

TIME FOR KIDS THE BIG PICTURE

FRESH FROM THE FARM

SUMMARY

More and more schools across the United States are serving foods from local farms at lunchtime, thanks to the National Farm to School Program.

FAST FACTS

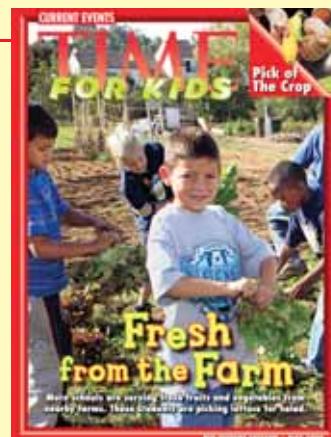
- The farm-to-school movement began in **Florida** and **California** in the late 1990s.
- The **National Farm to School Program** is a nonprofit effort to connect farmers with nearby school cafeterias.
- In 1997, only six local programs existed, but now nearly **2,000 programs** operate in 38 states.
- The schools that participate in the program buy **fruit, vegetables, eggs, honey, meat and beans** from local farmers. Teachers extend student learning through a nutrition-based curriculum, farm visits and gardening programs.
- The kids in the cover photo are from **Emerson Elementary School**, in Riverside, California. They harvested 275 heads of lettuce for their school's salad bar.
- The kids on pages 2 and 3 are from the **Fisher Hill School**, in Orange, Massachusetts, where school lunches are made up of **15% to 30% local produce**.

Science Standards

- Science in personal and social perspectives

Worksheet Skills

- Reading a Calendar
- Reading a Map



CURRENT EVENTS

Farm-to-School Programs

TEACHING TIPS

Before Reading

Make Personal Connections

- Have students draw their favorite fruit or vegetable and write a journal entry using their five senses to describe it.

During Reading

Take a Picture Walk

- Before reading the issue, ask students to describe what is happening in each picture.

Word Study

- Read aloud the bold text on pages 2 and 3. Challenge students to act out what is happening in each sentence. Then have students circle the action words. (*plant, deliver, eat*)

Monitor Comprehension

- Discuss: How does the partnership between farmers and schools help farmers? How does it help kids?

After Reading

Extend Learning

- Bring in some fruits and vegetables that were grown locally (if possible) and some that were grown in other places. Locate the places on a world map. Ask: Why do we buy some produce from other countries? What is good about buying local produce? Why might it be difficult?

RESOURCES

Growing Vegetable Soup

by Lois Ehlert
(Harcourt, 2004).
A father and child grow vegetables for soup.

My First Book About Farms

by Kama Einhorn
(Random House, 2006).
Grover and Elmo teach kids about farming. Part of the Sesame Subjects nonfiction series.

farmtoschool.org

Learn more about the National Farm to School Program.

fruitsandveggiesmatter.gov

Visit for recipes and tips on how to incorporate more fruits and vegetables into your diet. In the navigation bar, click on Interactive Tools, then Analyze My Plate, to find the nutritional breakdown of foods you eat.

TFK Power Words

fresh farm crop grow

CHALLENGE WORDS

sprouting produce harvest

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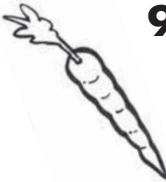
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EAT FIVE A DAY

Each day, Green Hill School serves one local fruit or vegetable at lunch. Look at the calendar to see what is on the menu each day in May. Then answer the questions.

