



STEMsational Ag: The Virtual Farm

MIDDLE TENNESSEE STATE UNIVERSITY



Module 5: Fast Food at Home UNIT 5: COOKING ON A BUDGET Kindergarten – Grade 2



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE



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Module 5: Fast Food at Home
UNIT 5: COOKING ON A BUDGET
Kindergarten – Grade 2



Kindergarten – 2nd Grade:

Introduction to the Unit:

In this unit, learn strategies to save by planning your meals and market lists before going to the store. Visiting farmer's markets and using what you already have in your freezer and pantry are just two ways to make your dollar go further in the kitchen.

Pre-assessment: Let's pretend!

- ▶ Pretend you want to buy a can of black beans, so you go to the grocery store shop for it.
 - *Optional: if possible, go to the grocery store with an adult and look for black beans in the store.*



- ▶ What do you notice about the shelf tags? Here's a picture to help you imagine:



Image Credit: inmamaggieskitchen.com/meal-prepping-two-mexican-recipes/

Purpose:

A great way to save when cooking favorite meals is by shopping at your local farmers' markets. The purpose of this lesson is to help the youngest of learners better understand costs associated with cooking and how seasonal, local produce can offset these. Young learners will model prudent shopping behaviors like price-checking, making lists, and finding out when their area farmers' market operates. They will conclude the exercises by making their own cost-effective, produce-filled tzatziki dip.

Student Learning Outcomes for the Unit:

- ▶ Student will identify the many goods, especially seasonal produce, for purchase at farmers' markets.
- ▶ Student will estimate the cost of assorted food items to gauge accurate price points.
- ▶ Student will explore how shopping farmers' markets can help save on costs associated with cooking.
- ▶ Student will locate a farmers' market in proximity to where they reside.
- ▶ Student will make an in-season shopping list for produce in their area at the current time of year.
- ▶ Student will prepare a tzatziki using fresh produce and other budgeted grocery items.



National Agricultural Literacy Outcomes

Plants and Animals for Food, Fiber & Energy, Theme 2

T2.K-2

- A. Explain how farmers/ranchers work with the lifecycle of plants and animals (planting/breeding) to harvest a crop
- C. Identify examples of feed/food products eaten by animals and people

Food, Health & Lifestyle, Theme 3

T3.K-2

- A. Identify healthy food options
- C. Understand where different types of foods should be stored safely at home

Vocabulary Words:

- ▶ **Budget:** a set amount you can spend
- ▶ **Produce:** products like vegetables and fruits grown and harvested by farmers
- ▶ **Farmers' Market:** a place where farmers offer produce and other goods for sale from their booths
- ▶ **Seasonal:** when fruits and vegetables are at their best for harvest, consumption, and enjoyment

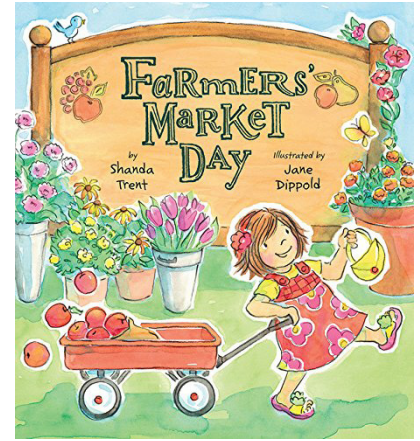
Materials Needed:

- ▶ Paper and drawing utensils
- ▶ Tzatziki recipe ingredients and cooking tools
 - 1 large cucumber
 - 1 cup Greek nonfat, plain yogurt
 - 1/4 large lemon's juice
 - 1 minced garlic clove
 - 1 tablespoon extra-virgin olive oil
 - 1/4 teaspoon salt
 - Box grater
 - Medium bowl
 - Mixing spoon



Activity 1: Read the book *Farmers' Market Day* by Shanda Trent

If you have internet access, you can watch the book read aloud at <https://youtu.be/hEydL22RxyU>. While reading, pause after each page to look at the illustrations, point out important features, and think about big ideas. You will see many examples of seasonal produce and other goods sold at a farmers' market. You'll also learn about the fun you can have while shopping. Pay attention to the kinds of vegetables and fruits available.



<https://youtu.be/hEydL22RxyU>

After reading, answer these questions:

- ▶ What did the main character bring along with her for the trip?
- ▶ Why did her mother check the prices?
- ▶ What kind of items does this farmers' market sell? What else did the little girl spot there for sale?
- ▶ Why did the main character enjoy her visit to the market?
- ▶ Have you ever been to a similar place? If not, do you think you'd like to visit this one?

