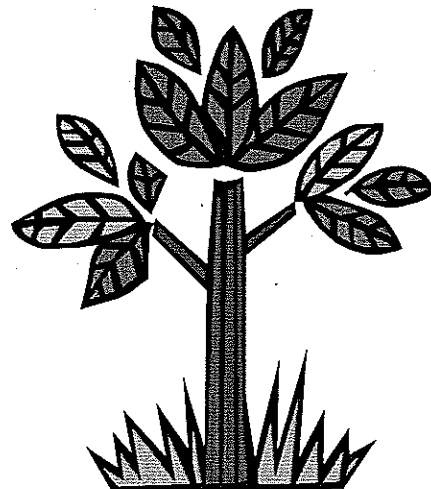
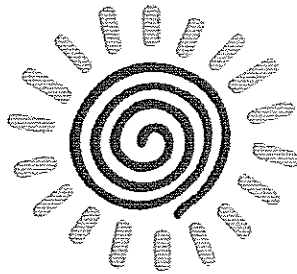
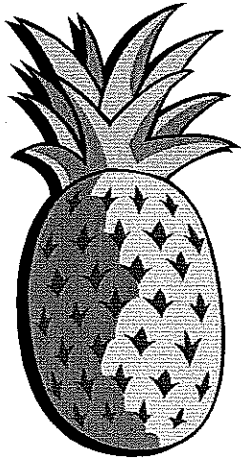
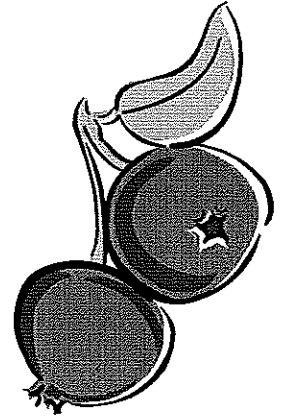


Garden & Nutrition Activity Sheets



Plant life cycle

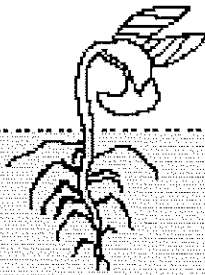
What are the five things a plant needs so it can grow?

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

After filling in the blanks above, color each square. In box one, find the seed and circle it. In box two, find the roots and circle them. In box three, find a leaf and circle it. In box four, find a flower and circle it.

2. Sprouting Seed

the soil's surface



1. Seed

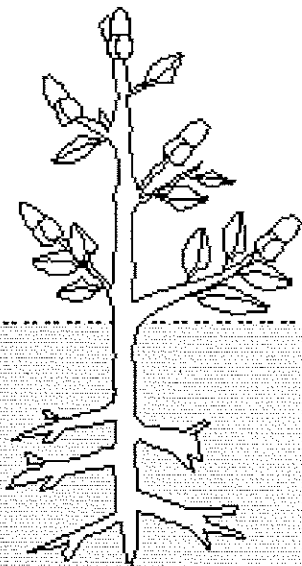
the soil's surface



3. Plant with Bud

Buds will grow into flowers.

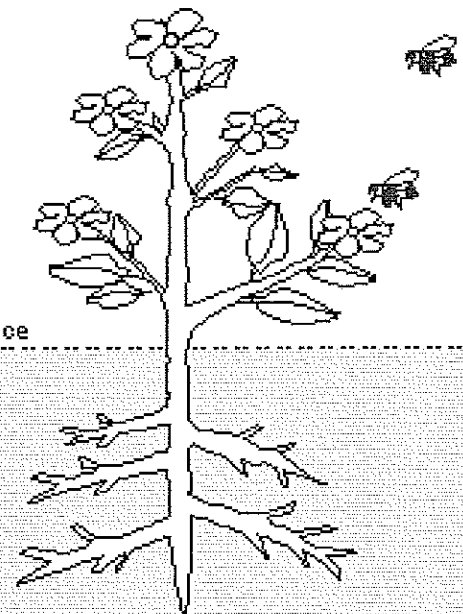
the soil's surface



4. Plant with Flowers

Fertilized flowers produce new seeds.

