

EAT CAFETERIA CONNECTION

Ask the children to examine the food seasonality poster in the cafeteria. Ask them to look for a fruit that grows on trees in warm, sunny California and Florida. Discuss their observations when the students return back from lunch. *Answer: Orange*

LEARN CLASSROOM ACTIVITY

Objective

Students will be able to explain why food comes from different places and be able to identify at least one produce item and where it is grown in the US.

10 Minute Lesson

Teacher will lead a discussion about the different foods and which parts of the United States the food comes from. The teacher may choose to use a map to point to the state or where the produce is grown and why we might want to eat foods that are grown closer to where we live.

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 you 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

Lead a discussion:

You know that you can buy food at your local supermarket, but do you know where that food is grown? On farms all over the world, that's where! Farmers around the globe grow very 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 area can buy it from other places that can grow it. Farmers can also sell extra food that they grow to other places that need it. Thanks to the hard work of farmers all around the world, we have all kinds of food to eat! Let's discuss which food comes from the United States.

Use a map of the US to show how far some popular items travel.

- Apples – More than ½ of the apples we eat are grown in the state of Washington. Other states that produce apples are Michigan, New York, California, Pennsylvania, North Carolina and Virginia.
- Broccoli – 90% of the broccoli that is in our grocery stores is grown in California. Other states that grow broccoli are Arizona, Washington, Maine, Wisconsin, Ohio, Colorado, Oregon, Texas and Florida.
- Oranges- Most of our oranges come from California, Florida, and Arizona.
- Carrots- In the United States, California is the largest producer of carrots. Colorado, Michigan and Florida are also large producers of carrots.

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

Optional Enrichment Ideas

On a large piece of poster paper or poster board, draw a large picture of your state. Have students draw pictures of produce grown in that state and cut and paste those pictures onto the state poster. Children can write the name of the food and the season each is harvested near the pictures on the posters. Display the poster in the classroom or in the cafeteria.

The following websites are good resources for information about foods grown in each state:

<http://www.fieldtoplate.com/guide.php>
www.pickyourown.org