

Where does my food come from?

Lesson:

1. Begin by singing “My Food Comes from a Farm” song (to the tune of “The Farmer in the Dell”).

My food comes from a farm, my food comes from a farm, hi ho the dairy-oh my food comes from a farm.

My corn grows in a field, my corn grows in a field, hi ho the dairy-oh my corn grows in a field.

My milk comes from a cow, my milk comes from a cow, hi ho the dairy-oh my milk comes from a cow.

My chicken in his pen, my chicken in his pen, hi ho the dairy-oh my chicken in his pen.

My fruit grows on a tree, my fruit grows on a tree, hi ho the dairy-oh my fruit grows on a tree.

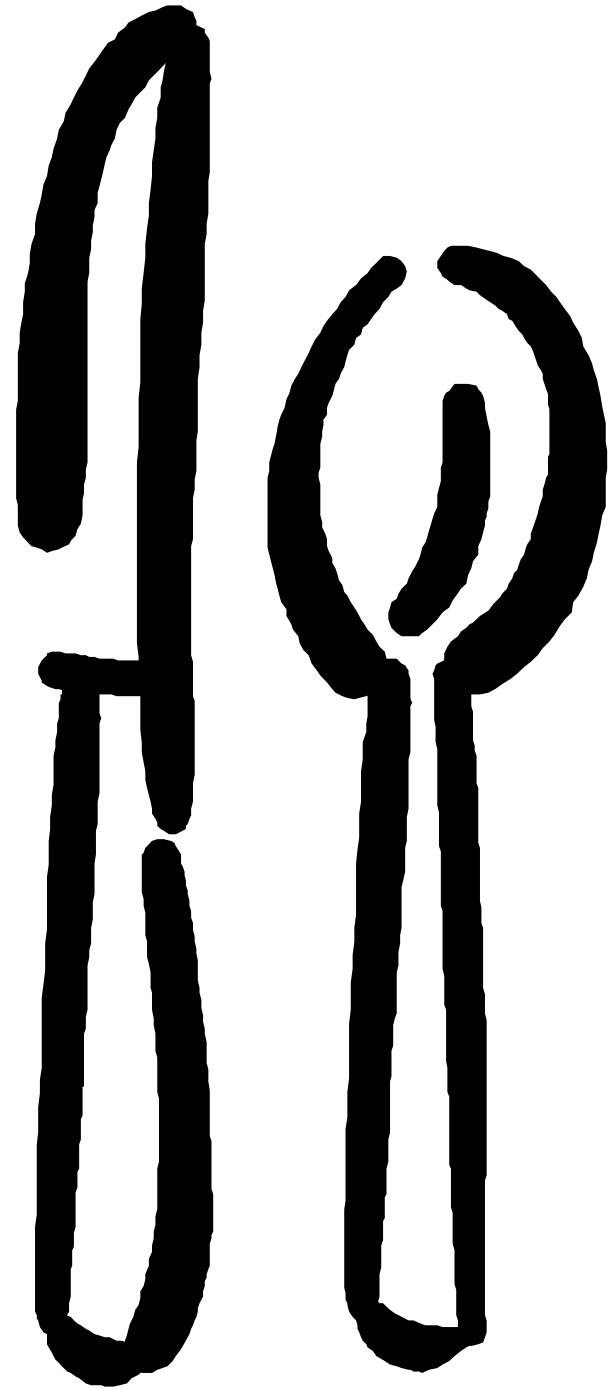
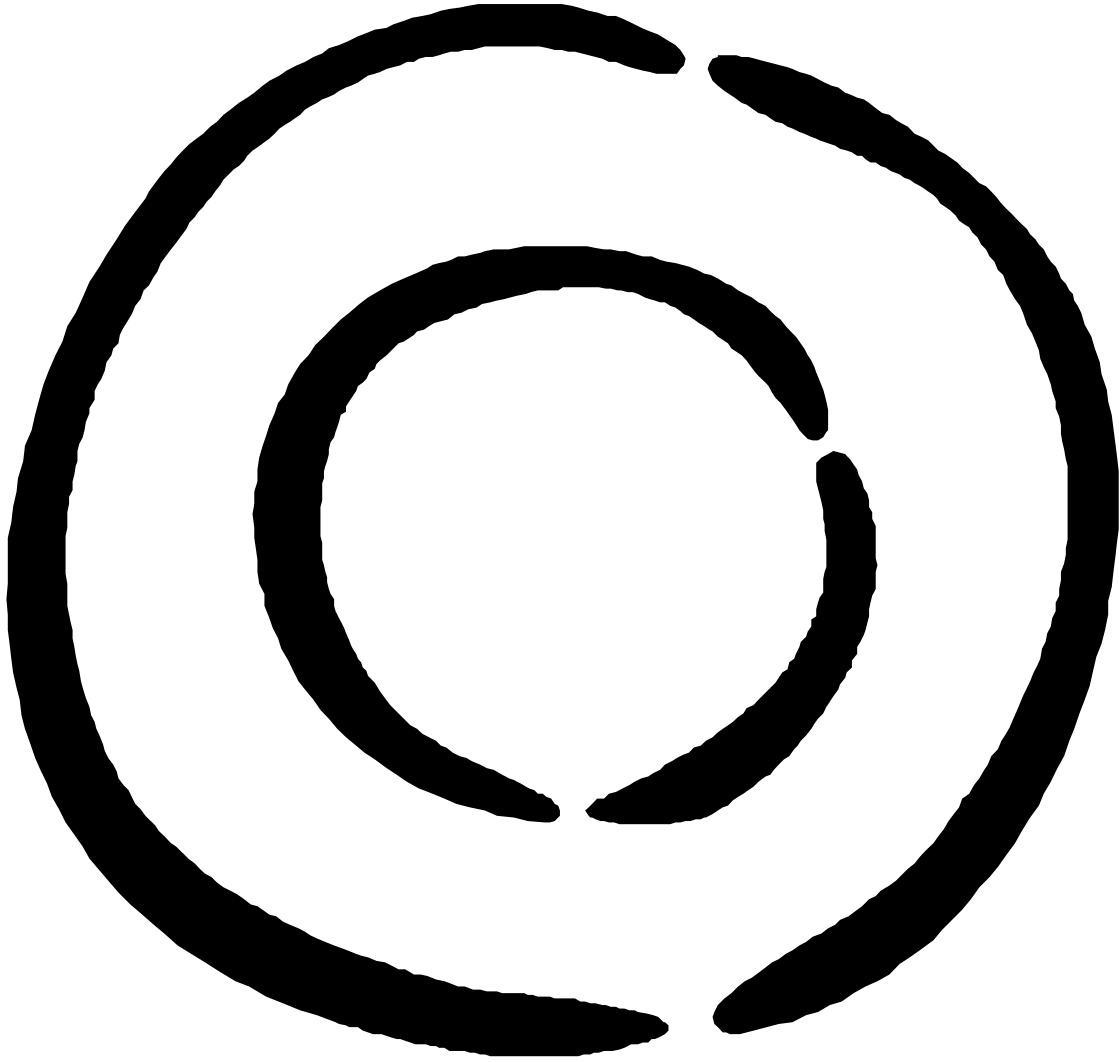
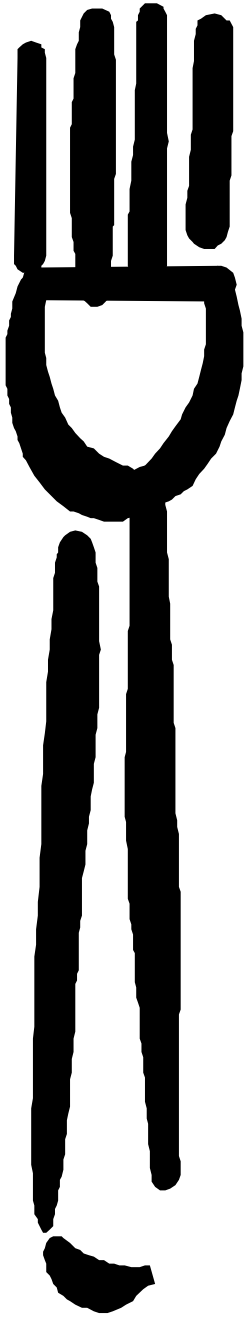
The farmer grows my food, the farmer grows my food, hi ho the dairy-oh the farmer grows my food.

Use the photos as visual aids as you sing the song to the children. You may consider providing each student a stapled “packet” of the photos so that they have the photos and the words to the song to take home.

2. At the conclusion of the song, revisit the photos provided and discuss the things you see. What other fruits grow on trees? What foods do chickens give us? Where do farmers live? What foods can we make from the milk from the cow?

3. Pass out the “place setting” worksheet to all students. Ask them to draw a meal on the plate. Prompt them by asking them to draw their favorite meal, what they ate for lunch, what they eat when they visit grandma’s house, etc.

4. Discuss the foods on the children’s plates. Talk about where each of the foods comes from.



My food comes from a farm
My food comes from a farm
Hi ho the dairy-oh
My food comes from a farm



My corn grows in a field.





**My chicken in his pen
Hi ho the dairy-oh
My chicken in his pen.**





**My fruit grows on a tree
My fruit grows on a tree
Hi ho the dairy-oh
My fruit grows on a tree**

The farmer grows my food
The farmer grows my food
Hi ho the dairy-oh
The farmer grows my food.

