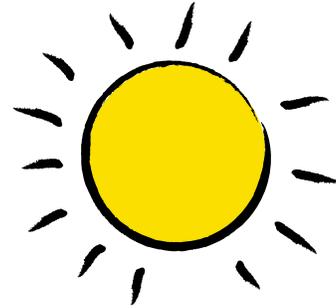




# Farmers Market Scavenger Hunt

Fun for preschoolers  
and elementary students



This activity is flexible enough to be fun for children of all ages. Older kids can help the youngsters.

# Get Outside and have some fun!

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## Get Outside:

Go to the  
Farmers  
Market or Fruit  
& Veggie Stand

Going shopping at a local Farmers Market, farm or Fruit & Veggie Stand offers lots of opportunity for children of all ages to discover how we use plants for food.

Use these scavenger hunt questions to explore the market, farm or stand while shopping for family meals and, perhaps, enjoying a treat or two! Remember to practice good hand hygiene!

We eat so many different types of plants as well as so many different parts of a plant. As you go through the scavenger hunt questions below draw pictures or take photos to help you keep track of things you discover.

Check the hint below or our Discover Plants Activity for the answer if you can't remember.

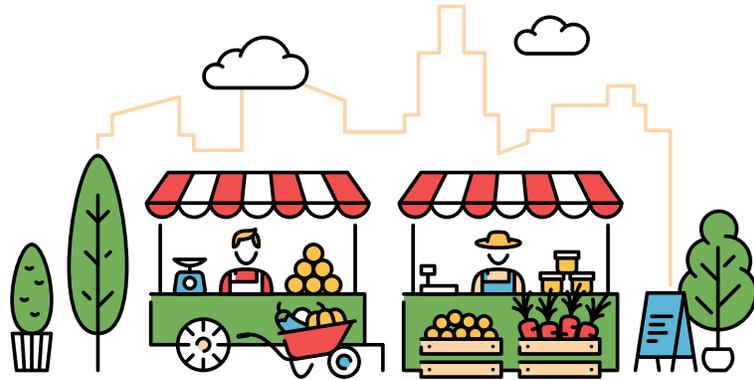
Let's go to the

**FARMERS  
MARKET**

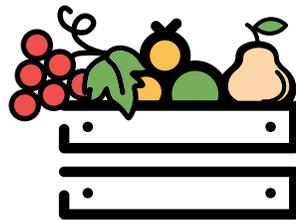


KIDS ACTIVITY:  
Scavenger  
Hunt  
Questions

Ask the farmer or stall keeper if you have  
questions you can't answer



### FRUIT



- How many kinds of fruit did you find?
- Besides raw fruit what other types of foods made with fruit did you find?
- What colours were the fruits?
- How many kinds of red coloured fruit did you find?
- What was your favourite fruit?

### VEGETABLES



- How many kinds of vegetables did you find?
- How many types of food made with veggies did you find?
- How many green leafy vegetables did you find?
- Did you find any vegetables that are tubers? Think potatoes
- Did you find other root vegetables? Look for a red root vegetable like a beet or a radish.





KIDS ACTIVITY:  
Scavenger  
Hunt  
Questions

## WHERE ARE THEY GROWN

Find fruits or vegetables that are grown:

- underground
- on a tree
- on a thorny bush
- on a leafy plant
- in a greenhouse
- in a field



## COLOURS

Find at least one fruit or vegetable for each of these colours:

- Purple
- Orange
- Red
- Blue
- Green
- Yellow
- White

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What was your favourite thing to eat  
– did it contain any plants or plant parts?

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DRAW OR DESCRIBE IT:



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## Hints

to help you hunt

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Fruits and vegetables refer to plants or plant parts that we use for food. Fruit contains a plant's seeds. Examples are:



Orange

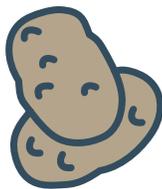


Apple



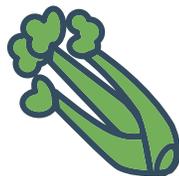
Strawberry

A simple definition of a vegetable is that it is any edible part of the plant that is not a seed or fruit. Examples are:



Potato = part of a plant root

Spinach = the leaves of a plant



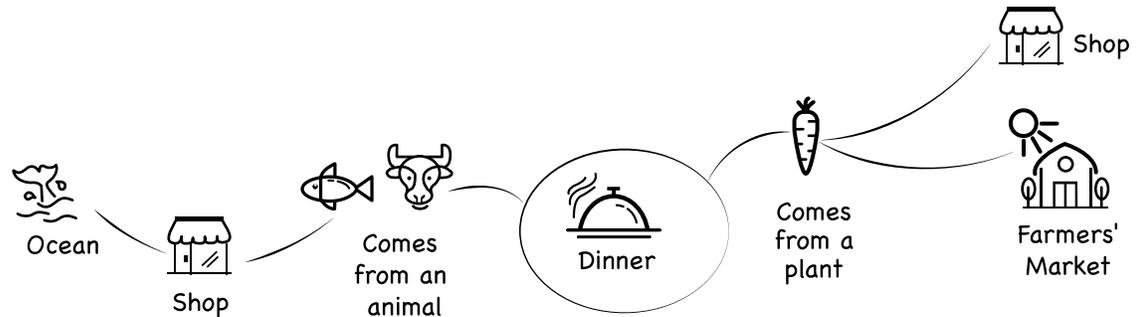
Celery = the stems of a plant



Talk about it  
and map  
it out

## KIDS ACTIVITY

When you get home and have put the food away draw a Mind Map based on your visit! You could use the drawings or photos from you made. Here's an example of a Mind Map:



- Where the food came from?
- Are there other ingredients? Add them to the map, include where they came from.
- Was your food grown on a tree (like a peach or cherry), dug out from the soil (grown underground like a carrot, beet or potato) or was it from a bush/plant (like a tomato, raspberry or pea pod)?
- How did your food get to the market or stand where you bought it?
- Are there other interesting things about your food?
  - Special equipment to plant and/or harvest