HARVEST OF THE WEEK

NUTRITION CONNECTION

A collection of coloring and activity pages celebrating healthy, delicious food and the farmers that produce it.
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</table>
I like bell peppers because
Nutrition Connection

Harvest of the Week: Chicken

I like chicken because

Food Hero
I like apples because
Dairy farmers milk the cows. Next, the milk is pasteurized. Then, it is bottled and finally taken to the store for you to buy. Low-fat and skim milk products are an important part of eating healthy each day.
Nutrition Connection

Harvest of the Week: Apples

Apple Word Search

BLOSSOM  CIDER  COBBLER  CORE  CRUNCHY  GALA  GREEN

JUICE  JUICY  MCINTOSH  ORCHARD  PEEL  PIE  PINK LADY

RED  SEEDS  STEM  TREE  WORM

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Celebrate School Lunch Week!

Lunch Time

Maindish

Drink

Dessert

Fruit and Veggies

Draw what you had for lunch today!

Doodle Art Alley ©
I like pumpkins because
Nutrition Connection

Harvest of the Week: Pumpkins
Nutrition Connection

Harvest of the Week: Cabbage

I like cabbage because
Nutrition Connection

Celebrate the Thanksgiving harvest!
TRY THIS!

Thankful Turkey

MATERIALS NEEDED:
- red, orange, yellow and brown finger paint
- markers
- 2 paper plates
- wipes (for clean-up)

Directions:
- Squeeze a bit of each color of paint onto one of the paper plates. Keep the colors separate.
- Place your index finger in the red paint.
- Make an arch of red fingerprints around the middle of the second paper plate, forming the top of the turkey’s tail.
- Wipe your finger off and place it in the orange paint.
- Make an orange arch underneath the red one.
- Wipe your finger and make a yellow arch under the orange one.
- Use your thumb to make a brown print in the middle for the turkey’s head.
- Use a black marker to give your turkey feet, a beak and eyes.
- Write things that you are thankful for around the turkey.

Get the turkey to your table!
Nutrition Connection

Harvest of the Week: Spinach

I like spinach because
Thanksgiving is a time to gather with family and to give thanks. And, of course, it’s time to eat—turkey, stuffing, pumpkin pie and other favorites. The list is enormous!

But where does that food come from?
If you answered “the grocery store,” you are only partially correct. There are many people involved in bringing the food to the store shelves.

It all starts on a farm, where a farmer raises the animal or grows the crop. Animals found on a farm might include cows, hogs, chickens or turkeys. These animals provide much of the protein that you eat. Some farmers do not raise animals; instead they grow plants. Those crops might include fruit, vegetables, grains or cotton.

From the turkey to the cloth napkins, each of the items on your Thanksgiving table began on a farm. So this Thanksgiving, don’t forget to thank the farmer.

**DIG INTO NEW VOCABULARY**

**Protein:** comes from beef, fish, poultry, eggs, nuts and dairy products. Protein helps you build strong muscles.

**Crop:** a plant that can be grown and harvested.
TRY THIS!

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• Use a black marker to give your turkey feet, a beak and eyes.
• Write things that you are thankful for around the turkey.

Get the turkey to your table!
Celebrate Cookie Day!

Happy Cookie Day!
Circle your favorite kind of cookie:

- Snickerdoodle
- Peanut Butter
- Sugar
- Chocolate Chip
- Oatmeal
- Other: [blank space]
Nutrition Connection

Celebrate Hanukah!
Nutrition Connection

Celebrate the holidays with cookies!

Decorate and color the cookies!
A favorite holiday tradition for many is baking cookies. Whether your favorite is gingerbread, sugar or chocolate chip, the ingredients began on a farm. Some, like flour or eggs, might have come from a Virginia wheat or poultry farm. Others, like sugar, vanilla extract or chocolate, most likely came from somewhere else.