the soil's surface



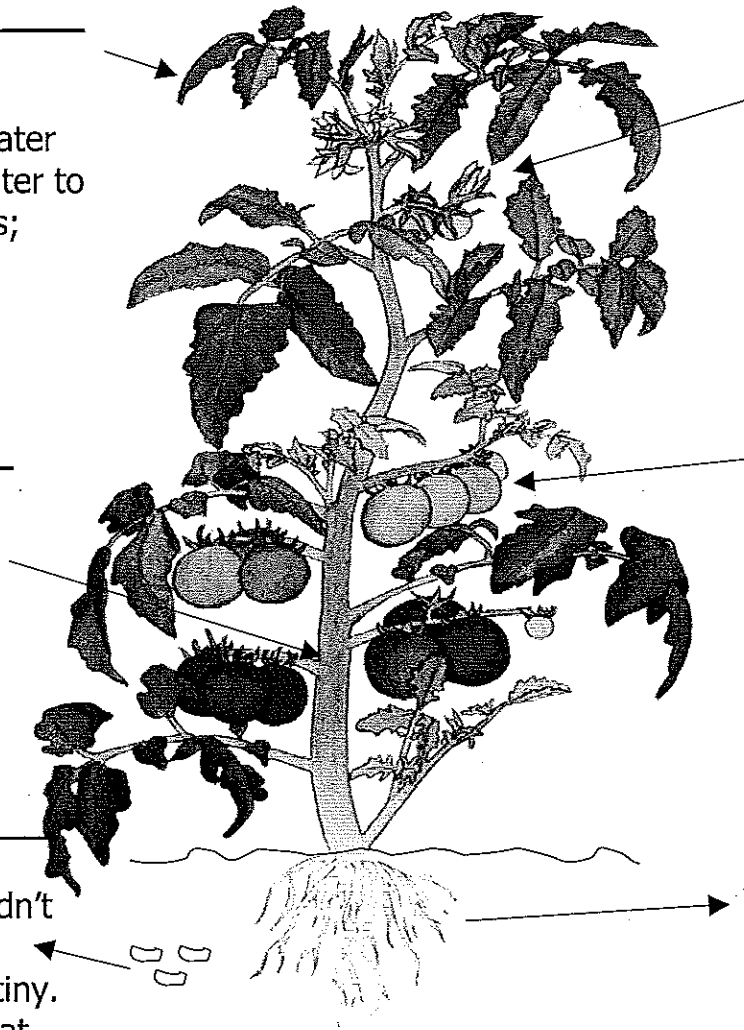
Plant Parts Chart

(Please write the name of each plant part on the lines provided.)

3. _____
I use sunlight and chlorophyll to convert carbon dioxide and water to sugar; gives off water to regulate temperatures; gives off oxygen.

2. _____
I help support the leaves. I also help transfer and store water & nutrients.

5. _____
Without me you wouldn't have new plants. I usually start off very tiny. Some people like to eat me just the way I am.



4. _____
I can produce seeds, but insects and other pollinators like Bees especially love me and often land on my petals.

6. _____
I help protect the seed(s) and help seeds disperse also.

1. _____
I help support the plant by anchoring it. I love to be watered and help store nutrients. I usually can't be seen because I grow beneath the surface.

Can you name this plant? _____
(hint: I'm technically a fruit, but belong in the vegetable group)

All 6 plant parts are edible. Below are some examples of plant parts we eat. Can you guess what parts they are? (Fill in the blanks)

1. _____ carrots, turnips, rutabagas, beets, radishes, parsnip, jicama and sprouts
2. _____ celery, asparagus, rhubarb, nopales (cactus) and kohlrabi
3. _____ lettuce, spinach, chard, bok choy, cabbage, greens, cilantro, parsley, etc.
4. _____ broccoli, cauliflower, squash flowers, nasturtium and saffron
5. _____ squash, cucumber, tomato, pea pods, green beans, grapes, apples, etc.
6. _____ nuts, beans, rice, wheat, oats, corn, peas, pomegranate and peanuts

GOOD JOB!

