

Fit, Funny Faces!

The seed buddies still need help with the food from their farm. They need something fun to do with their fruit and vegetables. Show them how to make their own fit, funny faces to eat!



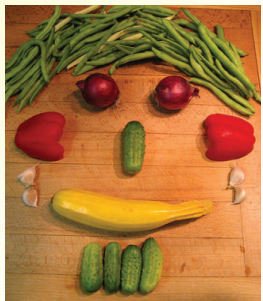
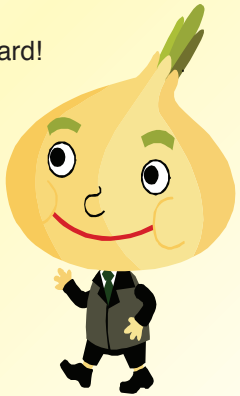
CREATE YOUR OWN

You can make a funny face with fruits and vegetables that you can grow in your backyard!

What you need: any fruits or vegetables that you want, water, knife, plate

What to do:

1. Wash your fruits and vegetables.
2. Cut them with parent help if you want to.
3. Take your plate.
4. Start making your funny face!



What is your favorite fruit or vegetable?

Information in Jr. Sprout can be linked to the following Virginia Standard's of Learning:

S: K.6, 1.4, 1.7, 2.4, 2.8, 3.8

H: K.1, 1.2, 2.2, 3.1

E: K.5, K.6, K.9, K.11, 1.5, 1.6, 1.7, 1.9, 1.11, 1.12, 2.4, 2.5, 2.7, 2.8, 2.10, 3.3, 3.4, 3.6, 3.8

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Fit Food for Friends

When you feel hungry, your stomach grumbles. You feel tired. After you eat, you feel better. You have energy. The good foods that you eat keep you feeling good. The bad foods like candy can take away your energy.



Milk, yogurt, and cheese come from the milk made by cows on the farm!



Vegetables and fruits add lots of color and vitamins to your food!



Bread, cereal, rice and pasta are the foods you may eat most often!

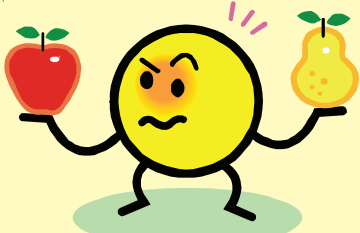
Meat, chicken, eggs, nuts, and fish help build strong muscles!

Draw the type of food that is missing from your dinner!

Challenging Choices



When choosing what to eat, it is always best to make good food choices. You make good food choices when you eat foods from the five food groups. Eating the right amount of the five groups is also helpful.



Finding Fat

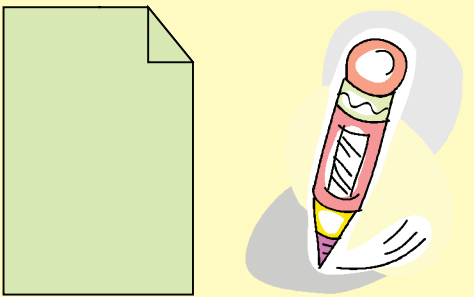
Foods have fat that we cannot see. Fat also helps make food taste good. That is why we like to eat the foods that are bad for us.

You can do your own worksheet to find the fat in foods.

What you need: large piece of green paper, pencil, bread, apples, chips, honey, chocolate

What to do:

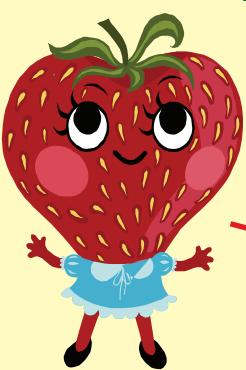
- 1. Rub the food on the paper.
- 2. Label the food as you go.
- 3. Let the food dry overnight.
- 4. Hold the paper up to the light. (Light will glow through the food that has fat.)



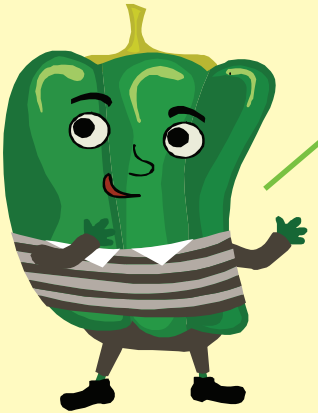
Growing Good Foods



HELLO! My name is Cary Carrot. The seed buddies need help growing vegetables and fruits on the farm. Would you help them?

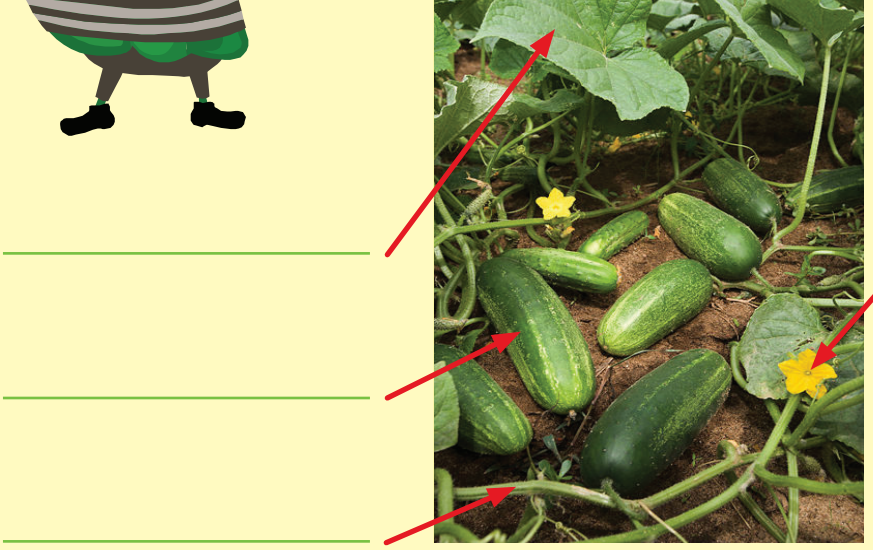


HELLO! My name is Sally Strawberry. What do my seeds need to grow? The pictures will give you some hints.



HELLO! My name is Peter Pepper. I do not know how to label my cucumber plant. Can you label them for me on the lines below?

Word Bank
fruit
blossom
stem
leaf



Where are the roots in Peter Pepper's cucumber garden?