## Farm to ECE Interest Areas for Young Children

*Mix and match these developmentally appropriate activities to fit your program’s needs*

<table>
<thead>
<tr>
<th>Interest areas</th>
<th>Sample activities</th>
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<tr>
<td><strong>Dramatic play</strong></td>
<td>• Restaurant with chef’s hat, play kitchen tools, and plates</td>
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<td>• Farm with hats, gloves, seed packets, and play produce</td>
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<td>• Flower shop with artificial flowers, containers, ribbon, flower catalogs, and blank cards</td>
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<td><strong>Sensory tables</strong></td>
<td>• Add a cooking sensory table to your rotation. Provide cooking tools such as measuring cups, sieves, and ladles for children to use in water or sand.</td>
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<td><strong>Songs &amp; finger plays</strong></td>
<td>• <em>Dirt Made My Lunch</em></td>
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<td>• <em>Here’s the Beehive</em></td>
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<td></td>
<td>• <em>The Farmer Plants the Seeds</em></td>
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<td><strong>Story time</strong></td>
<td>• <em>Rainbow Stew</em> by Cathryn Falwell</td>
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<td></td>
<td>• <em>Rah rah radishes!</em> by April Pulley Sayre</td>
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<td></td>
<td>• <em>The Seed Song</em> by Judy Saksie</td>
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<td></td>
<td>• <em>Sip, Slurp, Soup, Soup, Caldo, Caldo, Caldo</em> by Diane Gonzales Bertrand</td>
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<td>• <em>Eating the Alphabet</em> by Lois Ehlert</td>
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<td>• <em>The Tiny Seed</em> by Eric Carle</td>
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<td>• <em>Bee-Bim Bop!</em> by Linda Sue Park</td>
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<td><strong>Large motor activities</strong></td>
<td>• Develop arm strength, balance, and coordination by digging, watering, and using a wheelbarrow in a garden.</td>
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<td>• Practice skipping, galloping, and other movements by acting like favorite farm animals.</td>
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<td><strong>Fine motor strength and coordination</strong></td>
<td>• Shucking corn, scrubbing carrots, tearing lettuce leaves, removing pumpkin seeds, and harvesting snap peas help little learners practice fine motor strength and coordination.</td>
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<td>• Provide flowers and plants for preschoolers to practice scissor skills.</td>
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<td><strong>Art</strong></td>
<td>• Make watercolors with garden products like flowers or beets.</td>
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<td>• Provide natural collage materials such as leaves and petals.</td>
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<td>• Draw inspiration from garden produce for coloring, drawing and painting projects.</td>
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<td><strong>Outdoor investigations</strong></td>
<td>• Provide magnifying glasses and look for worms outside. Ask questions to encourage children to describe what they see and hear.</td>
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<td>• Practice counting in the garden when you plant seeds and harvest.</td>
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### What?
Wisconsin Farm to Early Care and Education (WI Farm to ECE) offers increased access to local foods, gardening, hands-on learning, and family engagement opportunities that support the health and educational experience of children in all ECE settings.

### Who?
All ECE providers including group child care centers, family child care homes, Head Start/Early Head Start, and 4K programs in K-12 school districts.

### Why?
- Offers opportunities for hands-on learning
- Increases children’s access to nutritious food
- Provides family engagement opportunities
- Supports local farmers and healthy communities
Songs & Finger Play Lyrics

**Dirt Made My Lunch**
Dirt made my lunch,
Dirt made my lunch.
Thank you Dirt, thanks a bunch,
For my salad, my sandwich
My milk and my munch ‘cause
Dirt, you made my lunch.

**Here’s the Beehive**
Here’s the beehive, but where are the bees?
(Make a fist)
They are hiding away so nobody sees.
Soon they’ll come flying out of their hives
1, 2, 3, 4, 5. Buzzz! (Hold up fingers as you count)

**The Farmer Plants the Seeds**
*to tune of Farmer in the Dell*
The farmer plants the seeds,
[Stoop and pretend to plant seeds.]*
The farmer plants the seeds
Hi, Ho, the dairy-o,
The farmer plants the seeds.

First lines:
The sun comes out to shine
[Make a large circle with arms.]
The rain begins to fall
[Hands flutter up and down.]
The seeds begin to grow
[Stand up slowly.]

**Multicultural Feast**
My friends don’t always eat the things I do;
Some eat foods I don’t know.
I like to try these different foods when to my
friends I go.

When I go to Jose’s, it’s arroz con pollo.
Platanos. Que Bien!
I want to go back again. Oh!

When I go to Gioia’s, it’s cacciatore or spaghetti.
Her mom says “Buon Appetito!”
Then we know its ready.
*(Personalize other verses for your site!)*

My friends don’t always eat the things I do.
We try each other’s foods at least.
When my friends and I get together,
It’s a multi-cultural feast!

**Questions? Get in touch!**
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