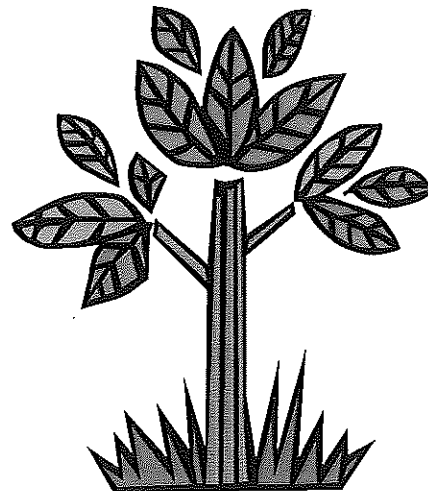
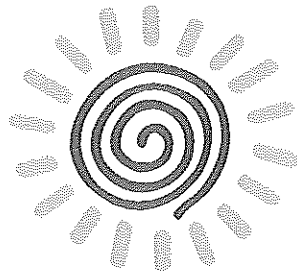
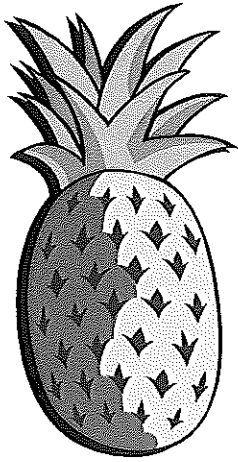
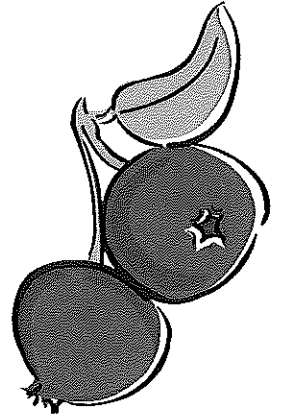


# Garden & Nutrition Activity Sheets



Name: \_\_\_\_\_

## 5 Ingredients to Grow a Plant

Directions: During your tour of Centennial Farm you were told 5 ingredients are needed to make plants grow: Soil, Seeds, Water, Air and Sun. In each box below, draw these ingredients.

Be creative and draw pictures or cut pictures from magazines. In the last box, draw a picture of your full-grown plant.

Soil	Seed	Water
Air	Sun	Full-grown plant



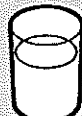
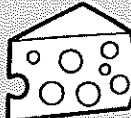

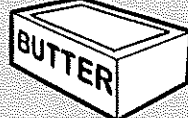
Name: \_\_\_\_\_

# Dairy Delight

Only color the dairy foods you can find in the picture below.



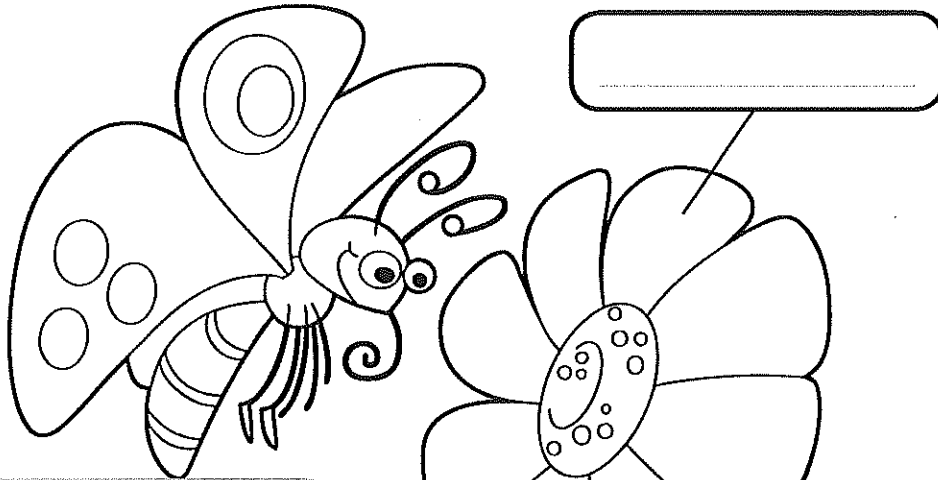
**KEY TO IDENTIFY THE DAIRY PRODUCTS**

		
Tub of yogurt	Milk carton	Glass of milk
		
Wedge of cheese	Tub of cream	Slab of butter

# Parts of a Plant

Name: .....

Look at the plant descriptions below and then label all the parts of the plant in the picture.



**Flower:** The flower makes seeds.

**Stem:** The stem supports the plant. It also carries food, water and minerals to the rest of the plant.

**Leaves:** Leaves make food by taking in carbon dioxide and sunlight then releasing oxygen into the air.

**Roots:** The roots soak up water and minerals and store food for the plant.

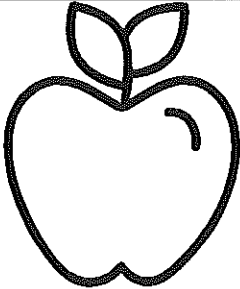
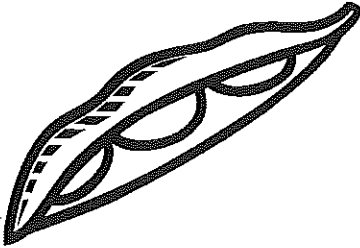
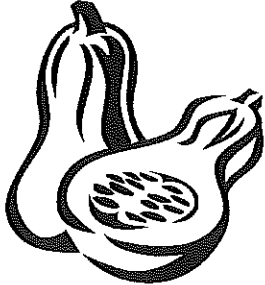

