

Lesson Plan: Farm-to-Table Experience Design Lab

Name of Activity: Farm-to-Table Tourism Experience Design + Mini Culinary Lab

Purpose: Students will explore the connection between agriculture, culinary arts, and rural tourism by designing a farm-to-table experience and preparing a simple dish using locally sourced ingredients. This lesson helps students understand how food systems, tourism, and culture intersect in real-world hospitality careers.

Background Agricultural Connections: Farm-to-table practices emphasize sourcing ingredients directly from local farms, reducing transportation, supporting local economies, and promoting sustainability. In rural tourism, farms and agricultural producers become destinations where visitors can engage in experiences such as harvesting, cooking, and tasting. This lesson highlights how agriculture is not just food production, but also a key part of tourism and hospitality industries.

Grade Levels

9th–12th (ProStart 1 and 2)

Lesson Length

2 class periods (55 minutes each)

Learning Objectives

Students will be able to:

- Identify the role of agriculture in culinary and tourism industries
- Explain the concept of farm-to-table and its sustainability benefits
- Design a simple farm-to-table tourism experience
- Demonstrate basic culinary skills using fresh/local ingredients
- Collaborate and communicate ideas effectively

Materials and Equipment Needed

- Simple recipe ingredients (locally sourced if possible—vegetables, herbs, bread, etc.)
- Cutting boards, knives, mixing bowls, utensils
- Stove or prep stations
- Printed worksheet or planning guide
- Poster paper or notebook paper
- Markers/pencils

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Teacher Preparation

- Select a simple, quick recipe (example: fresh salsa, bruschetta, or veggie flatbread)
- Source local or “market-style” ingredients if possible
- Print planning worksheets for student groups
- Set up kitchen stations or work areas
- Prepare a short intro (slides or discussion) on farm-to-table tourism

Activities and Procedures

Day 1 (Intro + Planning)

Bell Ringer (5 min):

Ask: *Where does your food come from? How far does it travel?*

Mini Lesson (10–15 min):

- Introduce farm-to-table concept
- Connect to tourism (farm visits, markets, cooking classes)
- Show examples (Santa Fe, local farms, etc.)

Group Activity (25–30 min):

Students work in groups to design a **farm-to-table tourism experience**:

- Name of experience
- Location (real or creative)
- Farm or local ingredient focus
- Activity (tour, cooking class, tasting, etc.)
- Target audience
- Sample dish/menu item

Exit Ticket (5 min):

What makes farm-to-table tourism different from regular dining?

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Day 2 (Culinary Lab + Application)

Warm-Up (5 min):

Review yesterday's concepts

Cooking Lab (35–40 min):

Students prepare a **simple farm-to-table style dish**

- Focus on knife skills, freshness, presentation
- Emphasize ingredient origins

Presentation (10–15 min):

Groups present:

- Their tourism experience
- Their dish and ingredients
- How it connects to agriculture + tourism

Assessment

- Group experience plan (completion + creativity)
- Participation in lab
- Presentation clarity
- Exit ticket understanding

References/Resources

- United Nations World Tourism Organization. (2019). *Gastronomy tourism – The case of Spain*.
- Local farmers markets or agricultural extension websites
- ProStart curriculum resources