

Farmers' Market Exploration Health Bucks Program



Instructions: Take a few minutes to walk around the farmers' market. Notice the variety and types of fresh produce. Answer the questions below as you explore the market.

1. List 3 fruits and 3 vegetables that are available at the farmers' market right now:

Fruits

Vegetables

2. What is your favorite fruit or vegetable available at the market today?

3. Name one fruit or vegetable at the market that you've never seen before.

4. Name one fruit or vegetable that you usually see at the grocery store that you don't see here.

5. Why do you think it isn't here?

6. If you had to make a healthy recipe from what is available in the market right now, what would you make?