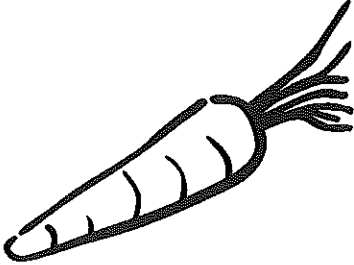
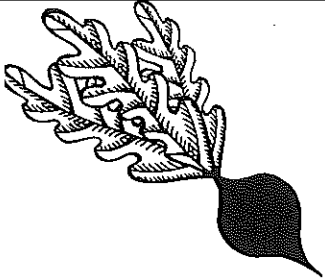
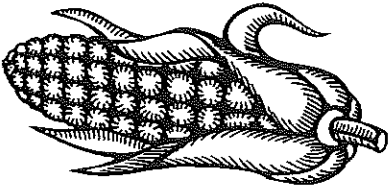

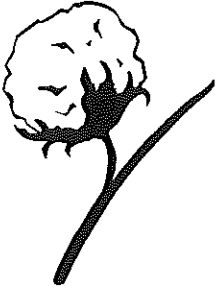
Name: \_\_\_\_\_

## I Spot in Centennial Farm's Garden

1. Color in the items below.
2. Put a smiley face next to the items you saw at Centennial Farm.
3. Can you name all the produce on this sheet? Use the word bank.

**Word Bank:**

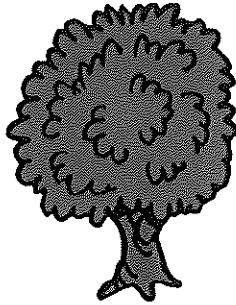
- Cotton
- Tomato
- Peas
- Squash
- Carrot
- Corn
- Radish
- Apple
- Pumpkin

 _____ ----- _____	 _____ ----- _____	 _____ ----- _____
 _____ ----- _____	 _____ ----- _____	 _____ ----- _____
 _____ ----- _____	 _____ ----- _____	 _____ ----- _____

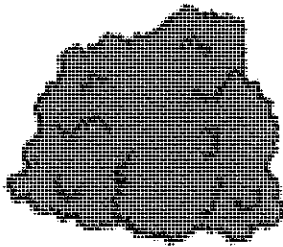
Name: \_\_\_\_\_

## Where Do Fruits and Vegetables Grow?

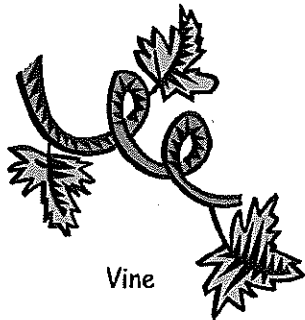
Fruits and vegetables are plants that grow in different ways. Draw a line from the fruit or vegetable to the place where it grows.



Tree



Bush



Vine



Underground



banana



raspberry



potato



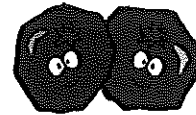
apple



red onion



grapes



blueberry



pumpkin

Name: \_\_\_\_\_

## Can You Tell the Difference?

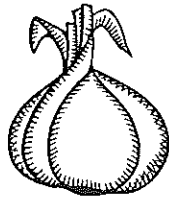
Do you know the difference between a fruit and a vegetable? The simple rule to remember is that a fruit is any part of a plant that contains one seed or many seeds and is usually sweet. A vegetable is any part of a plant we eat cooked or uncooked and can include: stems, roots, leaves, seeds, flowers and bulbs.

Below are some examples of fruits and vegetables. Put a circle around the fruit and a square around the vegetables.

Pineapple



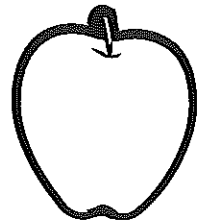
Onion



Potato



Apple



Celery



Orange



Strawberry



Carrot



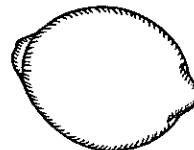
Pear



Cherry



Lemon



Broccoli



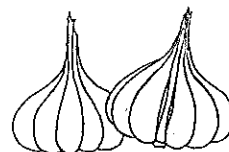
Grapes



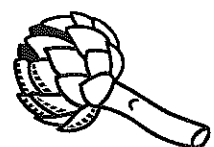
Spinach



Garlic



Artichoke



## Classroom Nutrition Activities

- Create "Food Bingo" cards and play the game at school or at home.
- Invite children to bring their favorite recipes - illustrated with their own food art -- and make a cookbook. This can be as simple as stapling together or putting in a 3-hole-punch binder.
- Encourage children to write and illustrate a story with food as a central part. This can be a fantasy (with food being characters) or a more serious focus (how do people survive when they are not getting enough to eat.)
- Have a "blind taste test" for young children and teach the concepts of sweet, sour, bitter and salty. Take turns blindfolding children to see if they correctly recognize the various tastes. Increase the challenge of the game by eliminating the sense of smell. Have children hold their nose and close their eyes to see if they can recognize the flavor of a jelly bean.
- Play the alphabet game. One child begins with: "My father owns a grocery store and he sells apples." The next child says, "My father owns a grocery store and he sells apples and bananas." The game continues with each child taking a turn reciting the previous item and adding a new item.
- Arrange a tour of the school cafeteria so that children can see how the food service staff prepares lunches.
- For young children, display pictures of food and ask them to name the food group of each one.
- Encourage family involvement: Try one new fruit or vegetable each week in March. Everyone in the family should take at least one taste.
- Another family activity: Everyone sets a goal of eating the recommended servings from all five food groups every day for one week. Keep a chart. (See the MyPyramid resources.)
- One more for families: Ask children to go through the newspaper at home and cut out food ads to plan a nutritious dinner for the family.