Join Grandma in the book *All in Just One Cookie* by Susan E. Goodman as she searches for the many ingredients in her special chocolate chip cookies:

**Grandma’s Recipe**

**INGREDIENTS**
1 hungry Virginia dairy cow
2 stalks Hawaiian grass
1 teaspoon flower seeds from Madagascar
2 days hard work from a Virginia hen
1 teaspoon Pacific Ocean
1 teaspoon dried-up Wyoming lake
2¼ cups Virginia wheat field
2 cups West African beans

**DIRECTIONS**
Read the book, and identify each of the actual ingredients represented above. Then make cookies to enjoy (See Page 30 for actual recipe).
**All in Just One Cookie**  
(suggested age: 4–8)  
You won’t believe what it takes to make one cookie!

**TRY THIS!** In *All in Just One Cookie*, Grandma needed to visit a dairy farm for butter. Dairy cows produce milk for us to drink, as well as milk that’s made into dairy products such as cheese, yogurt and butter. You can make your own butter at home.

**MATERIALS**  
- small baby food jar or other small container with lid  
- heavy whipping cream

**DIRECTIONS**  
Fill the container about half-full with heavy whipping cream. Place the lid on securely, and begin shaking the container! After about 20 minutes, you will be able to strain off the butter fat and taste the butter that’s left in the container.

**TRY THIS!** Salt and flour can be used in more than just cookies. You can even make your own play dough!

**MATERIALS**  
zip-top plastic bag  
warm water  
1 cup flour  
½ cup salt  
rolling pin  
cookie cutters  
acrylic paint

**DIRECTIONS**  
Place flour and salt in the plastic bag. Add warm water, one teaspoon at a time, and knead until the mixture forms a ball of dough. Take the dough out of the bag, and place it on a lightly floured surface. Roll the dough out with the rolling pin, and then cut shapes with the cookie cutters—or shape your own designs. Allow the dough to air-dry. Once it is dry, you can paint it.

**Solve It!** Unscramble the tiles to reveal a message (Answer on Page 30).

```
S A G P N D A I R K — M I L K I E W I N
1 2 3 4 5 6 7 8
N I N C O O A
9 10 11
```
Farmers provide delicious and nutritious food for your plate!

Directions: Fill in the plate with your favorite healthy foods from each food group.
Nutrition Connection

Harvest of the Week: Sweet Potatoes

I like sweet potatoes because
Nutrition Connection

Harvest of the Week: Corn
Directions: Draw your favorite farm fresh fruit or vegetable in the field.

Winter, Spring, Summer, Fall
Farmers Work to Feed Us All!
The ABC’s of Farm Products

1. Are these farm products in ABC order? Write TRUE if they are. Write FALSE if they are not.
   1. cabbage, lettuce, radishes
   2. oranges, apples, pears
   3. carrots, bananas, apples
   4. cucumbers, kiwi, okra
   5. lettuce, limas, lemons

2. Number each list in ABC order. Be careful—the lists are very tricky!
   A. apricots
   B. carrots
   C. grapes
   D. potatoes
   E. onions
   __ bananas
   __ cabbage
   __ lettuce
   __ pears
   __ okra
   __ apples
   __ corn
   __ limas
   __ peaches
   __ turnips
   __ broccoli
   __ celery
   __ grapefruit
   __ peas
   __ radishes
   __ blueberries
   __ cucumbers
   __ lemons
   __ plums
   __ tomatoes
   __ cantaloupe
   __ pears
   __ pineapples
   __ oranges
   __ strawberies
Peanut Plant

Can you label the parts of the peanut plant below?

- Root
- Peanut
- Peg
- Ground
- Leaf
- Bloom
- Stem
George Washington Carver found that many things can be made with peanuts.

PEANUTS

Hand lotion  Paint  Ink  Glue
Soap  Crayons  Shampoo  Coffee

George Washington Carver found that many things can be made with potatoes.

POTATOES

Paper  Dye  Rubber  Flour
Medicine  Ink

George Washington Carver found that soybeans are a good source of oil and protein.

SOYBEANS

Oil  Protein

Protein helps you grow strong.