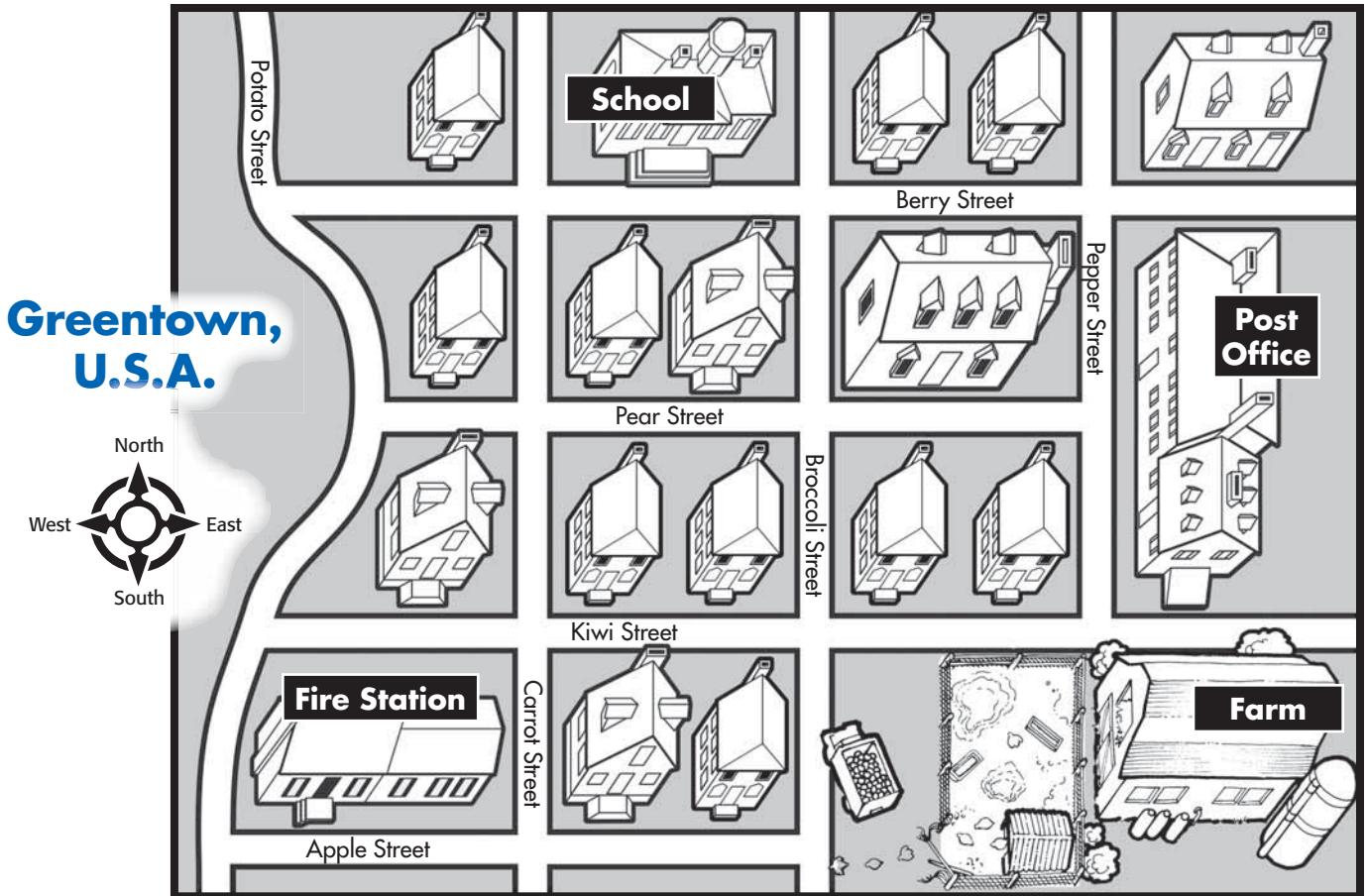
May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2 	3
4	5 	6 	7 	8 	9 	10
11	12 	13 	14 	15 	16 	17
18	19 	20 	21 	22 	23 	24
25	26 	27 	28 	29 	30 	31

1. What fruit will be served on May 2? **Circle** it.  
2. What vegetable will be served on May 21? **Circle** it.  
3. How many days are carrots on the menu? _____
4. On what date will broccoli be served? _____

FROM FARM TO SCHOOL

The map shows a small town. The school gets its fruits and vegetables from the farm. Look at the map. Then answer the questions.



