



EAT

CAFETERIA CONNECTION

Ask the children to examine the food seasonality poster in the cafeteria. Ask them to look for two fruits on the poster grown in warm, sunny California and Florida that are excellent sources of vitamin C. Discuss their observations when the students return back from lunch. *Answer: Orange, Strawberry*

LEARN

CLASSROOM ACTIVITY

Objective

Students will be able to connect specific fruits and vegetables with how they are grown and which part of the United States in which they are grown.

10 Minute Lesson

The teacher will describe a vegetable explaining the type and what part of the US it is grown in and students will play a riddle game to identify a fruit or vegetable and where it's grown.

LIVE

HOME ACTIVITY

Instruct students to work with an adult to look closely at a fresh fruit or vegetable they have at home or can find in the local market and to identify if that food is commonly grown in the state in which they live.

Teacher's Notes

Background

Buying your food locally is good for your local economy, good for family farmers, good for your family's health, and good for the environment. Below you will find a list of common fruits and vegetables and what states they are grown in.

Fruit or Vegetable	Where it's grown
Apples	WA, NY, CA, MI, PA, NC, VA
Blueberries	MI, OR, NJ, NC, ME, WA
Broccoli	CA (90%), WA, ME, WI, OH, CO, OR, TX, FL
Grapes	CA (97%), AZ, MI, NY
Oranges	FL (70%), CA, AZ
Potatoes	ID, WA, ND, WI, CA, MI, ME, MN, CO, OR
Asparagus	CA, WA, MI, IL, NJ
Carrots	CA, CO, MI, FL
Pears	WA, OR, CA

10 Minute Lesson

Teacher will lead the discussion and ask the children to identify which fruit or vegetable they are referring to: *You know that you can buy food at your local supermarket, but do you know where and how that food is grown? On farms all over the United States, food may be grown underground, on a vine, or on a tree! Farmers around the US grow different kinds of food, depending on the weather and climate in their particular area. If farmers can't grow a certain kind of food, people in that state can import it from other places that can grow it. Thanks to the hard work of farmers all around the US, we have all kinds of food to eat! Can you guess what fruit or vegetable I am that is grown here in the United states and is described in these riddles?*

Question: *I am a root vegetable. I grow under the ground. I am grown in CA, CO, MI and FL. I am orange, long, and hard. I am slightly sweet. You eat me raw or cooked. Who am I?*

Answer: *Carrot*

Question: *I grow on a tree. California and Florida are the main producers of me. I am sweet and juicy and sometimes made into juice. Who am I?*

Answer: *Orange*

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Create Class Fruit and Vegetable Riddle Book

1. Have each student create a page for a riddle book.
2. Have each student write their riddle on the front of a piece of construction paper and write the name of a locally grown fruit or vegetable that is the answer to the riddle on the back of the paper.
3. Compile all the pages each student creates to make a riddle book.
4. Create a cover for the book and write the title, *Which Fruit or Vegetable Am I?* Have each student write their name as authors on the cover.
5. Read the book together as a class.