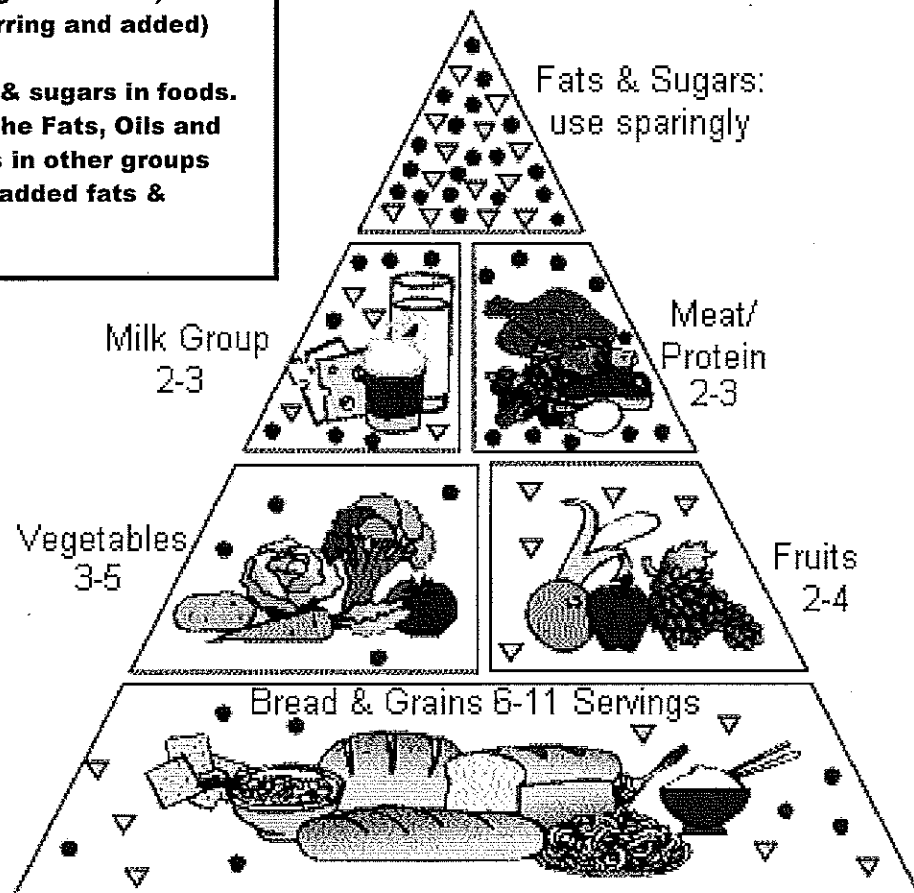
Learning about nutrition

What is the name of the picture you see? _____

Key

- Fat (naturally occurring and added)
- ▼ Sugars (naturally occurring and added)

These symbols show fat & sugars in foods. They come mostly from the Fats, Oils and Sweets group. But foods in other groups can also provide natural/added fats & sugars.



BE SURE TO:

- ✓ Eat a *variety* (many different kinds) of foods.
- ✓ Eat in *moderation*. Don't eat too much of one thing or cut out food groups completely.
- ✓ Eat a *balanced diet*. Be sure that overall, you get the right amount of servings each day.





Make Some Mud

On the Farm we learn about worms and how they help the soil stay fertile and help plants grow. This activity is a fun, edible follow up to that lesson where children get to make their own "compost pile."

For this activity you will need (per student):

- 1 pudding cup
- 3 Oreo cookies
- 2 gummy worms
- a spoon
- a Ziploc bag

(you may include gummy fruits too if desired)

You may want to previously open the pudding cups and place the remaining ingredients inside a ziploc bag for the students. This helps the process run more smoothly since they will be excited enough as it is!

1. Open Ziploc bag and remove gummy worms.
2. "Bury" the gummy worms (and gummy fruits if desired) in the pudding cup.
3. Reseal the Ziploc and use fists to pound the Oreos into "dirt."
4. Sprinkle Oreo crumbs on top.
5. Pick up "shovels" (spoons) and dig in.



The Popcorn Board
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Chicago, Illinois 60611-4267
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<http://www.popcorn.org>

It's a Fact!

It Contains Carbohydrates!

Popcorn's nutritious value comes from the fact that, like other cereal grains, its primary function is to provide the body with heat and energy. Its carbohydrate content spares protein allowing the body to store much needed body fuel.

It's Acclaimed!