Peanuts, potatoes, and soybeans are all grown in Virginia!
George Washington Carver was born the son of slaves around 1864 in Missouri. From a very young age he was intrigued by nature, and his peers called him the “Plant Doctor.” At age 12 he moved to a new town all by himself so he could attend a school for black children, because the school in his town would not admit him.

Carver held many jobs so that he could go to school and save for college; by 30 he had saved enough. In college he chose to study agriculture. After college he taught at the Tuskegee Institute in Alabama. There he taught his students and black farmers how to make their crops grow better.

Most of the farmers Carver worked with grew cotton, but each year their cotton crop kept getting worse. That was because the cotton was taking too much nitrogen out of the soil. Carver taught the farmers to grow other crops such as sweet potatoes and peanuts, which put good stuff back into the soil. He also showed people that peanuts could be used to make many different things, including lotion, shampoo, glue, paint and ink. In fact, he demonstrated more than 300 uses for the peanut!

**BOOK NOOK—RECOMMENDED READING**

**Carver: A Life in Poems**
by Marilyn Nelson

**George Washington Carver: The Peanut Wizard**
by Laura Driscoll

**A Weed is a Flower: The Life of George Washington Carver**
by Aliki

Parents and Teachers: Want more great book ideas? Visit AgInTheClass.org to find Agriculture in the Classroom’s comprehensive book list.
**WHAT’S COOKING**

**TRY THIS!**

**Peanut butter treat**

Make your own peanut butter for a tasty treat! Remember to ask an adult to help you use the blender.

**Materials needed:**

- measuring cup
- measuring spoon
- spoon
- blender
- 1 cup salted, roasted peanuts
- 1½ teaspoons peanut oil

**Directions:**

1. Measure 1 cup peanuts, and put them in the blender.
2. Measure 1½ teaspoons peanut oil, and put that in the blender with the peanuts.
3. Blend for about 3 minutes.
4. Scrape the mixture down off the sides of the blender with your spoon, and blend for another 3 minutes.
5. Enjoy your peanut butter with toast, carrots, celery, an English muffin, apple slices or crackers!

**Peanut facts**

- The peanut plant probably originated in Brazil and Peru.
- Peanuts are not nuts. In fact, the peanut is a legume and is an underground pea—a member of the bean family. The technical English name for the peanut is groundnut, because it grows underground.
- Runner, Spanish, Valencia and Virginia are the four basic varieties of peanuts grown in the United States. Virginia peanuts are grown in Virginia, North Carolina and South Carolina and are the largest U.S. variety.
- It takes about 540 peanuts to make one 12-ounce jar of peanut butter. One acre of peanuts will make 30,000 peanut butter sandwiches (An acre is about the size of a football field).
- Creamy or chunky? In general, women and children prefer creamy peanut butter while men say they like crunchy.

**A PEANUT SAT ON A RAILROAD TRACK**

(Sung to the tune of “Pop Goes the Weasel”)

A peanut sat on a railroad track. Its heart was all a-flutter. A train came chugging down the track—Whoops! Peanut Butter!
Agriculture is Virginia’s and the nation’s largest industry. America’s food supply is one of the safest and most plentiful in the world. Virginia farmers care about you!
Nutrition Connection

Harvest of the Week: Farm Animals

Agriculture Animal Word Search

LIVESTOCK
TURKEY
HORSE
LAYING
HEN
DAIRY
COW
SHEEP
BISON
PIG
CATTLE
BEE
CHICKEN
LAMBS
DONKEY
GOAT
CALF
GOOSE
DUCKLING
AGRICULTURE
SUSTAINABILITY
SUSTAINABILITY

Credit: Agriculture in the Classroom Manitoba
I like kale because
Nutrition Connection

Baby Farm Animals

BABY ANIMALS

crossword

ACROSS
2. Baby Goat
4. Baby Cow
6. Baby Dog
7. Baby Goose
9. Baby Cat

DOWN
1. Baby Horse
3. Baby Duck
5. Baby Hen
6. Baby Pig
8. Baby Sheep

ANSWERS
PUPPY  LAMB  FOAL  CALF  Gosling
DUCKLING  KITTEN  CHICK  PIGLET  KID
Nutrition Connection

Harvest of the Week: Peanut, Butter, and Jelly

Fast Fact!
The average child will eat 1500 peanut butter and jelly sandwiches before graduating high school.

