



# Farmer Educator Unit

The lessons in this unit were developed by Wisconsin Homegrown Lunch farmer educators. Of course, you don't have to be a farmer to teach them, but bringing a farmer into your classroom is a great educational opportunity.

**Grade Level:** Adaptable for K-5

## Unit Goals

Students will understand that farmers are real people and that we depend on them for our food.

Students will understand how food links us to the natural environment and seasonal cycles.

Students will become familiar with the systems (local, regional, national) that supply our food.

Students will identify a variety of locally grown healthy foods.

## Unit Overview

Less than 2% of the U.S. population live or work on farms, thus Americans have become increasingly disconnected from the land and people that produce our food. Bringing a farmer into your classroom puts a face on this valuable profession and helps students understand the links between soil, plants, people, and food. We have found that understanding these connections and our position as eaters within this big picture helps encourage healthy eating habits. Along with teaching a lesson, farmers always take time for student questions and talk about their farm, the work they do, why they do it, and the methods they use.

## Lessons Included

1. Apple as Earth
2. Seed to Harvest
3. Get to Know Your Fruits and Vegetables
4. Fruit and Vegetable Memory Game
5. Routes of Food

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Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:  
[www.reapfoodgroup.org](http://www.reapfoodgroup.org)

UW-Madison Center for Integrated  
Agricultural Systems: [www.cias.wisc.edu](http://www.cias.wisc.edu)

