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, too. Ask your parents if you can plant a few fruits or vegetables in your flower garden or grow them in pots on your porch or patio. Strawberries, 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 for
Grows in
Good soil

Ask Maxine

Q: What do I need to grow a garden?
A: You need good soil. The better the soil is, the better the plants will grow.

Q: How do I care for my plants?
A: Water them regularly and keep them in a sunny spot.

Q: What are some good vegetables to grow?
A: Tomatoes, peppers, and beans are great vegetables to grow.

SOIL TO SPONGE
level 1

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.

1. Whole wheat pasta is made from wheat that grows in soil.
2. Sugar is made from sugarcane that grows in soil.
3. 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 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!

Eat good food from all five food groups every day!
Healthy food helps you grow and makes you strong!

Need a Hint?

Ugli fruit
is a cross between a grapefruit, an orange and a tangerine. It looks like a small green grapefruit that is bumpy and segmented. It is sweet, juicy and very healthy. One Ugli fruit gives you 30% of the vitamin C you need for the whole day!

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

Choose MyPlate

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