Take Care Of Our Soil!
Even if you don’t live on a farm or ranch you can still grow good food. Ask your teacher if your class can plant a garden in the school’s outdoor classroom. You can grow food at home also. Ask your parents if you can plant a few fruits or vegetables in the flower garden or grow them in pots on your porch or patio. Lettuce, tomatoes, peppers, beans, and strawberries are easy to grow in pots.

Do a good deed, share your food! Paint a pot and give one of your plants as a gift.

I have learned that good, healthy foods need good soil. What can I do to help take care of earth’s soil?

• Make sure your soil stays home! During the winter, cover your garden with straw. It will keep your soil from blowing away and protect it against washing away in winter rains.

• Earthworms are very good for your soil. Protect them by being careful about the use of pest and weed killers.

• Recycle! Recycling saves natural resources so that less mining in the soil is needed.

Trace The Words
And Then Read Them Out Loud.

good food

grow in

good soil

Special thanks to the NACD S&E Committee & reviewers
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From The Soil To Your Spoon

The food we eat comes from plants and trees that grow in soil. How does food get from the soil to your spoon? Let’s take a look at spaghetti.

Whole wheat pasta is made from wheat that grows in soil.

Pasta sauce is made from tomatoes that grow in soil.

Cheese is made from milk. Milk comes from cows. Cows eat grasses that grow in soil.

We get our food from plants and animals.

Plants and animals need food, water and a good place to grow just like we do. Plants need healthy soil to live in and light from the sun so that their leaves can make food. Plants use the soil to help them grow. Animals need plants for food. Animals like cows, pigs and chickens all need plants to eat.

Most of the food we eat is grown on farms or raised on ranches. Farmers and ranchers take good care of the soil and water on their land. Good soil can grow healthy plants and the water stays clean for us to drink.

Write the numbers 1 through 6 on the box below each picture to show how an orange gets from the soil to you for a yummy snack!
Eat Healthy! Grow Strong!
Take Care Of The Planet Earth!

Barney says
"Eat good food from all five food groups every day!"

Healthy food helps you grow and makes you strong!

Ugli fruit is a cross between a grapefruit, an orange and a tangerine. It looks like a small green grapefruit that is bumpy and lopsided! It is sweet, juicy and very healthy. One Ugli fruit gives you 70% of the vitamin C you need for the whole day!

Look at the picture clues for the words in the puzzle. Write the first letter of each picture in the puzzle to make the word. One has been done to help you get started.

If you need help with this picture...it is Ugli fruit!

Need A Hint?

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