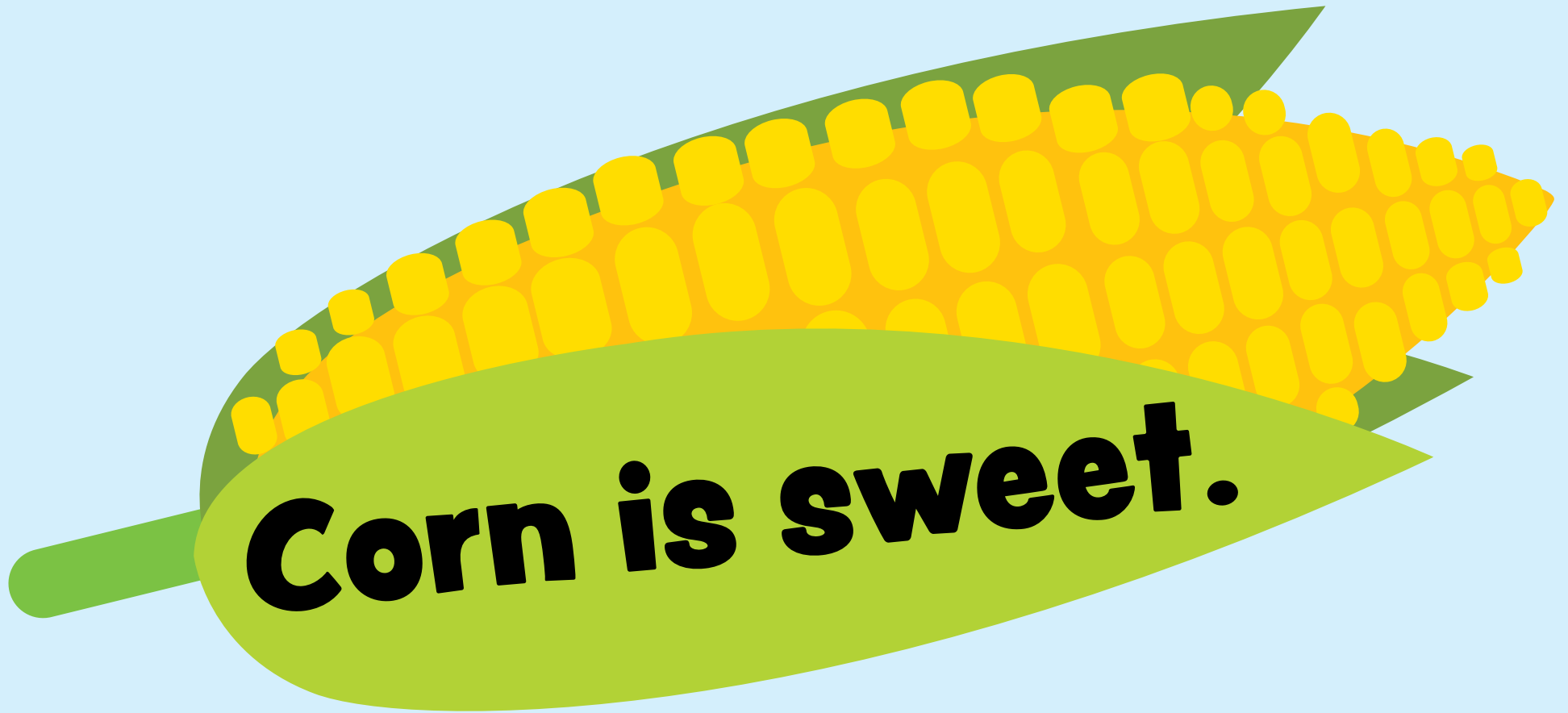


**What's that growing near the barn?**



Blue wants you  
to join his friends in  
**reaching**  
high in the air  
to pick the corn.