- Find the farm on the map. Put an **X** on it.
- Find the school. **Circle** it.
- On which street is the school? Mark the correct answer.

Berry Street Pear Street
- Draw a line to show the route that Farmer Brown should take to get to the school. In which direction does he go? Mark the correct answer.

south north

Science Standards

- Characteristics of organisms

Worksheet Skills

- Sequencing
- Reading a Diagram



TEACHER'S GUIDE
The Big Picture

VOL. 8, NO. 8
 MAY 2008

SUNFLOWERS!

SUMMARY

This issue shows students how a sunflower grows, step by step.

FAST FACTS

- Indians grew sunflowers as long ago as **3000 B.C.** in what are now Arizona and New Mexico. They ground the seed into flour for cakes and bread. Some tribes mixed the meal with beans, squash and corn. They also ate the seeds as a snack.
- In the **United States**, sunflower crops are planted in May in the following states: North Dakota, South Dakota, Minnesota, Kansas, Colorado, Nebraska, Texas and California.
- The world's largest producer of sunflowers is **Russia**.
- In the bud stage, the sunflower turns to **follow the movement of the sun** across the horizon. Once the sunflower blooms, it faces east.
- By fall, sunflowers have dried and turned brown. They are ready to harvest for their **seeds**. There are two types of sunflower seeds, striped and black. We eat the striped seeds. The black seeds are used to make oil for cooking and salads.
- Sunflowers are among the fastest-growing plants. They can grow **8 to 12 feet tall**.

TEACHING TIPS

Before Reading

Make Personal Connections

- Invite students to talk about experiences they've had with gardening, including watering house plants or working in a backyard garden.

During Reading

Sequencing

- Talk about the sequence of the story. Ask: How do you know which picture comes first, next and last? (*The pictures are numbered.*) Could the order of the pictures change? Explain.

After Reading

Extend Learning

- Grow plants in your classroom. Each student will need a plastic sandwich bag, a lima bean and a paper towel. Have students fold the paper towel several times until it is about one inch thick. Next, moisten the paper towel and place it inside the bag. Then put the bean between the paper towel and the plastic. Seal the bag and hang it near a window. Have students draw pictures of each stage of the bean's development. When roots and leaves grow, plant each bean in a milk carton filled with soil. Discuss how the bean changes over time.

RESOURCES

Seeds! Seeds! Seeds!

by Nancy Elizabeth Wallace (Marshall Cavendish, 2007). Buddy the Bear collects, sorts, eats and grows seeds.

Sunflower House

by Eve Bunting (Voyager Books, 1999). A boy plants sunflower seeds in a circle. Fully grown, the flowers become the walls of his summer playhouse.

Sunflowers

by Gail Saunders-Smith (Capstone Press, 2000). This book shows the life cycle of a sunflower. Color photos.

sunflowerlsa.com

Visit the National Sunflower Association website for teaching resources, recipes and health and nutrition facts.

TFK Power Words

sunflower seed soil grow

CHALLENGE WORDS

sprout root bud

TIME FOR KIDS: The Big Picture

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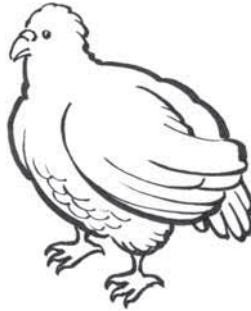
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GROWING, GROWING, GROWN!

Put each set of pictures below in order. Write 1, 2 or 3 in the boxes.

1.







2.







3.



