

Field Trip Programming Guide

PREK – 12TH GRADE





**BOOK YOUR
FIELD TRIP**



WHO WE ARE

Food is our foundation; people grow here. Jones Valley Teaching Farm (JVTF) uses food as a foundation so young people can lead, create, and grow a healthy future for themselves and their community.

WHAT WE DO

JVTF's flagship program, Good School Food, is a PreK-12th grade, food-based education framework rooted in academic standards and delivered to Birmingham City School students by JVTF Instructors both during and after school. Through cross-curricular, experiential lessons, students use food, farming, and the culinary arts as a foundation for academic exploration, leadership, and the pursuit of post-secondary pathways.

OUR IMPACT

Good School Food cultivates responsibility, builds strong relationships with peers, and creates opportunities for students to develop life skills such as leadership, confidence, and teamwork.

*We envision communities inspired by
food and transformed by youth.*



FIELD TRIPS

Field trips at JVTF's Center for Food Education are modeled after lessons from our flagship program, Good School Food. Every Good School Food field trips aligns with the Alabama Course of Study. These interactive experiences continue to connect students to food, farming, and the culinary arts.

Scheduling

Tuesday, Thursday, & Friday
9:00AM - 11:00AM or 12:00PM - 2:00PM

Pricing

\$10 per student
(maximum 40 students)

\$15 per chaperone

\$0 per teacher

\$25 to rent pavillion for lunch

FAQ

Can you combine farm and culinary experiences?

No, but each farm experience includes a small culinary component and each culinary experience includes a small farm component.

When should we arrive?

Please arrive 5 minutes before your field trip is scheduled to begin.

Is transportation provided?

Transportation to and from the Center for Food Education is not provided.

Is lunch provided during the field trip?

No, lunch is not provided. Groups can bring their own lunch to and rent the Pavilion for an additional fee of \$25.

Are field trips standards-based?

Yes, each field trip option aligns with grade-level-appropriate standards from the Alabama Course of Study & Alabama Developmental Standards For Preschool Children. You can view what standards each field trip aligns with starting on page 16.



A photograph of two young girls of African descent standing outdoors. The girl on the left is wearing a red long-sleeved shirt and has her hair styled in braids with two large red bows and white beaded strands. She is looking down at a clipboard held by the girl on the right. The girl on the right is wearing a red shirt under a blue denim jacket and has her hair in a bun with a yellow headband and blue beads. She is also looking at the clipboard. The background is bright and out of focus, showing what appears to be a tent or canopy structure.

PRE-K — SECOND GRADE

FARM EXPERIENCES:

1 SHAPES & SHADES ON THE FARM: *english language arts, math*

How many different colors and shapes can we find on the farm? Students will use their senses and a color wheel to gather information and classify objects on the farm by color and shape. As a challenge, students will be tasked to use descriptive language and investigative skills to sort found items into categories (e.g., smooth, soft, rough, etc.).

Offered in spring and fall

2 PLANT NEEDS: *science*

How does a plant grow to be big and strong? Students will investigate different needs of plants as they explore the farm. During their exploration, students will gain insight into how nature provides plants with what they need to grow and survive (e.g., air, soil, water, space, and light). Through discussion, observation, and previous knowledge, students will gain a richer understanding of how farmers provide different needs for a variety of fruits and vegetables, while also comparing and contrasting the needs of humans and plants.

Offered in spring and fall

CULINARY EXPERIENCES:

1 **STONE SOUP:** *english language arts*

How can you show someone you care today? After reading of *Stone Soup* by Heather Forest, students will discuss the concepts of sharing and cooperation. Students will also learn culinary techniques like simmering and chiffonade as they create their own “stone soup” as a group.

Offered in spring and fall

2 **THE EDIBLE EQUATION:** *math, science*

You have 20 pieces of pepper and you cut 13 more. How many pieces do you have altogether? Students will practice their addition and subtraction skills while cutting and counting vegetables. Students will then work with a partner to add, subtract, and compare their numbers using the less-than, greater-than, and equal-to symbols. Students will leave with culinary knowledge and refined math skills.

Offered in spring and fall

A photograph of four young girls of African descent in a greenhouse. They are gathered around a table, looking at small green seedlings in black plastic trays. The girl on the far left is wearing a white shirt and has her hair in braids. The girl next to her is also wearing a white shirt and has braids. The girl in the back is wearing a pink shirt and has a yellow bow in her hair. The girl on the far right is wearing a blue shirt with the word 'bonjour' and 'FRENCH C...' visible, and has braids. She is holding a pink water bottle. The greenhouse has glass panels and various plants are visible in the background. The text 'THIRD - FIFTH GRADE' is overlaid in large white letters.

THIRD - FIFTH GRADE

FARM EXPERIENCES:

1 **FOOD WEB EXPEDITION:** *science*

All energy comes from the sun! But humans can't absorb energy directly from the sun—so how do we obtain it? Plants are the simple answer. Students will have the opportunity to study ecosystems in action on the farm. They will explore how plants transform sunlight into carbohydrates, and how in turn, we can benefit from that process by eating those plants or the animals who have eaten them.

Offered in spring and fall

2 **PLANT DETECTIVES:** *science*

What can a plant tell you? Look closely for clues. Check under leaves for pests and tiny eggs. Notice changes in foliage color. Is the plant getting too much or too little water? Does it need more sunlight, space, or airflow? Learn to observe, ask questions, and help your plants thrive.

Offered in spring and fall

CULINARY EXPERIENCES:

1 FRACTION CHILI : *math*

How can you share a pie equally with six of your friends? Can each of those pieces be represented as a fraction? Students will explore and discuss the world of equivalent fractions as they chop vegetables into equal pieces to represent these fractions. These diced veggies will be added to a delicious chili that they will then eat together.