**It is great to eat alone  
or in other dishes.**



**Swing sees apple trees.  
He loves apples!**



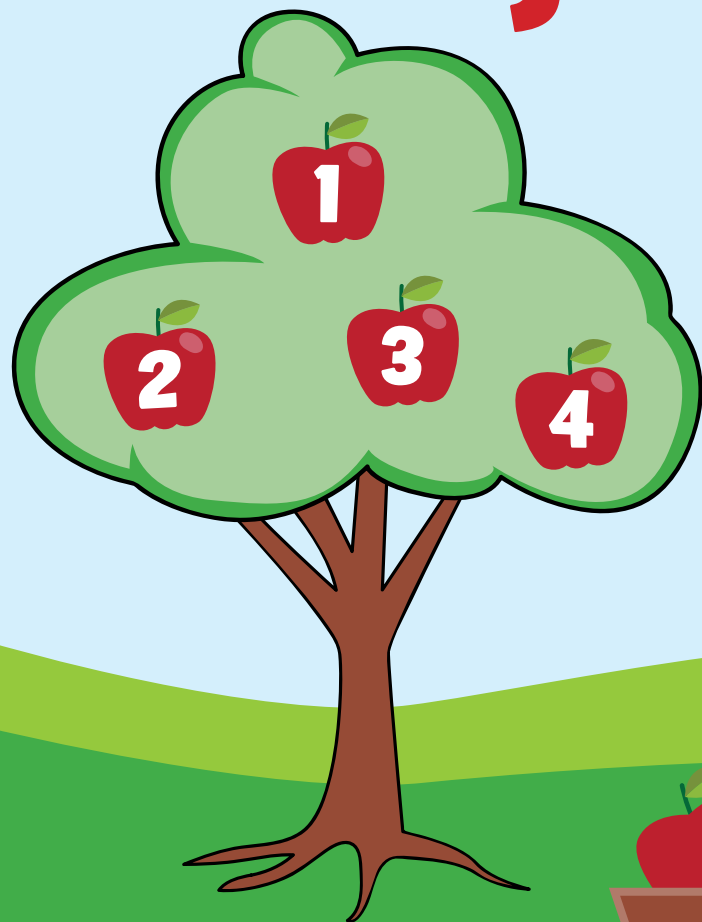
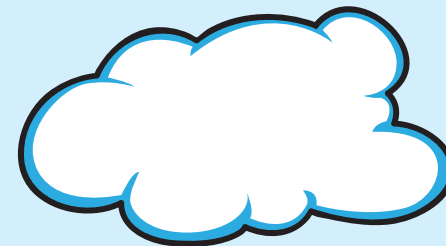
**Swing climbs the tree  
to pick apples!**