Activity 2: Allowance and Budget

Discuss these questions with your classmates and teacher or an adult at home.

1. Do you know what an allowance is? If you don't know what an allowance is, ask your teacher or an adult at home. Do you receive one?
2. Let's pretend the adults in your home give you \$10 each month as an allowance but tell you to budget it carefully. What do you think they mean?
3. Now let's imagine they give you another \$10 and tell you to use it at the grocery store to shop for a family meal that evening. What would you buy? Draw a picture showing the things you would buy to make dinner.
4. Make a list of all the items you'd need to purchase for this meal and how much you think each item would cost. Do you need more money for your budget?
5. Where would you buy these foods?

To check your answers, view the "Allowance and Budget Answer Key" at the end of this lesson on page 22.



Activity 3: Play the Guess the Price Game

Introduction:

It's important when cooking on a budget to know what food items typically cost. Let's play our own version of the popular television game show, *The Price is Right*, to see how much we know about prices. This will help you have a better understanding of how much common grocery store products cost and how costs can vary. This information can also help you notice the difference in prices when food items are:

- ▶ On sale
- ▶ At farmers' markets
- ▶ At other grocery stores
- ▶ Fresh versus canned versus frozen
- ▶ Different cuts of meat
- ▶ Name-brand versus store-brand
- ▶ Packaged in bulk versus single serve packaging

Have an adult at home or in the classroom help as needed since this will involve some shopping or shopping experience.

Instructions:

1. Find an adult to help you with the activity to make sure you are keeping sizes about the same for several items in the same category (for example, the three types of green beans).
2. Read the list of food products in the activity table on the following page.
3. Fill out the column called "Your Guess of the Current Price" with your guess for each food product.
4. Then, search for the prices in person at your local grocery store of choice.
 - a. *Optional: if you have internet access, you can search an online grocery store (like walmart.com) to search for prices online.*
5. At the end of the activity look at your guesses and the actual prices. What did you discover?



Activity Table:

| FOOD PRODUCT | YOUR GUESS OF THE CURRENT PRICE | ACTUAL PRICE (NOTE SALE PRICE IF LISTED) |
|-------------------------------------|--|---|
| Fresh Green Beans | | |
| Frozen Green Beans | | |
| Canned Green Beans | | |
| Fresh Strawberries | | |
| Frozen Strawberries | | |
| Fresh Chicken Breasts | | |
| Fresh Chicken Thighs | | |
| Fresh Whole Chicken | | |
| Frozen Chicken Breasts | | |
| Canned Chicken | | |
| Brown Rice | | |
| Whole Wheat Spaghetti | | |
| Whole Grain Bread | | |
| Old-Fashioned Oats Tub | | |
| Quick Cooking Single-Packet Oatmeal | | |



Activity 4: What is a Farmers' Market?

Experience what it's like to visit a farmers' market and learn many tips by viewing the narration and screenshots of this video:

Your Farmer's Market: Shop and Save

Also available online at: <https://youtu.be/x4W93i8KS1A>



Shop and save at your farmers' market.



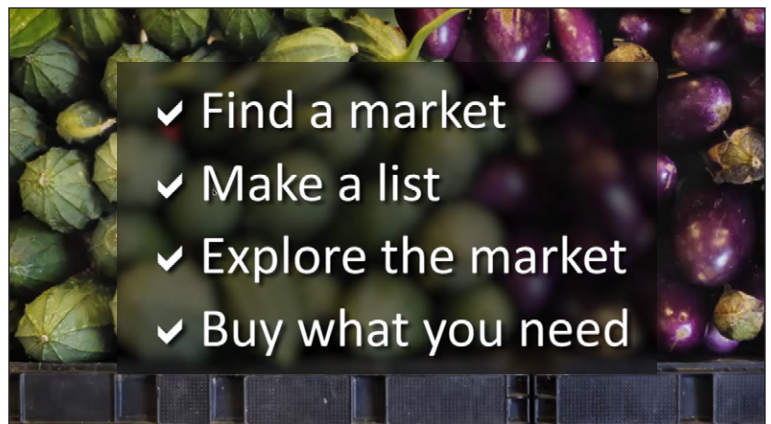
Your farmers' market is the place to find great-tasting fresh fruits and vegetables.



Shopping at the market can help you stay within your food budget too.

Save money by following these simple steps:

- Find a market
- Make a list
- Explore the market
- Buy what you need



It's really easy to find the market closest to you ...



