



# Fuel Choices

The menu items were evaluated based on the following criteria: calories, fat, saturated fat, sodium, carbohydrates, dietary fiber, sugars, protein, vitamins A & C, calcium and iron. Foods were assigned a point value based on potential nutritional value in comparison to other menu items in that category.

Spinach Artichoke Dip	+3	Steamed Broccoli	+6
Crunchy Onion Rings	-5	Caesar Salad	-1
Spicy Chicken Pasta	+1	House Salad with Lite Dressing	+5
Grilled Sirloin	+3	Cheesy Rice Casserole	+3
Bacon Cheeseburger	+1	French Fries	-1
Grilled Chicken Salad with Lite Dressing	+4	Steamed Asparagus	+8
Grilled Salmon	+3	Chocolate Lovers Brownie	-3
Baked Potato	+6	Tropical Fruit & Island Dip	+2
Loaded Baked Potato	+1		

## Add Up Your Points!

Appetizer + Entree + Side + Side + Dessert = Total

### How healthy is your fuel?

**Premium** 20 - 30 points  
**Unleaded** 10 - 20 points  
**You need a Tune-Up** 10 and under

## Meet A Farmer/Rancher

Hi, we want to tell you about our Dad, Brian who is a cow/calf producer in Texas. We are both in 4-H and show Beefmaster heifers. Our mom, Tamara's, family has been ranching since 1880. Dad reminds us how much work it takes to raise the food that people eat everyday. Our family uses good grazing practices and we are good stewards of the land. If our family had not been good stewards of the land, we would not have been able to continue ranching since 1880! Thanks!



Nutrition Connection  
 Network Community Partner

Special thanks to the NACD Project Manager, S.M. Sch...  
 Content written by TP...  
 Booklet designed by...  
 Corrections to make...  
 available at <http://nacdn.net>,...  
 use with Grad...  
 2011

## ASK Maxine

Maxine worked for NACD for 47 years. That's why we always ask Maxine.

### Q A

**Q** What is food security? Do they guard restaurants or wear a uniform?

**A** No uniform! It is a good idea though to guard our natural resources by practicing conservation habits to protect our way of life. The United Nations Food and Agriculture Organization defines food security as a "state of affairs where all people at all times have access to safe and nutritious food to maintain a healthy and active life."



**SOIL TO SPOON**  
 level 4

**Fuel For Your Body**



# Survival Essential

1. Make a list of twenty of your most valued possessions that you use or enjoy on a regular basis.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



2. Now, mark out the items that are **NOT** essential for survival.

3. Pretend your family has survived a catastrophic earthquake that has devastated most of the region in which you live. **Make a new list of just five possessions that you feel you must have to survive.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Were any of your **most valued** possessions also possessions **necessary for survival**?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. What **environmental resources** do you feel you **must have to survive**?

\_\_\_\_\_

\_\_\_\_\_

6. Are there any aspects of **your lifestyle** that may have a **negative impact** on natural resources and/or planet sustainability?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Are there any aspects of **your lifestyle**, that **conserve and/or** **rep** **sh** **ur** **al resources** and **pr** **e a** **inable future**?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Arable Land:** land that can be cultivated for growing crops or raising livestock



## A Future Of Well Being

**Sustainability**...the capacity to endure...continued survival. Do not consume more than can be reproduced or replenished.

Assumption of natural resources plays a vital role in the sustainability of planet Earth. Increasing our "capacity to endure" will involve international and national policies, urban planning, the transportation industry, consumerism and your own individual lifestyle. What kind of impact does your lifestyle have on Earth's capacity to endure?



**Carrying Capacity:** the number of living organisms that can exist for long periods in a given area without damaging the environment.



### Hectares of Arable Land in the United States

Year	Hectares
1990	185,676,000
1995	181,839,000
2000	175,368,000
2005	174,448,000

### Life On Earth: Feeding The World

Dinner tonight... it's more than just the lasagna and salad you might be having; it's a source of the nutrients and energy you need to sustain life. Human existence on Earth depends on an adequate food supply. Food production and food consumption are both vital issues for YOU in today's world as the world population increases and agricultural resources decrease. **In 2011, the world population is 6.9 billion, and it is estimated to increase to 8.2 billion by 2030.** At the same time usable agricultural (arable) land is disappearing due to development, overuse, environmental pollution and erosion.