**Can you pretend to climb a tree  
to pick apples like Swing?**



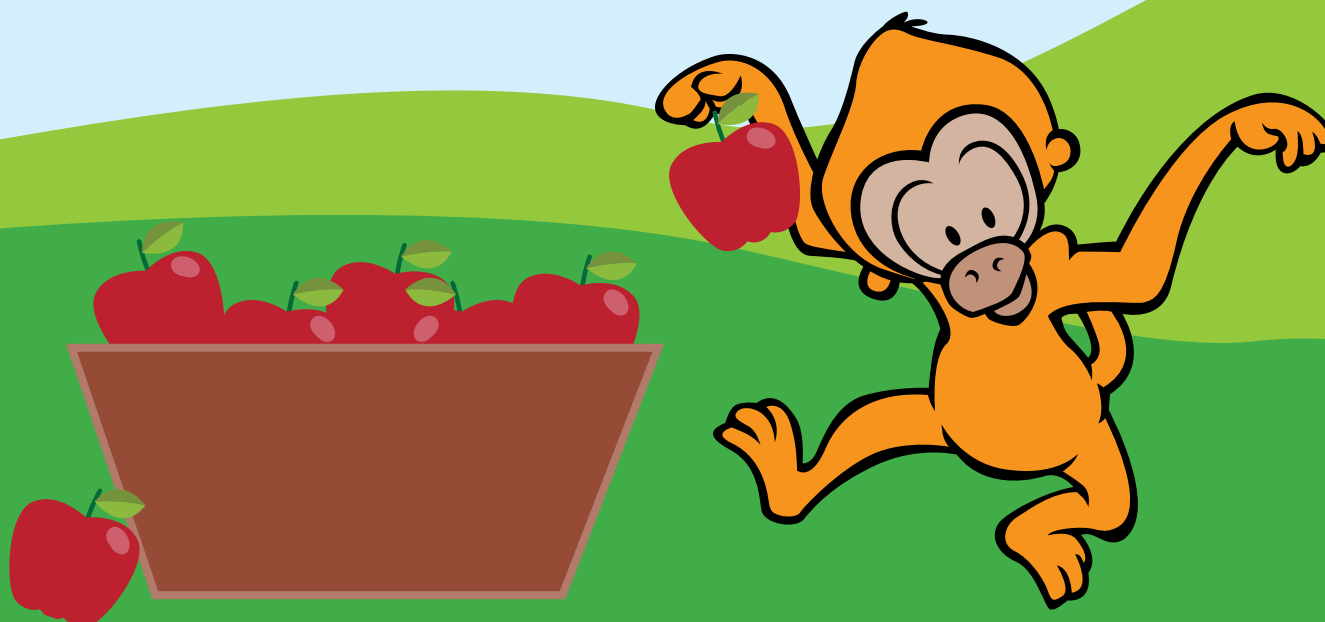


Swing picks a basket of apples,  
then **jumps** down from  
the tree.



Count the number  
of apples on the tree.