The National Cancer Institute (NCI), the federal government's cancer prevention agency, suggests fiber in the diet to reduce the risk of some forms of cancer. The agency currently distributes two booklets that name popcorn as a food American's should eat more of. *Diet, Nutrition, & Cancer Prevention*: a guide to food choices, and *Good News*, cite popcorn for its high-fiber, low-fat content. The American Dental Association (ADA) includes popcorn on its list of recommended sugar-free snacks. The American Diabetes Association and the ADA permit popcorn as a bread exchange on weight-control diets, the Feingold Diet for hyperactive children permits popcorn because it contains no artificial additives, and many USDA Extension home Economists suggest popcorn as a satisfying family food that is kind to budgets and fun to make. The experts agree. Popcorn is an all-around "good" food — healthy, economical and tasty snack.

It's Made of Water!

Well, not entirely. But water does play an important part in getting popcorn to pop. You see, water is stored in a small circle of soft starch in each kernel. As the kernel is heated, the water heats, builds up pressure, and eventually, the hard surface surrounding the starch gives way, causing popcorn to explode. The soft starch pops out, the kernel turns inside out, steam inside the kernel is released, and the corn pops.

It's an Original!

Of the varieties of corn (sweet, dent, flint, pod and popcorn), popcorn is the only corn that pops. And although popcorn has a scientific name, *zea mays everta*, no two kinds of popcorn are alike. Kernels range in color from off-white to light gold, to red, black and many colors in between.

It's a Bargain!

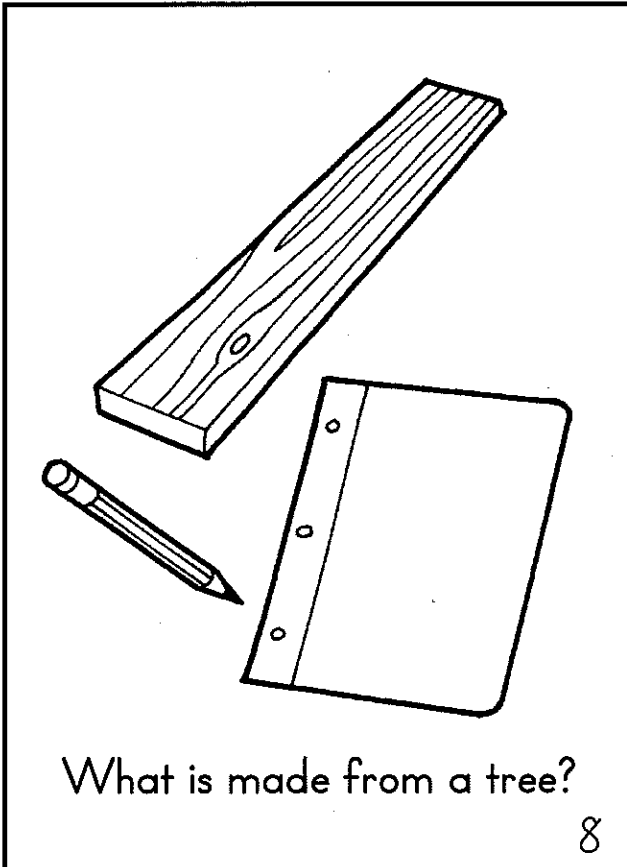
Besides being friendly to your taste buds, popcorn is friendly to your wallet. For as little as four cents, you can enjoy a quart of popcorn at home. For 13 cents, invite the entire family.

It's Improved!

Research constantly improves the popcorn we eat! With advances in hybridization, harvesting and processing, today's popcorn pops up nearly double the size of the corn grown 40 years ago. Even though there are more than 100 strains of popcorn grown, the two most popular are snowflake and mushroom. Snowflake produces large, cloud-like kernels, commonly available for home and concession eating. The mushroom variety is smaller and pops into a ball-like shape. It's perfect for confections and coated popcorn treats.

It's for Everyone!