Fast Fact!
Peanuts are not nuts. They are legumes, dried seeds contained in pods.
Do you have a Garden at home? Many farmers have gardens on their farms to produce a variety of fresh, healthy vegetables for their families. We should eat 3 to 5 servings of vegetables each day.
Nutrition Connection

Harvest of the Week: Fruits and Vegetables
Nutrition Connection

Harvest of the Week: Pollinated Products

Oh no! The buzzy bees were so busy pollinating that they’ve jumbled the letters on some of the most popular insect-pollinated crops. Use the pictures as your word bank to help put the letters in the correct order.

1. ttcono
2. rbeyawrpts
3. kmipnup
4. temnorlwea
5. paelp

Help the bee find the blossom by getting through the honeycomb maze below.
Farmers grow food to keep our bodies strong and healthy. Circle the food that completes the pattern on each line. Then color the items.

Unscramble the letters below to reveal the message.

ARFRSEM EDEF URO SAMFILEI!
Growing a Healthy Meal

You can plant your own garden in pots of soil or in the ground with parent help. Vegetables and flowers are some things you could add to your garden. Use your garden to create so many exciting things!

SPROUTING SALAD

With the vegetables you grow in your garden, you can make a salad for your family and friends!

What you need:
- vegetables, bowl, water, knife, fork, dressing

WHAT TO DO:
1. Pick the vegetables from your garden.
2. Wash and cut the vegetables with parent help.
3. Mix the vegetables in a bowl.
4. Add dressing if you would like and enjoy!

FANCY FLOWER VASE

With the flowers you grow in your garden, you can make a vase to sit on the dinner table!

What you need:
- glass or plastic bottle, paint, water, glue, tissue paper, scissors

WHAT TO DO:
1. Take the glass bottle and wash it.
2. Decorate the bottle with paint and let it dry.
3. Cut and glue on paper for more decoration.
4. Pick flowers from the garden.
5. Add water and flowers to the vase.

It’s time to plant your garden! There has to be space between each of your vegetables and flowers. On each line, use a ruler to measure how many inches are between each planted vegetable or flower. Round to the nearest inch. Fill in the blanks below with the correct inches between each:

Lettuce _________________ Carrot _________________ Rose _________________ Pumpkin _________________

Information in Jr. Sprout can be linked to the following Virginia Standard’s of Learning:
Science: K.1, K.7, K.9, 1.1, 1.4, 2.1, 2.4
Math: K.1, K.2, K.6, K.8, K.10, 1.2, 1.5, 1.9, 2.4, 2.5, 2.11
English: K.8, K.12, 1.8, 1.13, 2.7, 2.12

Jr. Sprout was created by Chelsea Sligh and is a publication of Virginia Agriculture in the Classroom, 12580 West Creek Parkway, VA 23238 P.O. Box 27552 Richmond, VA 23261-7552.
Let’s Talk Life Cycles!

Like people and animals, plants change as they grow. These changes are called a life cycle.

NAME 4 THINGS A SEED NEEDS FOR GERMINATION.

1. _____________________________
2. _____________________________
3. _____________________________
4. _____________________________

What is germination?
Germination is the process where seeds begin to sprout or grow.

Is this plant in the right order?
Write the numbers 1-5 in the boxes to put the plant life cycle in order.

Name 4 things a seed needs for germination.

Growing Plant Parts

When plants grow, they have a lot of parts. Each part has an important job. On the bottom of a plant are the roots. In the middle of a plant are the stem and leaves. On the top of a plant are flowers and fruits. Each part has a job to do!

Jobs of a Plant Part
- Flowers help make seeds so more plants can grow.
- Fruits carry and protect seeds after the flower dies.
- Leaves help make food for the plant.
- Stems carry water and food up through the plant.
- Seeds allow more plants to grow if they are planted.
- Roots send up water and food from the soil.