**Can you jump  
that many times?**

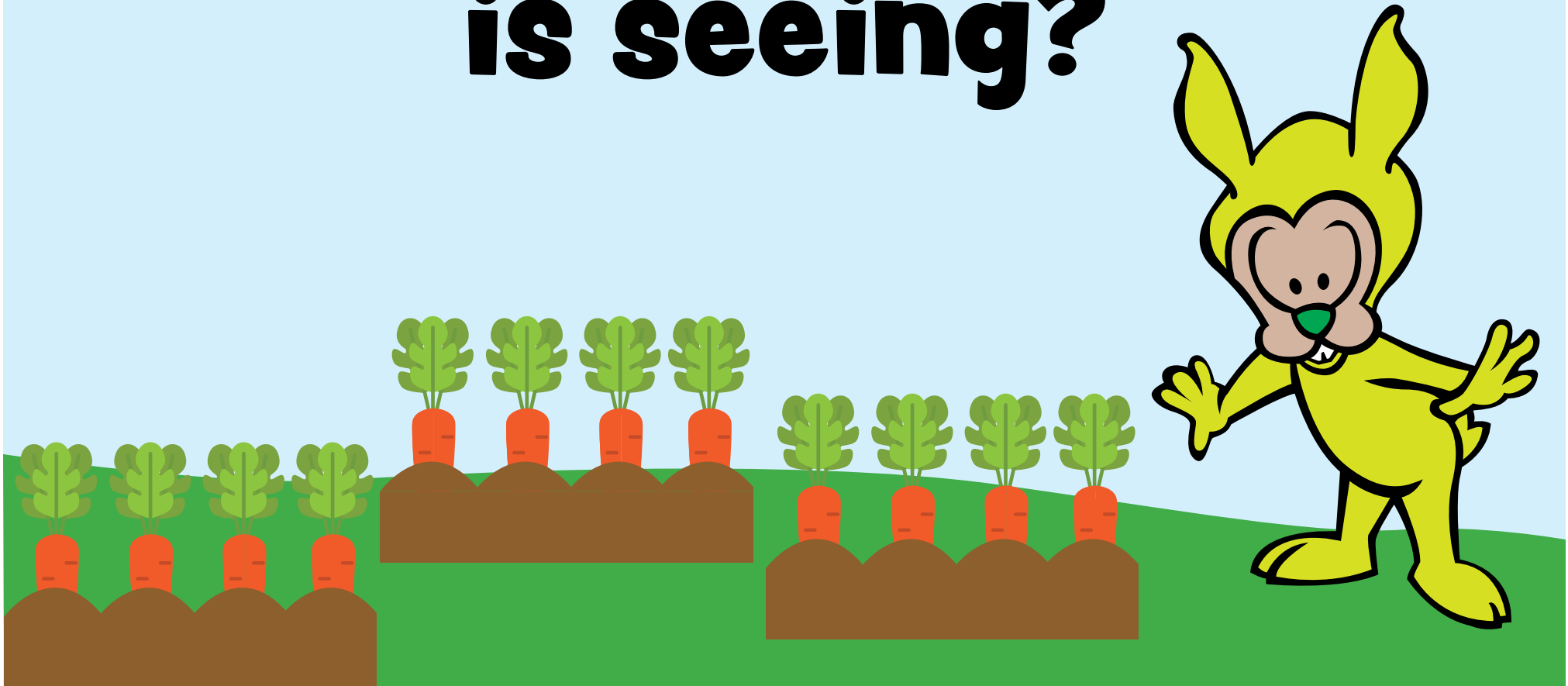




**Swing's  
apple  
smells  
so good  
and sweet!**

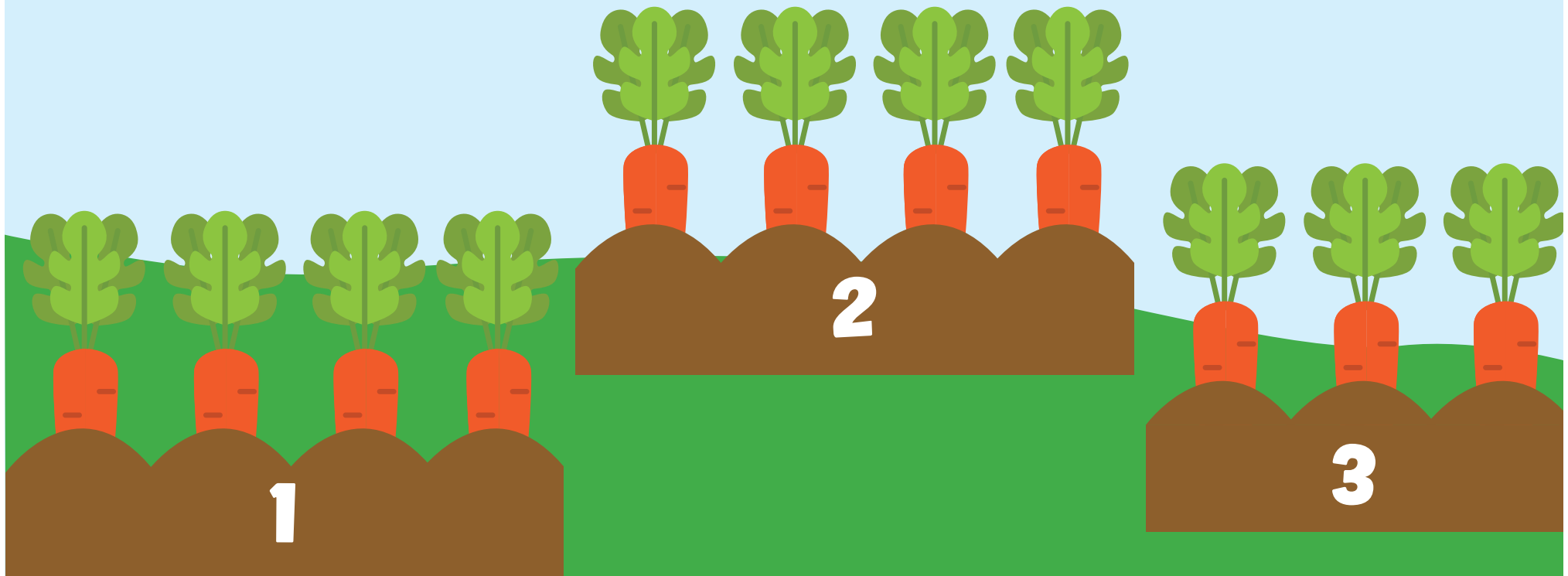
**Leap sees something growing  
from the ground.**