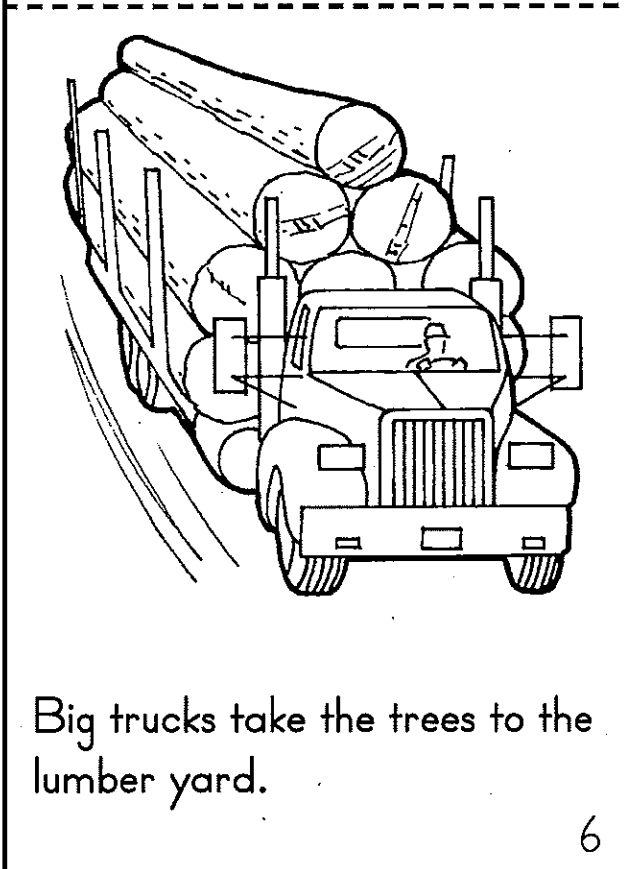
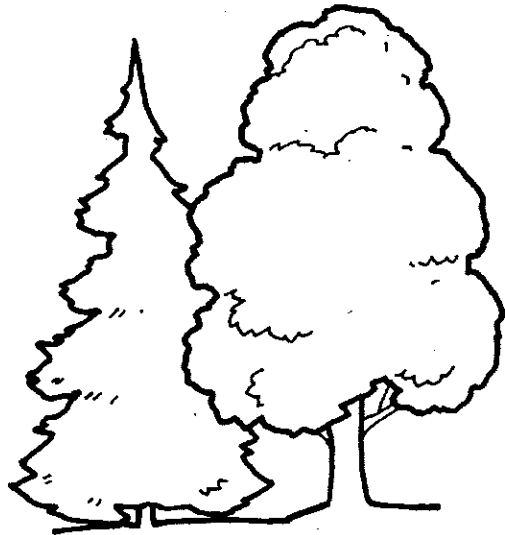
Tell your friends about popcorn and enjoy it today! This easy-to-make, mouth-watering snack is perfect for all occasions. Enjoy it plain, mixed with dried fruit and nuts or sprinkled with spices. Anyway you top it, it's a winner! Have a creative way of eating popcorn? Share your recipes with the Board. New ideas keep popping up everyday about how to enjoy the tiny kernels loaded with a variety of nutrients and an explosion of great taste.



What is made from a tree?