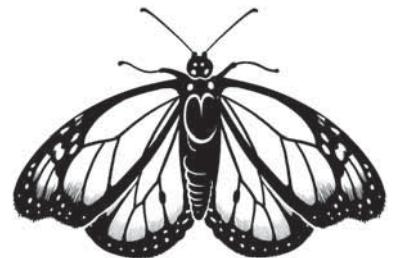




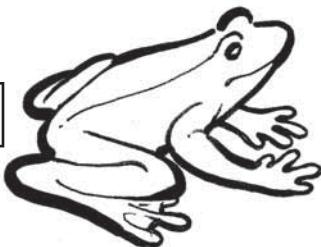
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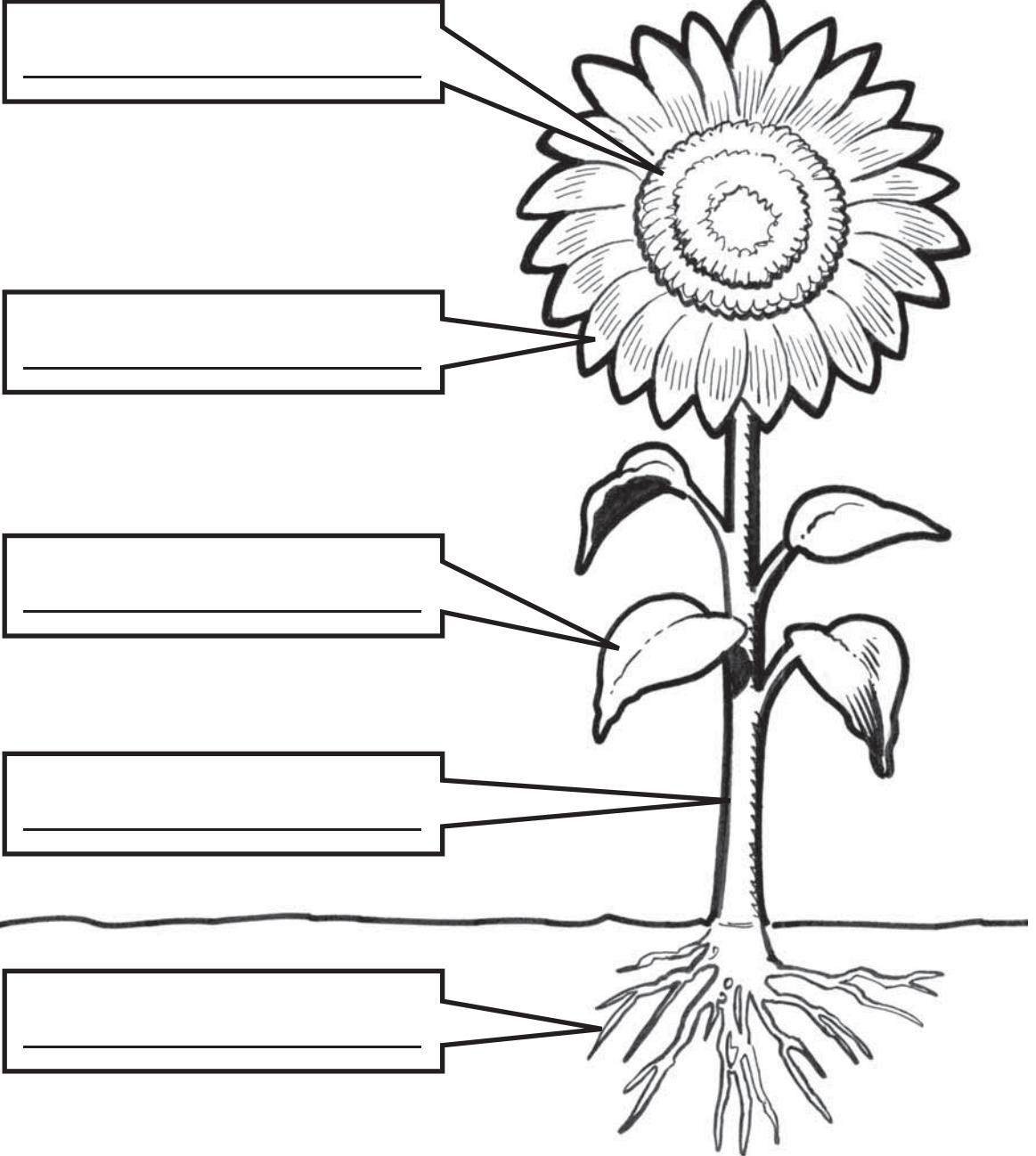
Bonus: Look at the pictures of living things. Which changed the most?
Talk about your ideas with a family member.

