Farm to Table | Activity Sheet 1

Theme Dinners for Kids • Name: _____

1 From farm to plate

Number these steps 1, 2, 3, 4 in the right order.

- ☐ Wash the vegetable
- ☐ Plant the seed
- ☐ Eat the meal
- ☐ Pick the vegetable

2 Count the harvest

Count each kind of food and write the total.



Total: _____



Total: _____



Total: _____

3 What grows in a garden?

Circle the things that can grow in a vegetable garden.

CARROT **ROCK** **TOMATO** **SPOON**

LETTUCE **SHOE** **PUMPKIN** **TOY CAR**

Bonus: Name one food you have eaten that came from a farm.

_____

Farm to Table | Activity Sheet 2

Theme Dinners for Kids • Name: _____

4 Plan a tiny garden

Draw three foods you would like to grow.

Plant 1

Plant 2

Plant 3

5 Farmer market shopping list

Choose three fruits or vegetables to buy or try.

☐ _____

☐ _____

☐ _____

6 Sort the food

Circle fruits. Underline vegetables.

APPLE CARROT PEAR BROCCOLI

BANANA LETTUCE GRAPE POTATO

Parent key: 1 = plant, pick, wash, eat; 2 = 3, 4, 2;
3 carrot, tomato, lettuce, pumpkin; 6 fruit: apple, pear, banana, grape.