

# Instructions

## farmers market

1

Now, let's go to farmers market to **buy some ingredients** for a yummy recipe!

### ITEMS

2

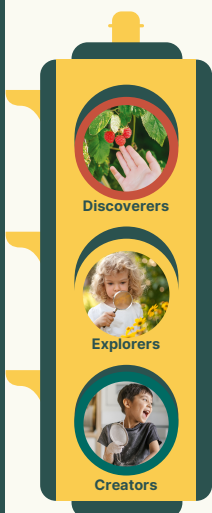
- The shopping list and the stickers (find it in the box)
- A basket or canvas/shopping bag

3

**Observe** carefully all the stands. Close your eyes and **smell the different scents**—try to guess what could these be!

4

Go through the **ingredients** you need on the **shopping list** and create a plan for **navigating the market**.



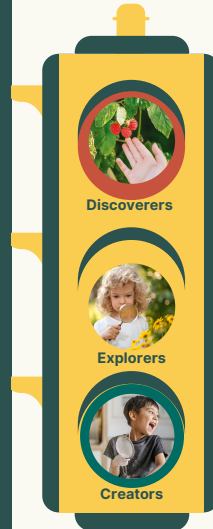
**Show your child** on the shopping list what you need to buy and guide her through the market.

**Ask your child** what she sees on the shopping list that you need to buy and try to find together which stands may have these ingredients.

**Give your child** the shopping list and let her guide you through the market.

5

Once you find an ingredient from your list, **place the sticker** on the corresponding place.



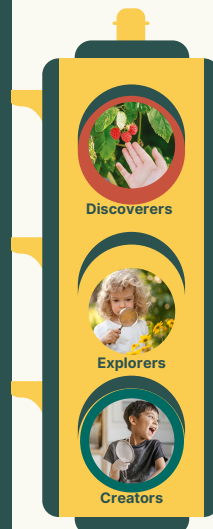
**Help your child** remove the first sticker and place it on the right spot so she can make the next one on her own.

**Let your child** decide which sticker is the right one and where to place it by pointing with your finger different options. Try with the subsequent ingredients for her to take on more autonomy.

**Give your child** the stickers and let her try to associate which one goes where on her own.

6

Check if you have all the ingredients—Do you want to **include another one**?



**Ask your child** if she wants to include anything else, show her a couple of options and let her think and select.

**Ask your child** if she wants to add anything else, let her decide what else to include, and ask her what she thinks she could prepare with the selected foods by suggesting some options.

**Brainstorm with your child** what else you could include, select together a couple of options and decide what to add while thinking what you could prepare with it.