**Can you tell what Leap  
is seeing?**



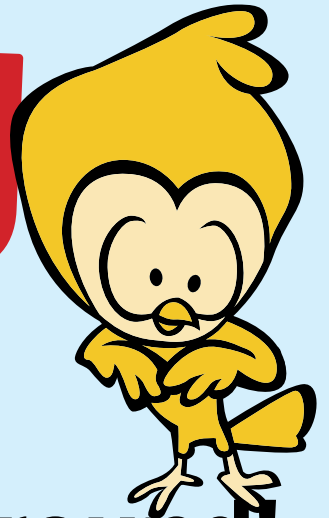
# Carrots!

Count how many rows  
of carrots you see.

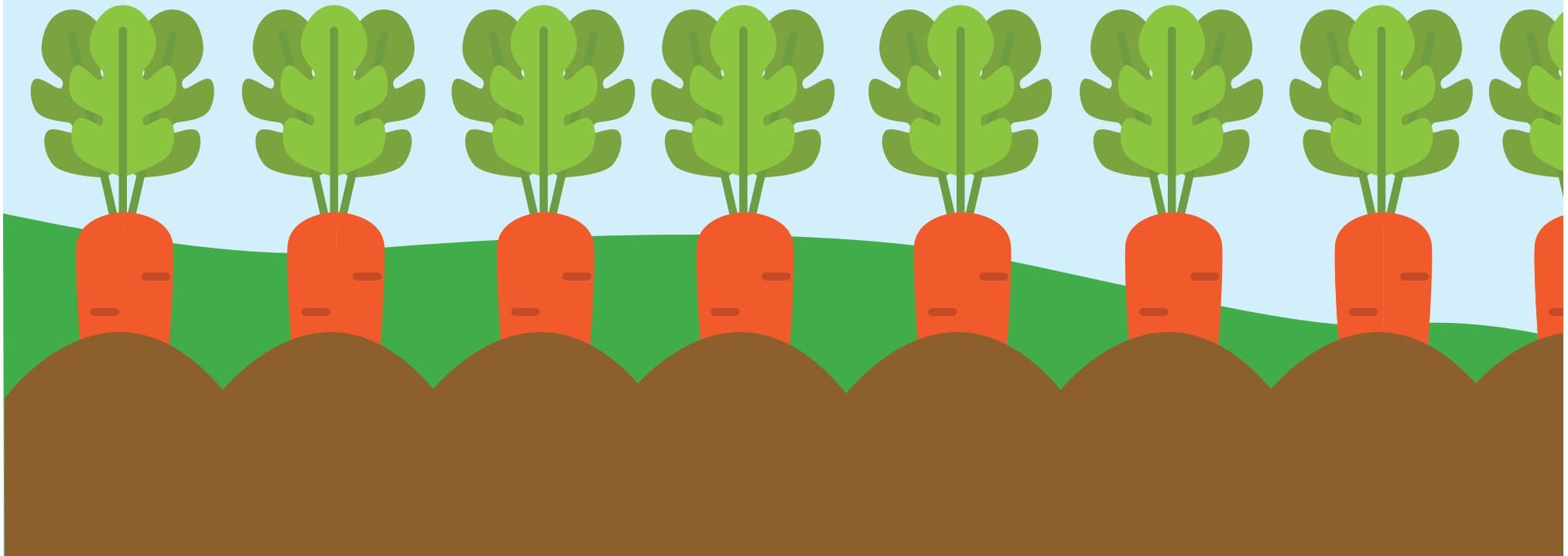


Glide is  
**fluttering**

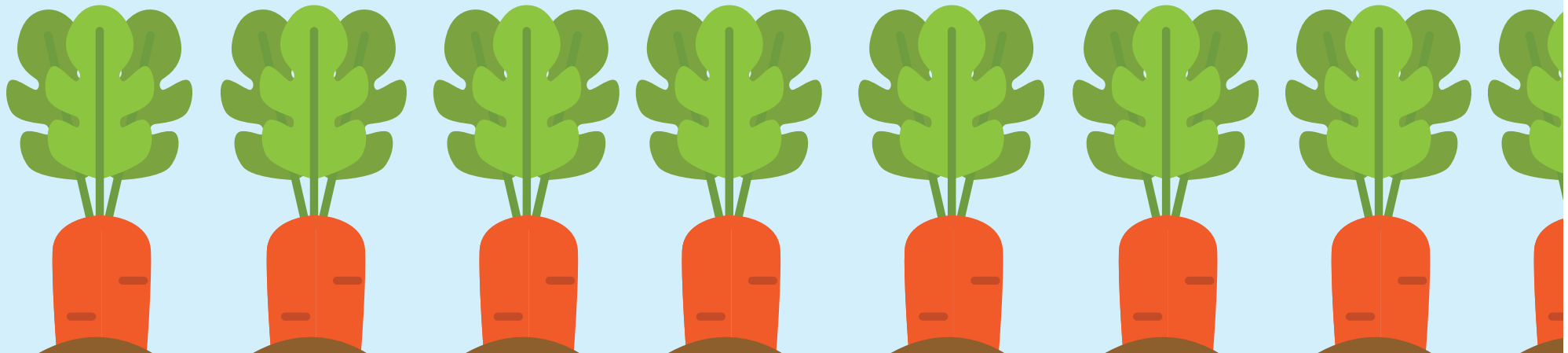
with excitement to see  
where carrots come from.



**He never knew they grew in the ground!**



**Farmer Rich says to pick carrots, you must**  
**squat down** and **pull up** on the carrots.



