

School Lunch LET'S GROW HEALTHY

Seasonal Foods

M	A	T	W	I	L	D	R	I	C	E	T	O	R
O	T	T	O	P	C	A	B	B	A	G	E	A	P
T	O	M	A	T	O	S	H	U	M	G	E	M	H
Y	P	O	T	A	T	O	S	U	Z	P	E	T	C
O	C	C	H	I	H	C	A	E	P	L	R	R	A
G	R	O	U	N	D	B	U	F	F	A	L	O	N
U	M	P	K	P	E	A	Q	U	T	N	G	U	I
R	C	A	R	R	O	T	S	A	R	T	G	T	P
T	O	M	O	T	A	T	O	P	T	E	E	W	S
O	K	N	I	K	P	M	U	P	E	A	P	I	N
K	R	B	R	O	C	C	O	L	I	G	A	B	B
P	R	E	P	P	E	P	D	E	R	S	Q	U	Y
E	P	P	E	I	N	I	H	C	C	U	Z	G	O

Find the healthy foods that are in season during October. Words may be written forwards, backwards or diagonally.

Apple
Broccoli
Cabbage
Carrot
Eggplant
Ground Buffalo
Okra

Peach
Pear
Potato
Pumpkin
Red Pepper
Spinach
Squash

Sweet Potato
Tomato
Trout
Wild Rice
Yogurt
Zucchini

**Watch out for the
two types of potato!**



Strawberries = Healthy Immune System
Strawberries and other fruits rich in Vitamin C help keep your immune system strong.

Whole Grains = Healthy You
Whole grains contain lots of healthy components including fiber and many essential vitamins and minerals.



Grow Your Own Beans

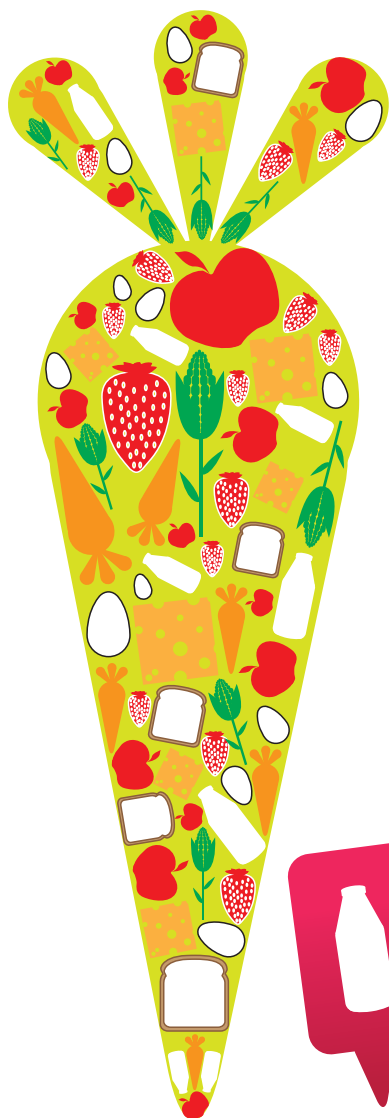
What you need:

- Bean Seeds
- Paper Towel
- Plastic Sandwich Bag
- Water

1. Place a few bean seeds and a moist paper towel in the sandwich bag.
2. Tape the bag to a warm window for

maximum sunlight (required for germination) and wait for your beans to sprout. (You could read "Jack and the Beanstalk" while you are waiting.)
3. You should see sprouts within a week.

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How Many Harvest?

How many of each of these can you find?

- Carrots _____
- Apples _____
- Whole-grain bread _____
- Low-fat milk _____
- Cheese _____
- Corn _____
- Strawberries _____
- Eggs _____



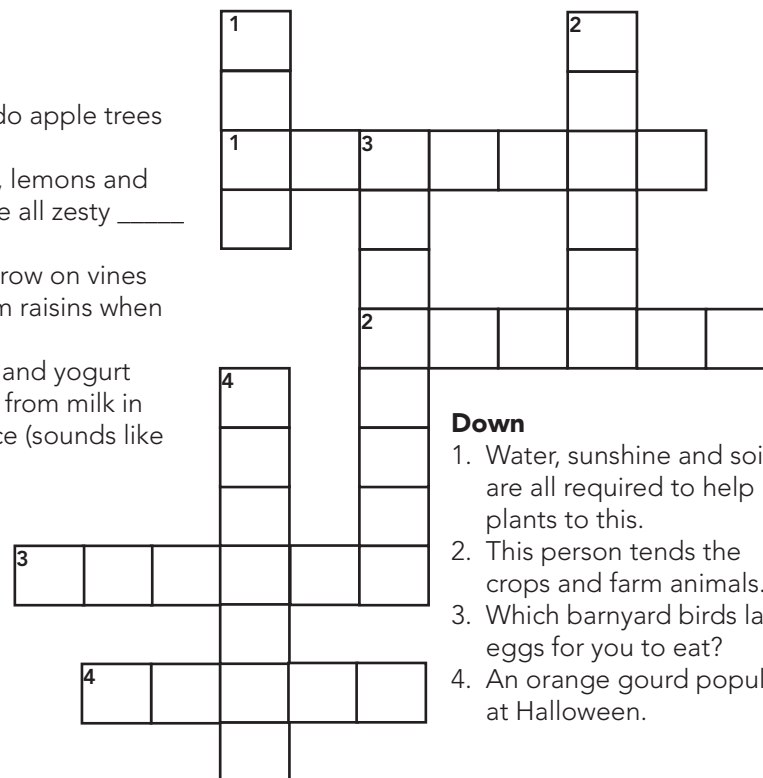
Milk = Healthy Bones
The Calcium and Vitamin D in milk helps you grow strong bones and teeth.

