

# Farm to ECE Interest Areas for Young Children



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

Interest areas	Sample activities	
Dramatic play	<ul style="list-style-type: none"> <li>• Restaurant with chef's hat, play kitchen tools, and plates</li> <li>• Farm with hats, gloves, seed packets, and play produce</li> <li>• Flower shop with artificial flowers, containers, ribbon, flower catalogs, and blank cards</li> </ul>	
Sensory tables	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
Songs & finger plays	<ul style="list-style-type: none"> <li>• Dirt Made My Lunch</li> <li>• Here's the Beehive</li> <li>• The Farmer Plants the Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• My Garden</li> <li>• Multicultural Feast</li> </ul> <p><i>See lyrics on back!</i></p>
Story time	<ul style="list-style-type: none"> <li>• <i>Rainbow Stew</i> by Cathryn Falwell</li> <li>• <i>Rah rah radishes!</i> by April Pulley Sayre</li> <li>• <i>The Seed Song</i> by Judy Saksie</li> <li>• <i>Sip, Slurp, Soup, Soup, Caldo, Caldo, Caldo</i> by Diane Gonzales Bertrand</li> <li>• <i>Eating the Alphabet</i> by Lois Ehlert</li> <li>• <i>The Tiny Seed</i> by Eric Carle</li> <li>• <i>Bee-Bim Bop!</i> by Linda Sue Park</li> </ul>	
Large motor activities	<ul style="list-style-type: none"> <li>• Develop arm strength, balance, and coordination by digging, watering, and using a wheelbarrow in a garden.</li> <li>• Practice skipping, galloping, and other movements by acting like favorite farm animals.</li> </ul>	
Fine motor strength and coordination	<ul style="list-style-type: none"> <li>• Shucking corn, scrubbing carrots, tearing lettuce leaves, removing pumpkin seeds, and harvesting snap peas help little learners practice fine motor strength and coordination.</li> <li>• Provide flowers and plants for preschoolers to practice scissor skills.</li> </ul>	
Art	<ul style="list-style-type: none"> <li>• Make watercolors with garden products like flowers or beets.</li> <li>• Provide natural collage materials such as leaves and petals.</li> <li>• Draw inspiration from garden produce for coloring, drawing and painting projects.</li> </ul>	
Outdoor investigations	<ul style="list-style-type: none"> <li>• Provide magnifying glasses and look for worms outside. Ask questions to encourage children to describe what they see and hear.</li> <li>• Practice counting in the garden when you plant seeds and harvest.</li> </ul>	

## 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.]

## My Garden

This is my garden;  
(extend one hand forward, palm up)  
I'll rake it with care,  
(make raking motion on palm with other hand)  
And then some flower seeds, I'll plant  
(planting motion)  
The sun will shine  
(make circle with hands)  
And the rain will fall,  
(let fingers flutter down to lap)  
And my garden will blossom  
(cup hands together, extend upward slowly)  
And grow straight and tall.

## 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? Comments? Get in touch!

Contact our Farm to ECE team at [wifarmtoece@rootedwi.org](mailto:wifarmtoece@rootedwi.org). Visit our website at [rootedwi.org](http://rootedwi.org) for more Farm to ECE resources.

*Thanks to Rebecca Breda, Abbe Braun, Emily Doblar, Vanessa Herald, Alyn Turner McCarty, Daithi Wolfe, and Brittany Zerbe for their review of this piece.*

*This project is funded by the W.K. Kellogg Foundation of Battle Creek, Michigan.*