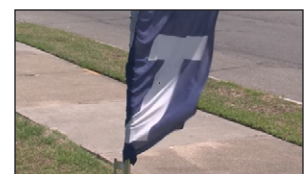
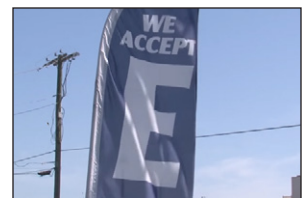
Visit MyEatSmartMoveMore.com for a list of farmers' markets in your area.

Be sure to check the days and times that the market is open.



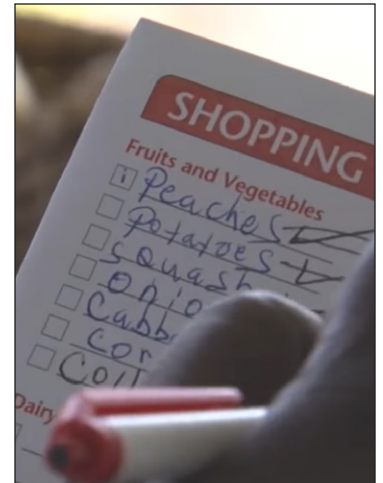
And did you know?

Some farmers' markets now accept EBT card payments.

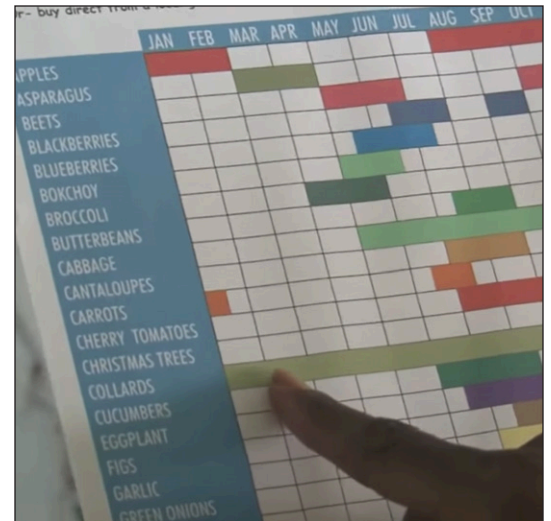




Planning is key.



Make a list of the produce you want to buy for the week's meals and snacks.



Fruits and vegetables that are in season are often cheaper than what you find in the grocery store, and they'll stay fresh longer.





[ELLA JOYNER, MARKET SHOPPER]:
Oh, and they have broccoli?

[SHOPPER 2]:
Yeah, they've got broccoli!

[ELLA JOYNER, MARKET SHOPPER]:
Oh, that is wonderful!



[JAMIE PORTER, PORTER FARMS]:
This produce is picked fresh daily every morning before we come to the market. You won't find anything this fresh in the grocery store because a lot of times that is shipped in, and they keep it in the cooler — you know, for a couple of days until they sell it out.



[NARRATOR]:

Take your time checking out the colorful, locally grown produce as you look for items on your list.

Compare quality, taste, and cost.





Ella Joyner
Market Shopper

[ELLA JOYNER, MARKET SHOPPER]:

Most of it in the grocery stores is already sealed, but in the farmers' market, it's out, so you can look at it and touch it.



It's fun picking them out, and it's fun buying them.



It's extra fun eating them.

Extra fun!



I love it.



[NARRATOR]:

Want to find the best deals? Ask the farmer. Not all vendors list their prices, so don't be afraid to ask.



[JAMIE PORTER, PORTER FARMS]:

The customers do come up and interact and ask questions.



[JAMIE PORTER]:

It makes a difference when I'm out here, I think, and I can talk to the customers about the produce.

[NARRATOR]:

Farmers can also give you tips on how to store and prepare fruits and vegetables.



[JAMIE PORTER, PORTER FARMS]:

You can wash them and slice them, and then sauté them with some onion.



[NARRATOR]:

You'll save money and get the most out of the foods you buy.



Remember ...
buy only what you need, so fruits and vegetables don't go bad before you have a chance to eat them.



A good rule is to buy three types of vegetables and two types of fruit per person for the week.



[CATHY SALE, MARKET SHOPPER]: I think it's very affordable because you can come in, and you only have to buy one, or two, or three. You don't have to buy a whole pack of six that's already prepackaged at the store.



[NARRATOR]: Shopping and saving at the farmers' market is fun and just takes a bit of planning and know-how.





Now you're ready to make low-cost, delicious meals and snacks to enjoy with your family.



[ELLA JOYNER, MARKET SHOPPER]:

Your best deals and your best bargains are going to be the in-season fruit and vegetables at the farmers' market.