PARTS OF A SUNFLOWER

Do you know a sunflower's main parts? Look at the word bank. Then write the name of each part in the correct box. Last, color the sunflower.

Word Bank

petal
root
stem
leaf
flower



Bonus: This part gets food from the soil. _____

This part holds the flower up. _____

TIME FOR KIDS 2008–2009 Planner

Make TIME FOR KIDS part of your plans.

September

Theme: Responsibility
How-To
Theme: Schools
Compare and Contrast
Minibook: Animal Groups
Current Events Issue



February

Theme: Health
How-To
Theme: Chinese New Year
All-About
Minibook: Famous Americans
Current Events Issue



October

Theme: Apples
Step-by-Step
Theme: Fall Festivals
All-About
Minibook: Mexico
Current Events Issue



March

Theme: Zoos
Q&A
Theme: Wind
Cause and Effect
Minibook: Frogs
Current Events Issue



November

Theme: Animal Colors
Cause and Effect
Theme: Author Study
Q&A
Minibook: Native Americans
Current Events Issue



April/May

Theme: Insects
Step-by-Step
Theme: Inventions
All-About
Minibook: Habitat
Current Events Issue



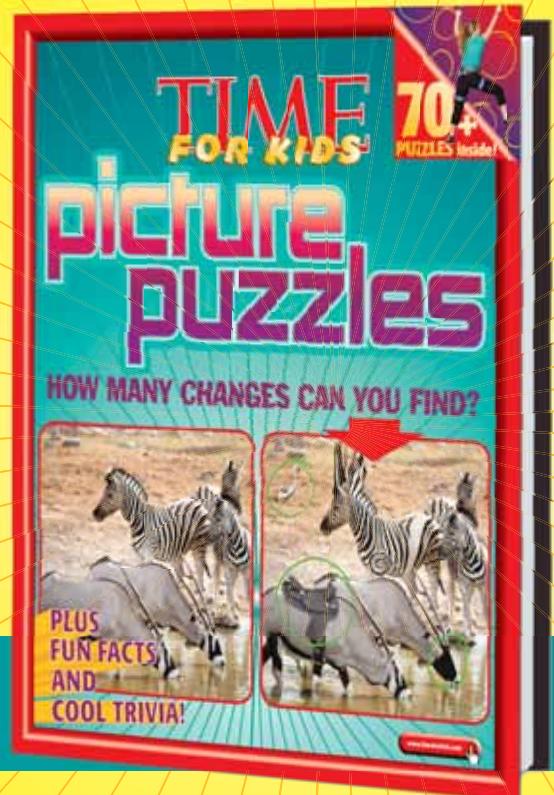
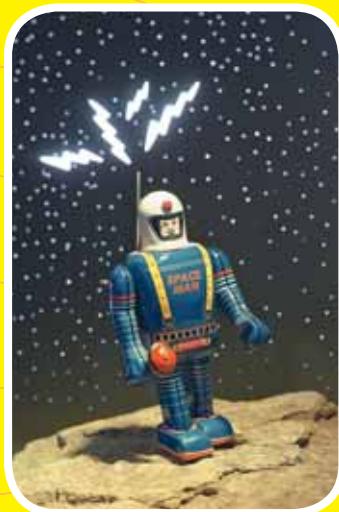
December/January

Theme: Holidays
All-About
Theme: Snow
Problem and Solution
Minibook: Sorting
Current Events Issue



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