Word Bank
- leaf
- stem
- flower
- root
- seed

There are different kinds of plants! Can you tell the difference between these? Circle the plants that we eat.

Count how many carrots and berries Farmer Jack has in his garden.
Carrots _________ Berries _________
Which has more? ___________________

Farmer Jack wants to plant 10 flowers in his garden. Count by twos to find out how many flowers he has. _________
Does he have too many or does he need more? If he has too many, how many does he need to get rid of? _________
Create your own farm. Add your favorite crops and/or farm animals to the farm scene.

Help get your food from farm to plate. Take the correct path from farm product to meal item.
I like beef because
I like strawberries because
Wheat is a grain crop. Wheat is ground into flour to make bread, cereal, muffins, pasta and many other tasty foods.
I like milk because
Nutrition Connection

Harvest of the Week: Melons

Melons like cantaloupe and watermelon are fruits grown in Virginia. Eating healthy includes 2 to 4 servings of fruit per day.
I like cheese because
Orchards are made up of rows of trees. Fruits like apples, peaches and cherries are grown in orchards.
I like tomatoes because
Ice cream is the perfect treat on a hot summer day. As a matter of fact, July is National Ice Cream Month.

But have you ever considered where ice cream comes from? The main ingredient is milk, which comes from dairy cows. The most commonly recognized dairy cow is the Holstein, which has large black spots. Other dairy cow breeds include Guernsey, Ayshire and Jersey.

Cows have four stomachs, and it’s a good thing, because they spend almost seven hours a day eating. Cows eat about 100 pounds of grass or feed and drink about 50 gallons of water a day—about enough water to fill a bathtub.

Dairy farmers milk their cows at least twice a day. One cow produces about 100 glasses of milk a day, and a cow’s udder can hold between 25 and 50 pounds of milk!

Milk is a very important source of calcium, which helps build strong bones and teeth. You should have at least three servings of milk products a day. In addition to ice cream, milk is used to make cheese and yogurt.

**UDDERLY AMAZING!**

A cow gives more than 2,000 gallons of milk a year.

**DID YOU KNOW?**

- Immigrants arriving at Ellis Island were served vanilla ice cream as part of their “Welcome to America” meal.
- The first ice cream parlor in America opened in New York City in 1777, and the ice cream cone made its debut at the 1904 World’s Fair in St. Louis.
COW CRAFT

MATERIALS
- large white paper plate
- small white paper plate
- black construction paper
- pink construction paper
- black marker
- glue
- hole punch
- white or black pipe cleaner or yarn

Directions
1. Flip both plates upside-down. Glue the small plate near the bottom of the large plate.
2. Cut black spots from construction paper, and glue them onto the cow.
3. Cut a large oval from the pink construction paper, and glue it onto the small plate (See photo). Use the black marker to draw eyes, a nose and a mouth.
4. Cut small ovals (You also can trace your thumb) from the black and pink construction paper. Glue behind the small plate for ears.
5. Punch a hole at the top of the large plate. Thread the pipe cleaner or yarn through the hole to make a tail. You also can use the tail to hang and display your cow.

Source: busybeekidscrafts.com

TYR THIS!

You do the math!
It takes about 16 pounds of milk to make one half-gallon of ice cream. If Bessie’s udder holds 48 pounds of milk, how many gallons of ice cream will that make?

Make your own ice cream in a bag!

MATERIALS
- 1 tablespoon sugar
- ½ cup milk or half-and-half
- ¼ teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag
- 1 gallon-size plastic food storage bag
- ice cubes

Directions
1. Fill the large bag half full of ice.
2. Add rock salt.
3. Combine milk, vanilla and sugar in the small bag and seal the bag.
4. Place the small bag inside the large bag, and seal the large bag.
5. Shake both bags until the mixture in the small bag becomes ice cream. It will take about 5 minutes.
6. Open, scoop and enjoy!