[NARRATOR]:

Go to MyEatSmartMoveMore.com for easy recipes and more ideas on how to get the most out of your visit to the farmers' market.



Optional: If you have internet access, visit the website “USDA National Farmer’s Market Directory” (www.ams.usda.gov/local-food-directories/farmersmarkets) to locate a farmer’s market near you.

If you do not have internet access, ask others in your community if they know of a local farmer’s market in the area. If there is not one nearby, ask family and friends if they have ever been to a farmer’s market. If they have, ask them questions about it, such as:

- ▶ Can you describe the farmer’s market?
- ▶ What did it look like?
- ▶ What was sold at the market?
- ▶ How big was it?
- ▶ Did you find any good deals on food or other products at the market?

Optional: If you have access to the internet, view this website, “Seasonal Food Guide” (www.seasonalfoodguide.org) and search for foods that are in-season in your area. Make a shopping list and add fruits and vegetables that are in season in your area. Use the list when you go to the farmers’ market with an adult to guide you to the best booths to visit.

If you do not have internet access, talk to a farmer in your community or go to a grocery store and talk to someone who works in the produce department. Ask them about what fruits and vegetables are grown in-season in your area.

Activity 5: What’s Cooking? Tzatziki! **(Adult Supervision Required)**

Tzatziki is a fun word to say (pronounced “Zit-Ziki”. The “T” is silent.) and even more delicious to eat

Optional: If you have internet access, you can view a brief video that will help you learn how to pronounce the word “Tzatziki”: <https://youtu.be/pYXfH4lyfXA>



This Mediterranean sauce also happens to be a nutritious and versatile recipe. Make a single batch and use it several ways over the course of a week. Here are some ideas:

- As a dip with vegetables or chicken nuggets
- As a spread on a sandwich or burger
- As a creamy salad dressing

This Tzatziki recipe calls for some fresh produce like cucumbers, lemon, and garlic. See what you can find at the farmers' market. Also, it uses protein-rich Greek yogurt, which is available in generic or store-brand versions for less money. Additionally, it contains olive oil to boost brain power. *Note: If you are at school for this task, you can take a copy of the recipe home with you to complete as a homework assignment with an adult.*

TZATZIKI RECIPE by Shannon Blair

Ingredients

- ▶ 1 large cucumber
- ▶ 1 cup Greek nonfat, plain yogurt
- ▶ 1/4 large lemon's juice
- ▶ 1 minced garlic clove
- ▶ 1 tablespoon extra-virgin olive oil
- ▶ 1/4 teaspoon salt

Directions

1. Grate cucumber on a box grater.
2. With your hand, squeeze clumps of the grated cucumber to remove as much water as possible.
3. Fold into yogurt.
4. Add lemon juice, garlic, olive oil, and salt. Stir to combine.
5. Chill.

Yield: About 1 cup

Notes

- This is convenient to make ahead, and the flavors intensify while stored.
- There is no need to peel the cucumber. Some of the peel will fall off, and some of it will remain. Remaining peel contains fiber and adds nice color.



Post-Assessment

Discuss these questions with your classmates and teacher or an adult at home.

1. What have you learned about shelf tags?
2. Look at the meal picture you made in the Allowance and Budget (Activity 2) and compare it to your shopping list. Are there any other food items you need to buy?
3. Now check the list for pricing and answer these questions:
 - a. Do you need to adjust any prices after learning how much some food items typically cost?
 - b. Do they need to be higher or lower?
 - c. Can you replace any fresh foods with canned or frozen versions?
 - d. How about the generic/store-brand variety?
 - e. Are any of these foods available in bulk? (Bulk purchases can save even more money over the long run.)
4. On your meal picture, circle any of the ingredients you think you can find at a local farmers' market. Option: you can tell someone about the ingredients instead of circling.

Allowance and Budget Answer Key (Activity 2)

1. Not everyone gets an allowance, but even if you don't you may know what it is. Allowance is money given on a regular basis (for example once a week or once a month) or it can be given after doing something, like doing chores.
2. A good analogy to understand a budget is Monopoly money. If you have Monopoly money (or another type of fake money) take it out to help you visualize a budget. Look at your play money. When you buy something with money, some of it goes away and the rest is left for you to spend or save. You must decide what to spend your money on and when to save your money to spend it later.
3. All ideas are welcome as an answer! There are no wrong answers!
4. Ask your teacher or another adult to help you figure out how close your estimates are.
5. Possible answers include grocery store or farmer's market.



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