

Toddler Activities

Monday	Tuesday	Wednesday	Thursday	Friday
What is Farm to Summer?	Gardening & Physical Activity	Cooking & Taste Testing	Locally Grown in Meals & Snacks	Literacy, Music & Movement
Farm Foods Art Collage	Garden Squeeze	Healthy Foods Tasting	Berry Blast Smoothie	Garden Parade
Find food that can grow on the farm!	Touch and feel the plants!	Time to put those taste buds to the test!	Berries make a refreshing and tasty snack.	Make some noise and have a parade!
<p>Materials:</p> <ul style="list-style-type: none"> Newspapers Magazines Print and photo materials Scissors Tape Glue Construction paper <p>Instructions:</p> <ol style="list-style-type: none"> Talk with toddlers about the different foods that can grow on a farm. Adults look through various print materials to find the foods discussed. When you find them, adults may cut or tear them out and set them aside. Once you find the food items, guide toddlers in taping or gluing them onto construction paper to create a collage of foods! 	<p>Materials:</p> <ul style="list-style-type: none"> Plants, leaves, etc. Plastic container Safe outdoor space <p>Instructions:</p> <ol style="list-style-type: none"> Collect a few child-safe leaves and plants and place them in a plastic container. Offer the container to the toddlers. Gently touch toddler's feet and hands with different outdoor textures, such as flowers, grass, leaves, etc. Encourage toddlers to grasp, squeeze, and explore the plants in the bin. Narrate toddler's actions and discuss the plants, textures, etc. <p><i>Adaptations: For crawling infants: encourage babies to grasp, squeeze, and explore the plants in the bin. For walking infants: offer an empty container or encourage them to explore the outdoor area and fill the container up with plants that they find in the garden.</i></p>	<p>Materials:</p> <ul style="list-style-type: none"> Pre-cut fruits and vegetables Plates <p>Instructions:</p> <ol style="list-style-type: none"> Give children a piece of each fruit and veggie to taste. To ensure foods are safe for young children, (1) cook or steam hard food, like carrots, until it is soft enough to pierce with a fork; (2) remove seeds, pits, and tough skins/peels from fruits and vegetables; and (3) finely chop foods into thin slices, strips, or small pieces (no larger than ¼ inch for infants and ½ inch for toddlers). This is especially important when serving raw fruits and vegetables, as those items may be harder to chew. Ask children to describe how the food tastes, its texture, etc. <p>*You could extend the activity by charting children's responses*</p> <p>Cucumbers are June's Harvest of the Month feature. Incorporate cucumbers along with other Georgia-grown, in-season fruits and vegetables into your taste test.</p>	<p>Materials:</p> <ul style="list-style-type: none"> Blender <p>Ingredients:</p> <ul style="list-style-type: none"> 6 cups low-fat or non-fat unflavored milk 2 (16 oz) packages mixed berries, frozen <p>Instructions:</p> <ol style="list-style-type: none"> Add all ingredients to the blender. Mix on high until smooth. Serve 1 ¼ cup per child immediately as a cold, refreshing smoothie. <p><i>*Take it a step further and use locally grown berries purchased at your local farmers market or grocery store.</i></p>	<p>Materials:</p> <ul style="list-style-type: none"> Safe outdoor space Music Rattles or shakers. <p>Instructions:</p> <ol style="list-style-type: none"> While outside, offer children a few rattles, shakers, or other instruments to make noise. Play the children's favorite songs. With the children's attention, gently shake a rattle back and forth and mimic the sound. Encourage children to shake the rattle/mimic the sound. Narrate your and your children's actions and discuss the garden and parades. <p><i>Adaptations: Encourage crawling infants to crawl, dance, and shake their rattle along with the music. Encourage walking infants to dance, march, sing, and shake their rattles along with the music.</i></p>

Post pictures of you and your children participating in Farm to Summer Week activities using #GAFarmtoSummer.

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