**Can you squat down**  
**and help the friends**  
**pick carrots?**

**Dart sees something he remembers  
from the friends' last trip to the farm.**

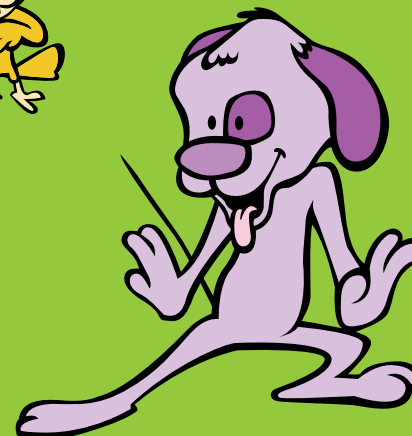
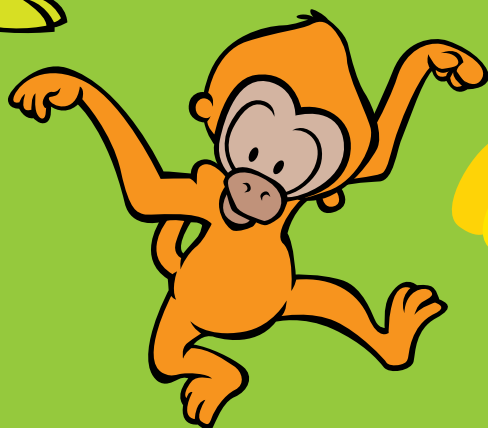
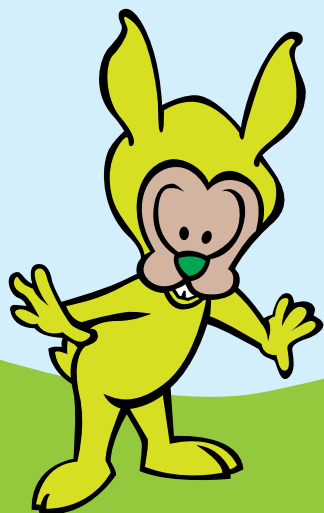
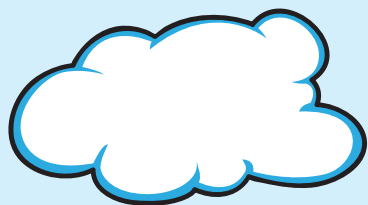
**What do you think he sees?**