ANSWERS: Carrots-9 (including the big one), Apples-16, Whole-grain Bread-5, Low-fat Milk-8, Cheese-7, Corn-9, Strawberries-14, Eggs-12

Farm to School Crossword

Across

1. Where do apple trees grow?
2. Orange, lemons and limes are all zesty _____ fruits.
3. These grow on vines and form raisins when dried
4. Cheese and yogurt is made from milk in this place (sounds like "fairy").



Down

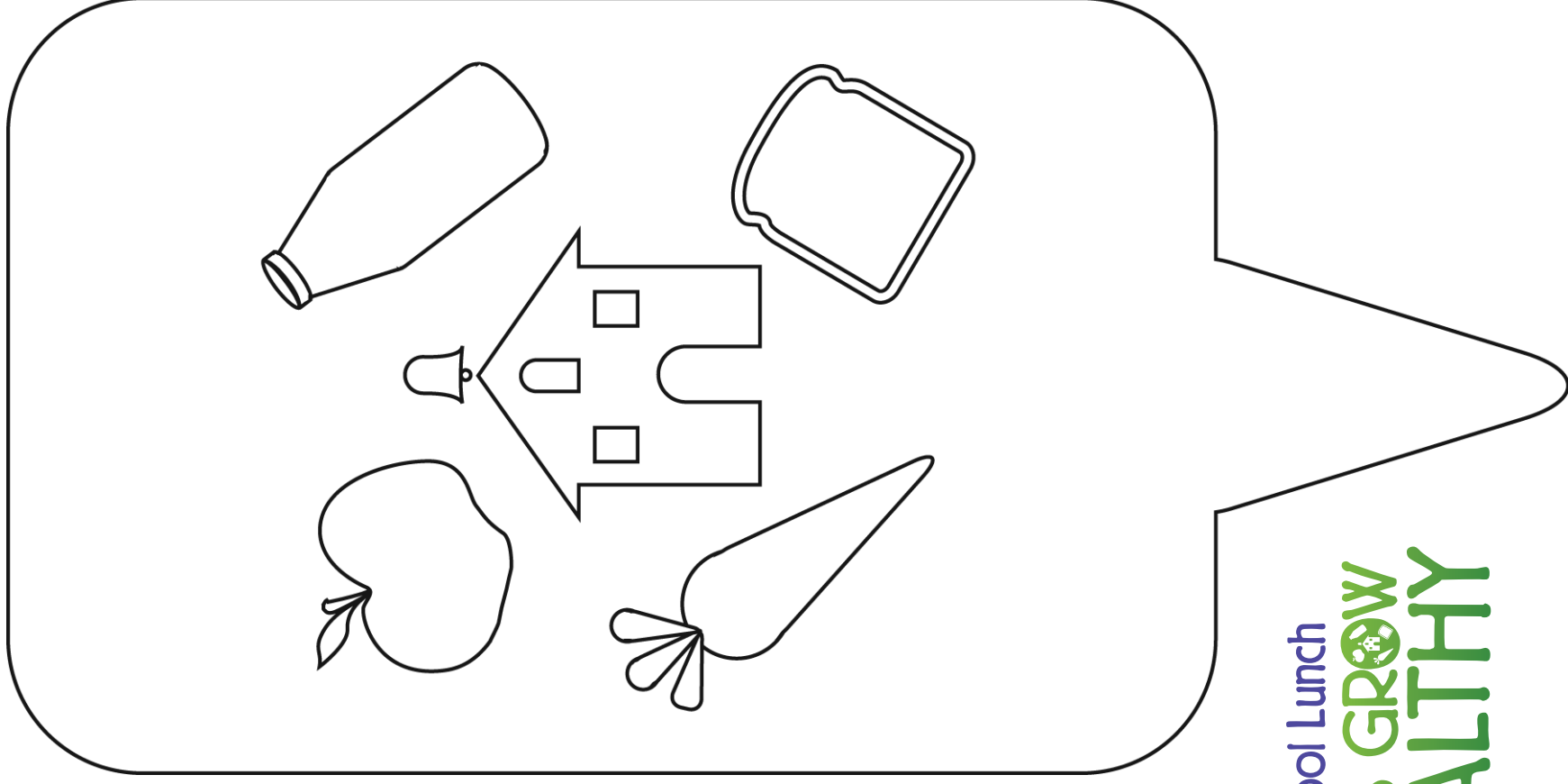
1. Water, sunshine and soil are all required to help plants to this.
2. This person tends the crops and farm animals.
3. Which barnyard birds lay eggs for you to eat?
4. An orange gourd popular at Halloween.

ANSWERS: Across: 1. Orchard, 2. Citrus, 3. Grapes, 4. Dairy. Down: 1. Grow, 2. Farmer, 3. Chickens, 4. Pumpkin

Carrots = Healthy Eyes
The Vitamin A found in carrots is essential for healthy eyes and skin.



Color Your Lunch



School Lunch
**LET'S GROW
HEALTHY**