



wild dog

**Wild Dog Books
Teachers' Notes**

From Farm to Table:
Veggies

Synopsis

Vegetables are amazing foodstuffs. They are one of the main food groups; they can be eaten in many ways and are consumed by billions of people every day. More importantly, vegetables are vital to a healthy diet. But how do they get from the ground to our plates? Farmers and home gardeners grow them in big and small quantities. They are planted, watered, cared for and harvested before being processed and prepared for sale to customers in a variety of ways. Vegetables go through many stages before they are eaten – learn all about this and more in *From Farm to Table: Veggies*.

Writing style

From Farm to Table: Veggies has been designed with the needs of both early and more advanced readers in mind. Simple and succinct language is used throughout the book, and the font size is relatively small to allow the images to engage reluctant readers. Font size is smaller again when used in conjunction with inset images, to indicate information that is secondary to the primary text/image. There is also a brief glossary in the back of the book, which will aid young readers in developing the tools of research and analysis.

Photographic style

The *From Farm to Table* series uses photographs that bring the viewer close to the subject that is being discussed. They are evocative images that clearly and richly convey the world of vegetable production. Inset photographs are used on occasion to further illustrate topics of interest. These photographs also have the advantage that the image is static, giving the reader the opportunity to explore the image and look at the subject matter and its features in detail. The photographs are strongly composed and clearly printed with bright strong colours to increase the appeal to visual readers. Readers can also explore how photographs are used to convey messages.

Study notes

Themes:

- Descriptive words
- Vegetables
- Fruits versus vegetables
- Different parts of vegetable plants
- Food production
- Agriculture
- Large and small scale farming
- Fresh versus processed
- Greenhouse and hydroponic farming
- Lifecycle and transformation

Curriculum link: Literacy

Before reading *From Farm to Table: Veggies*:

- Brainstorm what students know about vegetables i.e. where they come from, how they are grown, etc.
- What is their first response when they look at the cover of the book?
- Ask the students what they think are examples of vegetables.
- Brainstorm the types of vegetables they commonly eat and how they eat them.

While reading *From Farm to Table: Veggies*:

- Ask the students to take turns reading a paragraph aloud to the rest of the class. Where appropriate, ask the students what they think certain words may mean.

After reading *From Farm to Table: Veggies*:

- Ask the students to reflect on the words they would use to describe vegetables and the words that have been used in the book. Ask them to draw up a list of words that can be used to describe vegetables.

Curriculum Theme: Critical and Creative Thinking

After reading *From Farm to Table: Veggies* ask the students the following questions:

- What are vegetables?
- Are all vegetables the same?
- How are they different?
- What are the key features of vegetables?
- What are the main reasons for growing vegetables?
- How are vegetables grown?
- Are all vegetables grown in the same way?
- Are all vegetables grown at the same time of year?
- What are the different stages of vegetable production?
- How do farmers help their vegetables grow?
- What happens to vegetables after they are harvested?
- What are the different ways vegetables are processed?
- How do consumers get vegetables?
- Are vegetables commonly eaten for breakfast, lunch or dinner?

Curriculum link: ICT Capability

After reading *From Farm to Table: Veggies*:

- Organise the class into small groups. Assign each group a type of vegetable from the following website <http://www.ranker.com/crowdranked-list/the-most-delicious-vegetables-v1>. Ask students to research online and answer the following questions: What type of vegetable is it i.e. root, stem, 'fruit' etc.? How is it grown? How is it harvested? Is it eaten fresh or processed? How do people eat it? Where is it commonly grown? Is it popular in certain countries? What are some example dishes this vegetable is used in?
- Ask the children to look for and print images relating to their vegetable. Specifically, look for pictures that show the physical characteristics of the vegetable in detail i.e.

as a seed, its stages of growth, what the harvested vegetable looks like, dishes it appears in etc.

- Ask each group to create a poster collage. Ask them to attach the images they found and to write a short sentence detailing the connection to their vegetable. All members of the group then take turns presenting their findings to the rest of the class.

Curriculum Theme: Personal and Social Capability

After reading *From Farm to Table: Veggies*:

- Organise the class into two groups. In one group, ask the students to work as a team to construct a word finder puzzle. Ask each student to suggest an appropriate word about vegetables using words they have learned from the book (e.g. stem, processed, hydroponic etc.). Once completed, print copies for the other group to complete.
- In the second group, students should work as a team to create a trivia bingo game. Ask each student to suggest a fact they found surprising or interesting. Combine these facts into a game for the whole class.

Find out more

- <http://easyscienceforkids.com/all-about-vegetables/>
- <http://www.foodchamps.org/>
- <http://www.fruitsandveggiesmorematters.org/get-kids-involved/coloring-activity-pages-for-kids/>
- <http://www.fantasticfunandlearning.com/vegetable-activities-for-kids.html>
- <http://healthy-kids.com.au/food-nutrition/5-food-groups/vegetables/>
- <http://www.nutritionaustralia.org/national/resource/healthy-living-pyramid>

Marketing and promotion

From Farm to Table: Veggies is the first in a new series looking at the food items we use every day, and the various stages they go through from production to consumption. Future titles include *Meat* and *Dairy*, while other titles such as *Fruit*, *Grains* and *Spices* are planned.