**That's right,**

**peppers!**

**What color peppers is he growing?**  
**Let's help Farmer Rich pick those peppers.**  
**Reach to the right, reach to the left**  
**and pretend to pick peppers.**

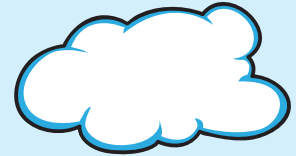
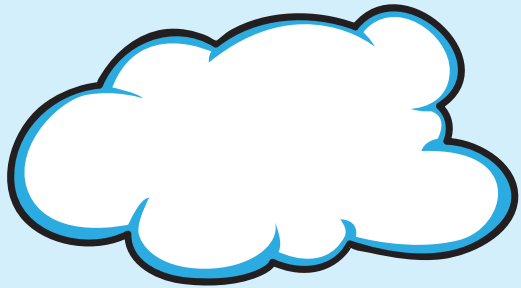




**Blue and his friends**

**carry**

**the produce to  
Farmer Rich.**

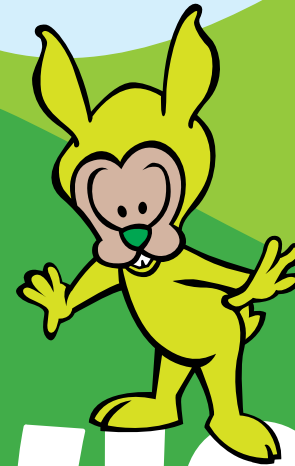
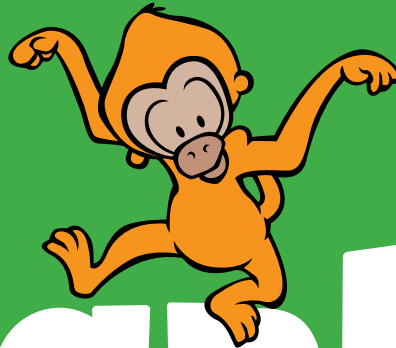
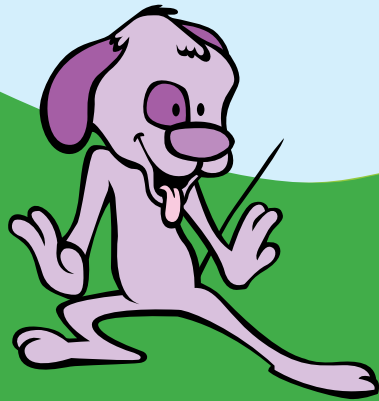
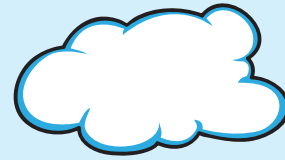
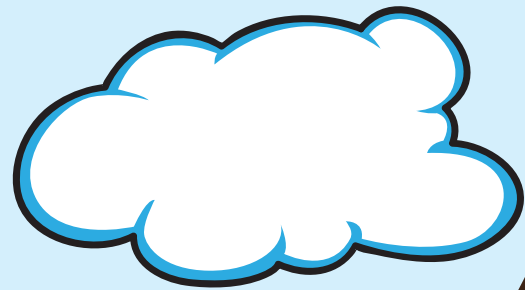


**Now it's time  
for lunch!**



**Farmer Rich brings corn, apples, carrots and peppers for everyone to eat along with the sandwiches they brought from home.**





