Grow Your Own Healthy Food!

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 9th generation farmer. We have 360 acres of row crops, 100 acres of pine trees and about 500 acres of pasture. Healthy soil is very important because without good soil, our crops would not do well. We grow corn, peas, 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.
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 _______ _______ _______ _______

Healthy food grows in healthy _______ _______

Healthy Soil... Healthy Food... Healthy Bodies.
Use the alphabet key to solve the puzzle.

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.
The Wynn Family Farm

Farmers Scotty and Sherry take good care of the soil so that they 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.

Some baby chicks are yellow. As they grow, Scotty will feed them chicken feed made from corn. Scotty says eggs that are healthy food. He 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.

Scotty Wynn is a supervisor for the Hamilton County Soil and Water Conservation District. He helps farmers with their soil conservation needs.

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.

Meet the family!... Wynn Family Farm, Inc. Scotty and Caroline.

Orange trees yield healthy snacks. The tree roots absorb nutrients from the soil.

A donkey named Duke helps the Wynn Family work on their farm. Caroline thinks that Duke's big ears are funny.

The Wynn Family owns a cow that helps the family make milk.

A cow on the Wynn Family Farm helps make the milk that is sold to local stores.

The Wynn Family Farm has 16 acres to plant crops on. They plant 4 acres of corn. How many acres were left?

Crossword Puzzle

Across
1. Farmer Scotty gathered eggs every morning. One day he found 269 eggs. There are 12 eggs in one dozen. How many dozens of eggs did Scotty find?
3. The Wynn Family stacked bales of hay in the barn. They stacked 8 bales of hay in each row. They had 83 rows. How many bales of hay did they stack?
5. Farmer Scotty sold the wool from his sheep for $6 a pound and made $120. How many pounds of wool did he sell?
6. Write these numbers from the least to the greatest: 225, 30, 210, and 98.
8. The Wynn Family Farm had 16 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 15 ears of corn. In total, 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, how many gallons of milk did they have for the whole week?
6. Sixty-three yellow chicks, 48 white chicks and 21 black chicks hatched on the Wynn Family Farm last year. How many chicks hatched altogether?
7. The Wynn Family picked 804 oranges from their trees. What number makes this sentence true? 800 + _____ = 804

8. Pigs are one of the animals raised on the Wynn Family Farm so that we can eat foods like bacon and pork chops to eat. How many letters are in this sentence?

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