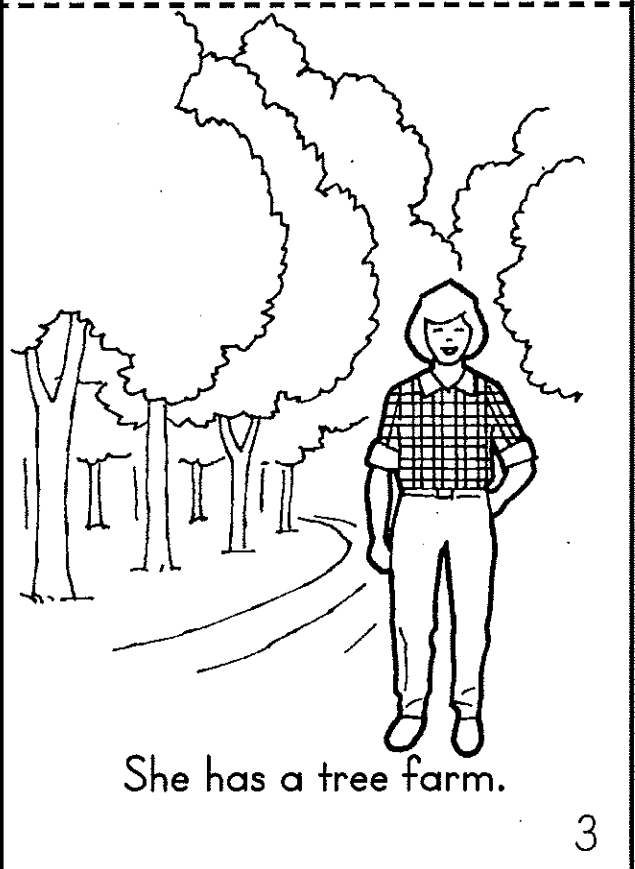
8

Producer to Consumer: Trees



Big trucks take the trees to the lumber yard.

6



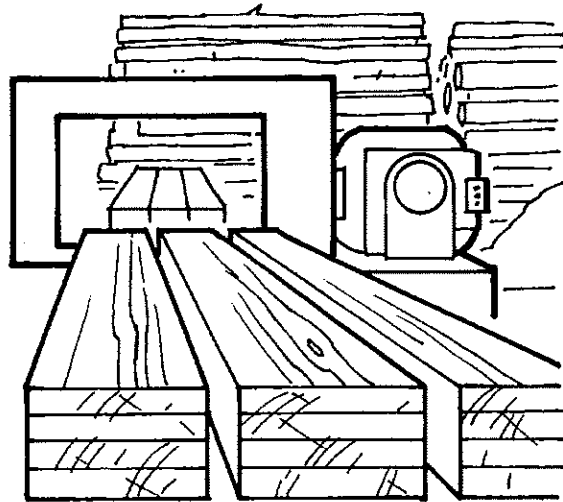
She has a tree farm.

3



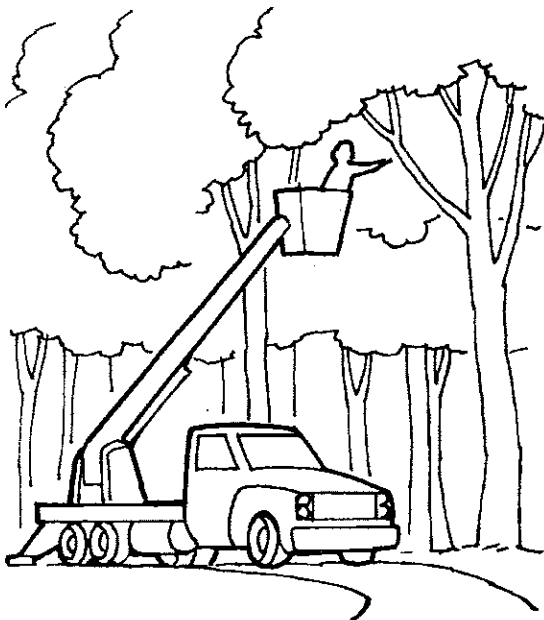
This is Farmer Green.

2



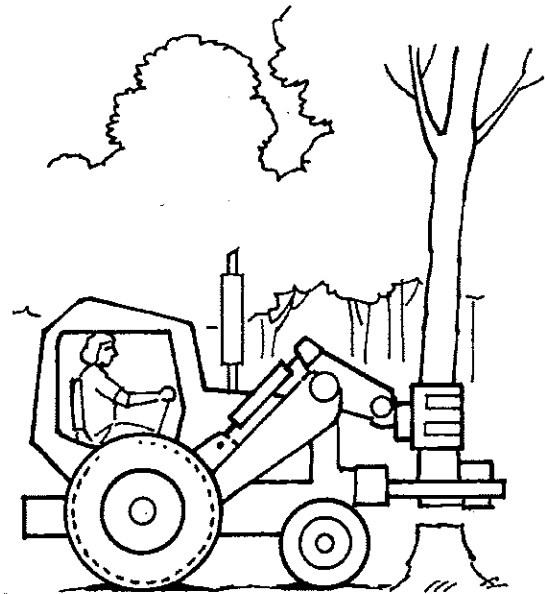
Special machines are used to change the trees into products people use.

7



She takes special care of the trees.

4



Farmer Green uses special machines to cut the trees.

5