



GARDEN & NUTRITION ACTIVITY SHEETS





Name: _____

FIVE INGREDIENTS TO GROW A PLANT

During your tour of Centennial Farm you were told five ingredients are needed to make plants grow: soil, seeds, water, air and sun.

In each box below, draw these ingredients.

Be creative and draw pictures or cut pictures from magazines.

In the last box, draw a picture of your full-grown plant.

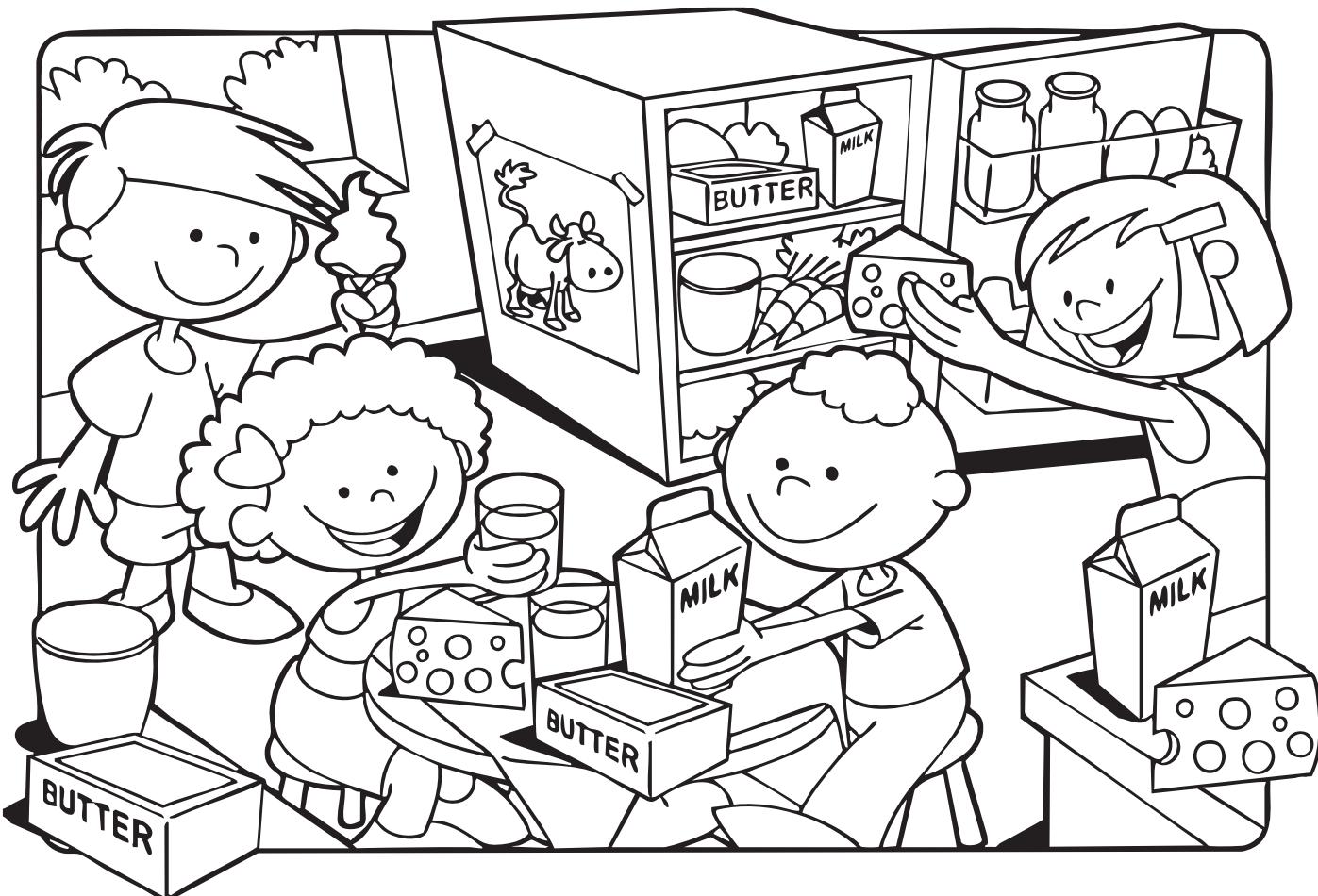
Seed	Soil	Water
Air	Sun	Full-grown plant



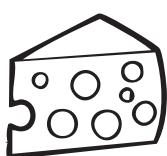
Name: _____

DAIRY DELIGHT

Color only the dairy foods you find in the picture below.



FIND THESE DAIRY PRODUCTS



Wedge of cheese

Tub of cream

Slab of butter

Tub of yogurt

Milk carton

Glass of milk



Name: _____

PARTS OF A PLANT

Look at the plant descriptions below, then label all the parts of the plant in the picture.

FLOWER

Makes seeds.

SEEDS

Can grow into a new plant.
Most plants reproduce by seeds. Can be edible.

