



# Grow Your Own Healthy Food!

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.



## Trace The Words

And Then Read Them Out Loud.

Good food  
grows in  
good soil



Nutrition Communicators Network Community Partner



# ASK Maxine



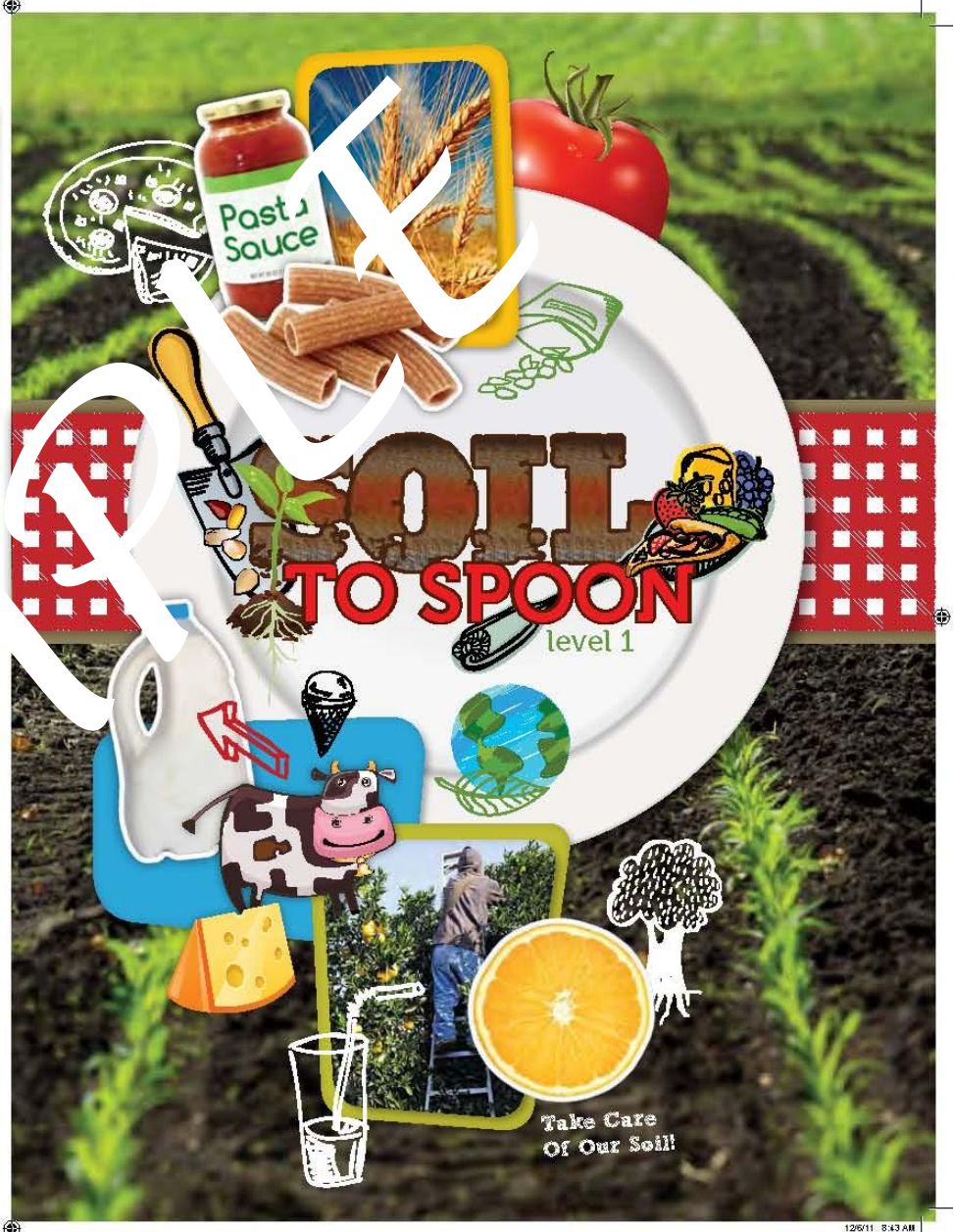
Maxine worked for NACD for 47 years. That's why we always ask Maxine.

**Q** I have learned that good, healthy foods need good soil. What can I do to help take care of earth's soil?  
**A** • 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 your natural resources. Reusing and recycling is needed.



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Take Care Of Our Soil!



# From The Soil To Your Spoon

Read each sentence. Write the number of the sentence by the picture of the food it matches. Draw a line from the food to the plant or animal it comes from and to the soil where our food gets its start.

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**.

Which picture has the **MOST NUMBERS**?

## 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!



**Need A Hint?** If you need help with this picture... it is Ugli fruit!

**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 **4 letter of each picture** in the puzzle to make the word. One has been done to help you get started.

**CROSS**

**DOWN**

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

Healthy food helps you grow and makes you strong!

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