FARMERS' MARKET

EAE Learning objectives for this lesson

Learn and practice vocabulary for fruit and vegetables. Learn how to use the apostrophe S correctly. Practice using phrasal verbs. Give cooking instructions.

INTRODUCTION: A Farmers' market is a retail market where farmers sell directly to consumers. The industrialisation of food production has meant that there are less markets and more super and hypermarkets in the developed world. Modern food production also means high carbon footprints, low quality produce and the use of unhealthy additives and high levels of salt and sugar. Fruit and vegetables spend too long in storage and refrigeration. There is an increasing demand for fresh, local and organic food in Europe and America. This food is more expensive though. Today governments are debating what can be done about obesity and some want to make healthy food cheaper.

You will notice that in Farmers' market there is an apostrophe. Do you know why? **Apostrophes** can be used to show possession or omission. In this case the apostrophe shows possession. The market belongs to the farmers (in the plural). So the apostrophe is AFTER the s. If we were using the apostrophe to show that we have omitted a letter we would put the apostrophe before the s. The farmer's not here today. (The farmer is not here today). See this page for more information: **http://www.oxforddictionaries.com/words/apostrophe#apostrophes_showing_possession**

Activity 1 - Ask and answer with your teacher?



1. Do you get your 5 a day?
2. Do you worry about pesticides in your food?
3. How many times a week do you go shopping for fruit and veg?
4. Do you try to buy local produce?
5. Do you think that fruit and veg loses it's goodness in transport?
6. Do you have a good local market?
7. Do you prefer to eat vegetables and fruit only when they are in season?
8. What are your favorite seasonal products now?

Activity 2 - The Original Farmers' Market

Let's visit a famous American market and meet some of the GROCERS and MERCHANTS.

Let's find out where the market is located, what's special about it and what kind of produce it sells.

http://www.farmersmarketla.com/

Watch some of the presentations and comment on the produce. Say what you think about the choices, the quality of the food and the impression you get of the people involved.

http://www.farmersmarketla.com/pages/i-am-farmers-market--grocers-archived-page

Activity 3 - Fresh Produce - Find a vegetable or fruit that matches each description.

1. A long thin hard vegetable, orange in colour and full of vitamin 'A'. People say it helps you to see in the dark and rabbits like them.
2. A fruit that starts off too hard hard to eat when you buy it in the shop, then next time you look at it in the fruit bowl it's gone all soggy and you have to throw it out.
3. A fruit used in salads that can be mashed up to make a dip for Mexican aperitifs. It contains Vitamin B1.
4. A green vegetable which makes your pee smell strange and contains vitamin B1.
5. A vegetable which smells bad if you cook it for too long.
6. A vegetable which is in fact a type of fungus and contains vitamin D.
7. An exotic green fruit which has a hairy exterior, is full of vitamin C and has small black seeds inside it.
8. The vegetable chips are made from.
9. A fruit which is full of water and has a lot of pips but tastes delicious in the summer months. It is big and heavy.
10. A fruit which we use in salad and on Pizza.

Activity 4 - Presentation - Imagine that you are a farmer from the South of France. You sell local produce throughout the year directly to the public in a Market. Make a presentation of your Farmers' Market stand.

Activity 5 - Twenty Questions
Think of a fruit or vegetable and see if your teacher can guess what it is in 20 Questions which you can only answer with yes or no.

Activity 6 - Phrasal Cooking Verbs - ***Use some of these phrasal verbs in a sentence.***

boil away - To cause liquid to evaporate completely by boiling.
boil down - To boil a liquid down to a thick sauce.
boil over -To cause liquid to overflow whilst boiling.
chop up - To cut into pieces, usually with several sharp blows.
cut off - To remove by cutting.
cut out - To shape or form by cutting.
cut up - To cut into pieces using a sharp knife.
eat out To eat away from home, usually in a restaurant.
eat up To eat until everything is finished.
fry up The act of frying a meal
peel off To remove the skin/rind/outer covering of fruit/vegetables etc.
slice off To divide or cut something from a larger piece.

Share your favorite fruit or vegetable recipe with your teacher, explain the ingredients and give instructions for making the dish. Try to use the phrasal verbs from above.

