



Texas Farm Fresh Fridays

Activity Inspiration with Resources

Appropriate for Students, Grades 6-12

Learn About Seasonality

Students should come up with a creative way to display the seasonal produce information. Previous designs have been a wheel or a spreadsheet. Show them an example of each and see if they can come up with a new, creative way to display the information.

Materials needed:

- Spreadsheet of when fruits and vegetables are in season
- Paper
- Markers, crayons or colored pencils

Think Like a Farmer

Give students an annual budget and seed catalogue, and ask them to do the math of agriculture. Let them create a plan that includes the plants they want to grow, the seasons they want to produce plants, yields and profits. Then they can budget what they would buy and create a planting schedule. Students can also be taught how to write checks during this activity.

To make it more appropriate for older students incrementally throw in natural disasters and other disruptions such as farm accidents that must be accounted for when planning yearly budgets.

Materials needed:

- Seed catalogues, or access to online seed catalogues
- Fake checkbooks or fake checks

Plan a Weekly Menu for Your Family with a \$250 Budget

Best for high school aged children.

Materials needed:

- Internet access or price sheet for produce and other whole food ingredients
- Sample recipes using 5 ingredients or less
- Calculator