Offered in spring and fall

2 THREE SISTERS AND INDIGENOUS PEOPLE : *social studies*

In this lesson, students will learn about the agricultural history of the Indigenous People of the Americas, specifically one of their prominent traditions called the Three Sisters. The Three Sisters is a farming technique where corn, beans, and squash are planted together, all mutually helping each other. Students will read about the Three Sisters and make a dish to celebrate the tradition.

Offered in late spring and fall



SIXTH - TWELFTH GRADE

FARM EXPERIENCES:

1 **DECOMPOSITION AND FLOW OF ENERGY:** *science*

Students will learn about the importance of decomposers, who recycle nutrients back to plants. Students will learn about the pros and cons of different types of composting (industrial, home, and vermicomposting) and will learn how to set up an at-home composting system that works best for them.

Offered in spring and fall

2 **FARM ORIGINS—THE STORIES BEHIND OUR CROPS:** *english language arts*

Students will be asked to express themselves creatively while learning about heirloom crops! Students will have the opportunity to plant heirloom varieties of crops on the farm with funky names (like “dragon tongue’s beans” and “bull’s blood beets”). Students will create mythological narratives to develop a backstory around why these crops are named the way they are.

Offered in spring

CULINARY EXPERIENCES:

1 HISTORY OF SOUL FOOD: *english language arts, social studies*

6th–8th grade: Students explore the history and cultural roots of Soul Food, learning how slavery, rationed foods, and access to certain plants and ingredients shaped this beloved cuisine. They'll connect history, agriculture, and culture while discovering how Soul Food evolved into a celebrated cuisine that continues to influence foodways today.

CIVIL RIGHTS AND SOUL FOOD: *social studies*

9th–12th grade: Soul Food was foundational in funding a movement that changed the trajectory of our nation. Hidden figures in the Civil Rights Movement used Soul Food as a powerful tool for activism, providing both physical sustenance and financial support to freedom fighters. Key figures, such as Georgia Gilmore, turned their kitchens into safe spaces for organizing and raising money. Students will engage in discussions on this topic and then work collaboratively to prepare a traditional soul food dish.

Offered in spring and fall

2 WRITING RECIPES WORKSHOP: *english language arts*

6th–8th grade: Why do 80% of consumers prefer to eat at least half of their meals at home? Students will learn why and how they can feel more comfortable with experimenting with the five dials of taste when cooking. Students will work collaboratively to prepare a recipe then add their individual spin by creating their own flavor blend. This workshop teaches students how to write a well rounded recipe and provides them the autonomy to decide what flavor profile and ingredients they want to highlight.

9th–12th grade: In this workshop, students will discuss why cooking at home and recipe creation are invaluable skills. Students will gain knowledge on how to write a well-rounded recipe and why this skill is important for communication, sharing, and growing community. Whether they want to use this skill for a blog/vlog, record a family recipe, or share with friends, students will be empowered to use their creativity to develop their own recipes and share them with others

Offered in spring and fall

ALCOS STANDARDS & ALABAMA DEVELOPMENTAL STANDARDS FOR PRESCHOOL CHILDREN

PREK – 2ND GRADE

SHAPES & SHADES

PreK: *S.P.1.1*
K: *ELA21.1.14*
1st: *SC15.1.2*
2nd: *SC15.2.6*

PLANT NEEDS

PreK: *S.P.3.1*
K: *SC15.K.3*
1st: *SC15.1.5*
2nd: *SC15.2.5*

STONE SOUP

PreK: *LL.P.1.2*
K: *ELA21.K.R1 • ELA21.K.R3*
ELA21.K.1 • ELA21.K.2
1st: *ELA21.1.R1 • ELA21.1.R3*
ELA21.1.1 • ELA21.1.2 • ELA21.1.3
2nd: *ELA21.2.4 • ELA21.2.6 • ELA21.2.7e*

THE EDIBLE EQUATION

PreK: *M.P.1.1*
K: *MA19.K.6*
1st: *MA19.1.6a*
2nd: *MA19.2.2*

3RD – 5TH GRADE

FOOD WEB EXPEDITION

3rd: *SC15.3.5*
4th: *SC15.4.11*
5th: *SCI.5.11 • SCI.5.10*

PLANT DETECTIVES

3rd: *SC23.3.7*
4th: *SC23.4.8*
5th: *SC23.5.7*

FRACTION CHILI

3rd: *MA19.3.13*
4th: *MA19.4.13*
5th: *MA19.5.10*

THREE SISTERS & INDIGENOUS PEOPLE

3rd: *SS24.3.8*
4th: *SS24.4.6*
5th: *ELA21.5.16*

6TH – 12TH GRADE

DECOMPOSITION & FLOW OF ENERGY

6th: *SC15.6.15*

7th: *SC15.7.5*

8th: *SC15.8.15*

9-12th: *SC23.ES.6b*

FARM ORIGINS

6th: *ELA21.6.7a*

7th: *ELA21.7.7a*

8th: *ELA21.8.8a*

9-12th: *ELA21.9.9*

HISTORY OF SOUL FOOD

6th: *SS24.6.6B*

7th: *ELA21.7.R1*

8th: *SS24.8.13*

CIVIL RIGHTS AND SOUL FOOD

9-12th: *SS24.US2.14*

WRITING RECIPES WORKSHOP

6th: *ELA21.6.R4*

7th: *ELA21.7.R4*

8th: *ELA21.8.8a*

9-12th: *ELA21.12.11 • ELA21.12.12*

Questions?

Please call 205.453.7268 or email goodschoolfood@jvtf.org.