Healthy Food Comes From Healthy Soil

Healthy Soils Are Full of Life!

level 2
From The Soil To Your Spoon

Where Does Your Food Come From?

What are three of your favorite foods? Write them on the lines below.

1. 
2. 
3. 

Are your favorite foods grown on a farm? Raised on a ranch? Picked from a tree? No matter where your food comes from, it all has one thing in common…SOIL! Most of the food you eat comes from plants that grow in the soil or animals that eat plants that grow in the soil.

Write down where you think your favorite foods come from.

1. 
2. 
3. 

The food you eat is divided into five food groups; fruits, grains, dairy, protein and vegetables.

Fill in each blank with a food group. Use the letters in the circles to finish the sentence.

1. Apples, bananas and peaches are _____ _____ _____ _____ that grow on trees.

2. Pork chops, scrambled eggs and pinto beans are all part of the _____ _____ _____ _____ food group.

3. Whole wheat bread is one of the healthy foods in the _____ _____ _____ _____ group.

4. Sweet potatoes and carrots are orange _____ _____ _____ _____ _____.

Healthy food grows in healthy _____ _____ _____!
Healthy Soil…
Healthy Food…
Healthy Bodies…

Use the alphabet key to solve the puzzles.

1. Eating foods in the _______ _______ _______ group gives you energy.

2. _______ _______ _______ grains are best.

3. You should eat at least one _______ _______ _______ _______ vegetable every day.

4. _______ _______ _______ _______ prevent disease and help your body heal.

5. Foods in the dairy group help grow _______ _______ _______ bones and teeth.

6. Beans and lean _______ _______ _______ help your body build strong muscles.

Look at the foods in the alphabet key. Draw a line under the foods that grow in the soil. Circle the foods that come from animals that eat plants that grow in the soil.
Word Search

Find each word in the puzzle and circle it. Words can be found up, down, or in any direction.

BEANS  MILK
DAIRY   PLANTS
FOOD    PROTEIN
FRUIT   SOIL
GRAINS  VEGETABLE
GROW    WATER
HEALTHY MEAT

Up, Down or in the Middle?

Healthy soil is very important for growing our food. We need healthy food to live and grow. Plants need healthy soil to live and grow. Some foods that we eat grow above the ground. Others grow below the ground. Some of the foods we eat (like beef, pork and chicken) are from animals that eat plants that grow above the ground. Almost all of the foods we eat depend on plants growing in soil!
Getting food from the soil into your spoon takes a lot of hard work by many people. The food you eat has to be grown by a farmer or raised by a rancher. It has to be processed and packaged so that it can be sold in stores. Food also has to be moved from fields to processing and packaging plants and finally to stores or restaurants where it can be sold.

How many people do you think have to work so that you can eat a hamburger? Look at the pictures. Draw a circle around the pictures showing work that has to be done before you can eat a hamburger. Read the sentences at the bottom of the page. Write the number of the sentence in the box by the picture that it matches.

1. Tomatoes grow in soil and are used to make ketchup. Ketchup is put into bottles or packets and sold in stores.
2. Cows eat hay. Hay is a combination of grass and other plants that grow in soil and are then cut and dried. Farmers bale hay into square or round bales.
3. Tomatoes and other foods are hauled from farms to processing plants in large trucks.
4. Buns, rolls and other breads are made in bakeries. Breads are made with wheat that grows in soil.
5. Cows are raised on ranches. Ranchers feed, water and take care of the cows.
Some baby chicks are yellow. As they grow Scotty will feed them chicken feed made from corn.

Chickens lay eggs that are healthy food. Iris gathers eggs every morning.

The Wynn Family raises sweet potatoes. They store the sweet potatoes grown in the soil on their farm in their barn.

Farmer Scotty takes good care of the soil so that he can grow peanuts. Soil quality is important and the Hamilton County Soil and Water Conservation District is a great resource for farmers in the community.

Sheep are covered with wool. The wool is used to make warm clothes like sweaters and coats. The Wynn Family have sheep called black belly sheep.

Oranges are healthy snacks that grow on trees. The tree’s roots absorb water and nutrients from the soil to grow.

Meet the family living at the Wynn Family Farm; Iris, Scott, Scotty and Caroline.
Across

1. Farmer Scotty gathered eggs every morning. One day he found 252 eggs. There are 12 eggs in one dozen. How many dozen eggs did Scotty find? ________________

3. The Wynn Family stacked bales of hay in the barn. They stacked 6 bales of hay in each row. They had 53 rows. How many bales of hay did they stack? ________________

5. Farmer Scotty sold the wool from his sheep for $8 a pound and made $120. How many pounds of wool did he sell? ________________

6. Write these numbers from the least to the greatest: 629, 30, 210, and 98. ________________

8. The Wynn Family Farm had 18 acres to plant crops on. They planted 4 acres of corn. How many acres were left? ________________

Down

2. Caroline pulled a cart with 6 baskets of corn on it. Each basket held 28 ears of corn in it. How many ears of corn were on the cart? ________________

4. If the cows get milked every day for one week, and each day they got 17 gallons of milk each day from the cows, how many gallons of milk did they have for the whole week? ________________

5. Sixty-three yellow chicks, 42 white chicks and 21 black chicks hatched on the Wynn Family Farm last year. How many chicks hatched altogether? ________________

6. The Wynn Family picked 854 oranges from their trees. What number makes this sentence true? 520 + _____ = 854 ________________

7. Pigs are one of the animals raised on the Wynn Family Farm so that we can have foods like bacon and pork chops to eat. How many letters are in this sentence? ________________
You don’t have to live on a farm like the Wynn family to grow some of your own healthy food. Ask your teacher if your class can plant a garden in the school’s outdoor classroom, or ask your parents if you can plant a small garden in your yard. You can even grow fruits and vegetables in pots on your deck or porch! Ask an adult for help or contact your local Soil and Water Conservation District or Garden Club for tips on planting a garden.

Grow food in all the colors of the rainbow for healthy eating. Green broccoli, red strawberries, orange sweet potatoes, yellow corn and purple grapes are all good foods that you can grow.

Meet A Farmer

My name is Scotty Wynn. I am 8 years old and I have been farming all my life. I like to grow lots of different vegetables in my garden that I take care of. My family has been farming in Hamilton County Florida for over one hundred years. I am a 5th generation farmer. We have 380 acres of row crops, 200 acres of pine trees and about 200 acres of pasture. Healthy soil is very important because without good soil, our crops would not do well. We grow corn, peanuts and sweet potatoes. We also raise beef cattle and goats. I help everyday on the farm. When I am not working on the farm I love to go fishing with my daddy. I help my mom make pickles from the cucumbers from my garden. Remember, vegetables come from soil, not from the grocery store.

How much food should I eat each day to be healthy?

You need to eat food from all five food groups every day. Children ages 7-9 should eat these foods:

- 2 to 3 cups of dairy foods;
- 3 to 5 ounces of lean meat or beans;
- 1-1/2 cups of fruits;
- 1-1/2 to 2-1/2 cups of vegetables, and
- 4 to 5 ounces of grains each day.

Look at the “My Plate” picture on page 2 to see how to fill your plate!

Fun On The Farm Puzzle Solution

Special thanks to the NACD S&E Committee & reviewers
Contact: stewardship@nacdnet.org
Content written by T.D. Southerland
Booklet designed by Willow Marketing Indianapolis, IN
Booklet designed for use with grades 2-3
© NACD 2017 www.nacdnet.org