**“Thank you,  
Farmer Rich!”**

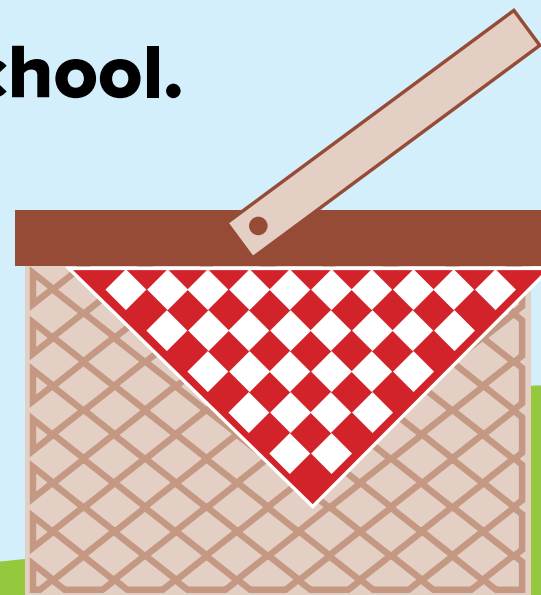




**Everything Farmer Rich grows  
on his farm is so tasty!  
The friends promise Farmer Rich  
they will keep trying farm fresh foods.**

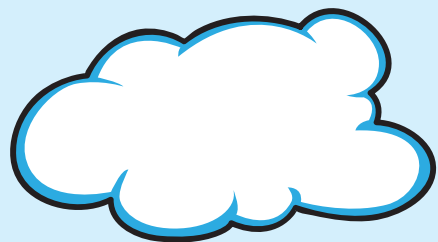
After lunch, it is time to go back to school.

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



**As the friends unload the bus,  
they all agree the food  
on the farm was great.  
They can't wait to try the food  
with their families.**

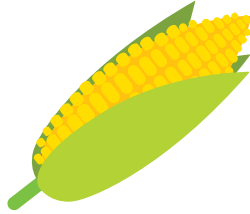


# Tips

- **While reading talk about the smells, tastes, sounds, and textures associated with the fruits and vegetables.**
- **Schedule farm fresh taste tests in your classrooms for the children and their parents**
- **Make a dish with the foods presented in the story**
- **Visit a farm and/or farmers market (or have a farmer visit you)**
- **Plant seeds to grow some of the same fruits and vegetables**
- **Practice other skills during reading; numbers, patterns, letters, letter sounds, etc.**
- **Spend a little extra time doing each movement discussed in the book**



# Farm Food Recipes



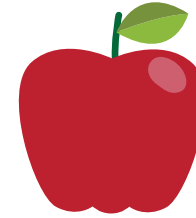
## Corn Salsa

### Ingredients:

- 3 cups of fresh corn (cooked and shucked)
- 1 green pepper
- ½ red onion
- ½ bunch of chopped cilantro
- 2 cloves of garlic
- Juice of 2 limes
- salt and pepper (to taste)

### Directions:

- Shuck and clean the corn
- Finely chop all additional ingredients
- Mix all ingredients in a large bowl
- Serve with or without tortilla chips



## Baked Apple Slices

### Ingredients:

- Apples
- Ground cinnamon
- Coconut oil or butter

### Directions:

- Preheat oven to 350 degrees
- Core and slice apples into ½ inch pieces
- Place the baking pan in the oven with oil or butter and add apples.
- Add cinnamon, toss to coat, then back
- Apples are done when they are very tender

# Movement Activity

- Find pictures of foods in old newspapers and or magazines
- Have the children cut out all the food they see
- Provide designated area for different foods; store bought foods, farm foods, etc.
- Spread all the pictures the children have accumulated throughout the room
- Have children use different forms of locomotion to pick-up up a certain type of food and place it in the designated area.

Example: Walk to take all veggies to the red hoop.

Example: Hop to collect all farm foods and place in the tape square at the front of the room.

- \* *Be Active Kids* offers food card resources, as well as a one page document that provides inexpensive ideas for using the *Be Active Kids* cards to improve motor development and physical literacy.



# Additional Resources:

- **Be Active Kids**  
[www.beactivekids.org](http://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 program. 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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