Visit <http://www.census.gov/ipc/www/popclockworld.html> and write the current world population. \_\_\_\_\_ population | \_\_\_\_\_ date





## Food Production: Thank You To Our Farmers

Our food supply depends upon our ecosystems, and every ecosystem has a carrying capacity. Some of the components of an ecosystem that affect the organisms living within it are these: the amount of living space, the supply of nutrients, the absence or presence of predators and the number of competing organisms. Farmers can modify an ecosystem with fertilizers and pesticides to increase the carrying capacity for crops (such as corn or oranges) and decrease the carrying capacity for competing organisms (such as weeds or beetles). What does this mean for you and me? More food is available for us because of an increase in crop yields!



## The Commodity

A commodity is an item that is bought and/or sold. Commodities are both exported to other countries and imported to the United States from other countries. Take a look at the labels on the food in your refrigerator or kitchen cabinets to see where the food you eat is produced. Everything you eat or drink, unless you grow or raise it yourself, began as a commodity. Commodities are produced and sold in all fifty of the United States. You might be surprised by how many states and commodities are involved in just one meal!

For example, your stomach is growling and a taco sounds really good. Before it can be passed to you through a drive-up window or packaged in a box and placed on a store shelf, the taco starts out as several commodities.



A good taco shell starts with **corn**. The state map above labeled with a "C" all produce commodity. Fill in the following blanks with the names of those states:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



You might be surprised by how many states and commodities are involved in just one meal! Your taco is topped with **soybeans**. **Dairy products** are a commodity in the states labeled with a "D". Name those states:

\_\_\_\_\_

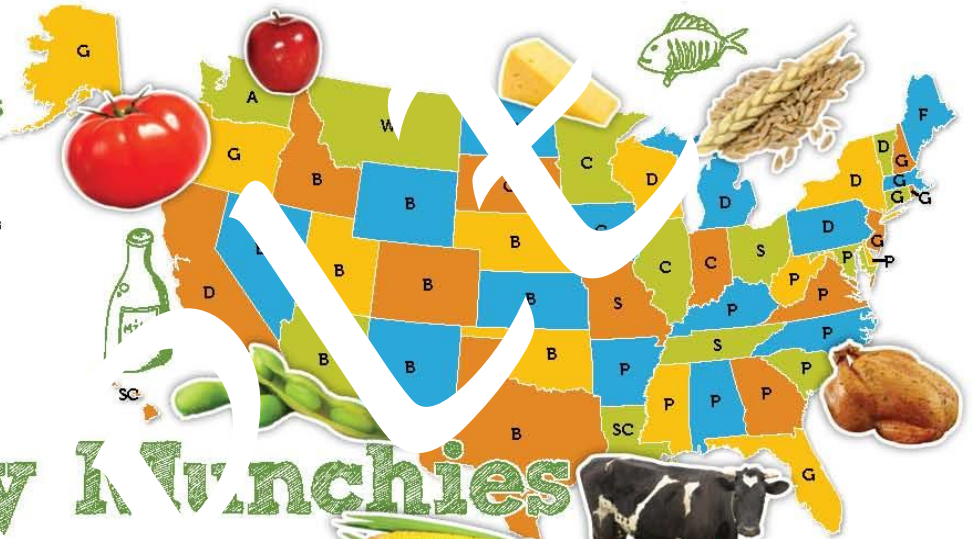
\_\_\_\_\_

\_\_\_\_\_

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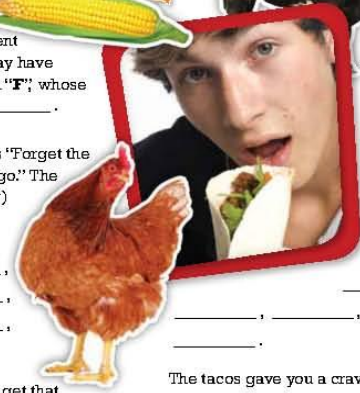


When you're also hungry for a taco, you want something different so she orders a chicken taco. The fish may have come from this state labeled with an "F", whose top commodity is **seafood**.

You've got a friend, Caden, who says "Forget the chicken taco is the way to go." The state labeled with a "P" (for poultry) produces **broilers** as a commodity. What states are they?

Those taco shells have to be fried to get that crunch you bite into. Your taco shell may have been fried in soybean oil. **Soybeans** are a top commodity in the states labeled with an "S". List those states:

Your buddy, Ty, just doesn't do crunchy. He likes his tacos in a soft shell made with **whole wheat**. **Wheat** is a top commodity in the states labeled with a "W". What are those states?



A taco wouldn't be a taco without some **taco sauce**. Those tomatoes may have come from plants that were started in a greenhouse. The states labeled with a "G" identify **greenhouse/nursery** as their top agricultural commodity. Identify those states:

The tacos gave you a craving for something sweet. Lucky for you apples are available at the drive-thru as a healthy choice for a side. The **apples** may have been grown in \_\_\_\_\_ since **apples** are its top agricultural commodity. Look for the state labeled with an "A". If you decide on an apple turnover, you'll need a commodity from these two states, labeled with "SC". They produce cane for sugar as one of their top three commodities.



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# Fueling Up With The Best!



You "fuel up" your body every day with food in the same way a car is "fueled up" with gasoline. If a car gets bad gasoline, it doesn't run well, filters get clogged, fuel can't get where it needs to go and the engine can even be permanently damaged. Your body is the same way. If it doesn't get the nutrients it needs from the food you eat, it doesn't function well.

The nutrients your body must have to function at its peak are these:

**Proteins for growth and repair.** Lean meat, fish, poultry, beans and eggs are high in protein.

**Carbohydrates for energy.** Starches and sugars are carbohydrates. Rice, wheat, corn, oats and potatoes are rich sources of carbohydrates. Sugars are not essential foods. They provide energy but no nutrients.

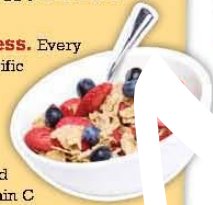


**Fats and oils to make fat soluble vitamins available for use in the body.** Avoid saturated fats. Get fats from nuts, fish, and liquid oils like olive, soy or canola.

**Minerals for overall body function.** Important minerals for the body include iron, calcium, sodium, potassium, iodine, magnesium, zinc, and copper. Calcium builds strong bones and teeth. The best sources of calcium are milk and hard cheese. Iron builds red blood cells. Good sources of iron are meats (especially liver), egg yolks, and dark green vegetables.



**Vitamins for health and wellness.** Every vitamin needed by the body plays a specific role. For example, Vitamin A is needed for good vision and healthy skin, and it is found in both dark green and yellow fruits and vegetables. Vitamin B helps maintain the nervous system and is found in whole grain breads and cereals. Vitamin C is needed for building connective tissue and healthy blood vessels and can be found in citrus fruits.



**Water for life.** Every cell in the body must have water to survive. Water is part of the chemical reactions within the body. It is needed to carry nutrients, to regulate body temperature, and to help eliminate wastes. Water makes up 70% of your body.



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Be Your Healthiest.



Feel Your Best.

# Give Your Body The Right Kinds & Amounts Of Fuel!



Drive-up window, Internet cafés, television commercial, "fast-food" or deep-fried and sugar coated... Today's consumer is bombarded by choices of what to eat. Challenge to make good decisions regarding your menu and fill out an order. Sum up your score using the "Fuel Choices" chart on the back page.

## APPETIZERS

### Spinach & Artichoke Dip

A creamy spinach and artichoke dip topped with parmesan cheese. Served with tortilla chips for dipping.

### Crunchy Onion Rings

Thick-cut Vidalia onion rings coated in breadcrumbs and deep-fried to a golden brown.

## ENTRÉES

### Beacon Cheeseburger

Cheddar cheese and crispy bacon top a thick burger on a bun. Served with lettuce, tomato, pickle and onions.

### Grilled Salmon

Seasoned with a garlic/ginger marinade served on a bed of rice pilaf.

### Spicy Chicken & Pasta

Blackened chicken breast served over fettuccine noodles tossed in spicy Cajun sauce.

### Grilled Filet Mignon

A select cut, grilled to perfection.

### Grilled Chicken Salad with Light Dressing

Juicy, grilled chicken breast atop a bed of crisp greens with egg, tomatoes, cucumbers, red onions and shredded cheese.

## DESSERTS

### Chocolate Lover's Brownie

A moist chocolate brownie topped with rich chocolate fudge. Served with chocolate chip ice cream.

### Tropical Fruit & Island Dip

Fresh pineapple, mango and papaya served with a creamy coconut yogurt dip.

## SIDES

- Baked Potato
- Loaded Baked Potato

- Steamed Broccoli
- Cheesy Rice Casserole

- Caesar Salad
- French Fries
- Steamed Asparagus



## Checking The Fuel Gauge

Unscramble each of the clue words. Each of the words can be found in the articles on pages 2 & 3. Copy the letters in the numbered cells to the other cells with the same number to solve the puzzle.

SIILINTUBSAAYT	BEARAL
CACPYIAT	NUILOPTOPA
VASLIURV	NAPETL
SITPNMONUC	NEDVEELOMPT
RERSUESOC	SYLTFEELI

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34

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