LEAVES

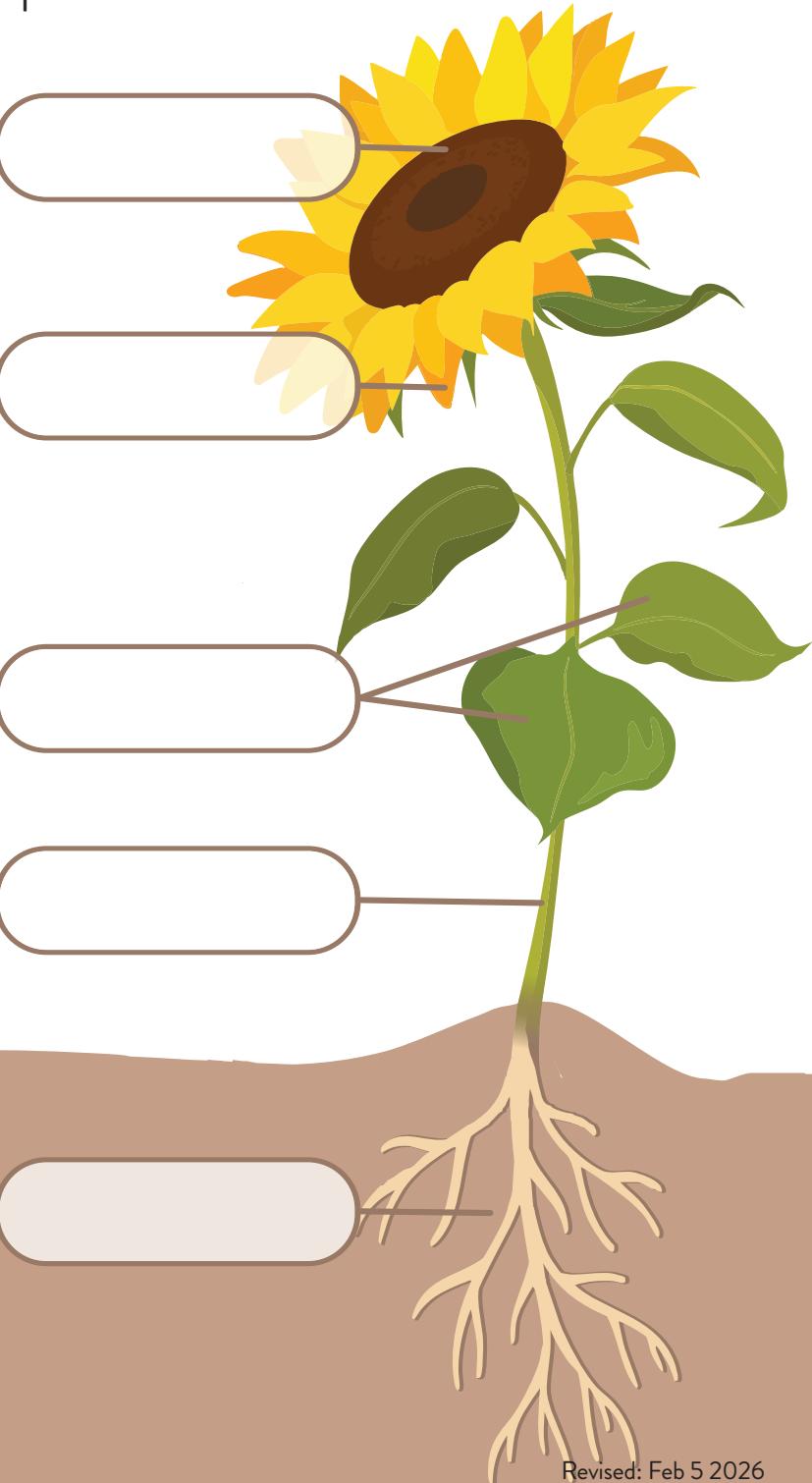
Makes food by taking in carbon dioxide and sunlight, then releasing oxygen into the air.

ROOTS

Soaks up water and mineral and store food for the plant.

STEM

Supports the plant.
Carries food, water and minerals to the rest of the plant.





Name: _____

TEST YOUR KNOWLEDGE ON PLANT PARTS

Circle the correct answer in each box.

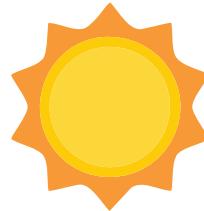
1. What part of the plant anchors it to the ground?

- (a) Root
- (b) Leaf
- (c) Stem
- (d) Flower



2. Which part of the plant is responsible for making food through photosynthesis?

- (a) Flower
- (b) Leaf
- (c) Stem
- (d) Root



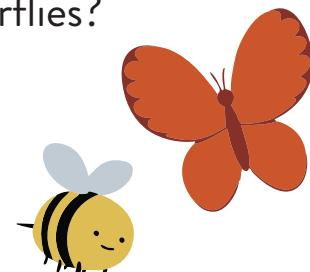
3. What part of the plant transports water from the roots to the leaves?

- (a) Flower
- (b) Stem
- (c) Root
- (d) Fruit



4. What part of the plant attracts pollinators like bees and butterflies?

- (a) Root
- (b) Stem
- (c) Leaf
- (d) Flower



5. What is the function of the seeds in a plant?

- (a) To absorb water
- (b) To produce flower
- (c) To store food
- (d) To grow new plants



6. Which plant part can sometimes turn into fruit?

- (a) Seed
- (b) Fruit
- (c) Leaf
- (d) Flower





Name: _____

I SPY IN CENTENNIAL FARM'S GARDEN

1. Color in the items below.
2. Check the boxes of the items you saw at Centennial Farm.
3. Can you name all the produce on this sheet? Use the word bank.

Word Bank

Cotton

Peas

Carrot

Radish

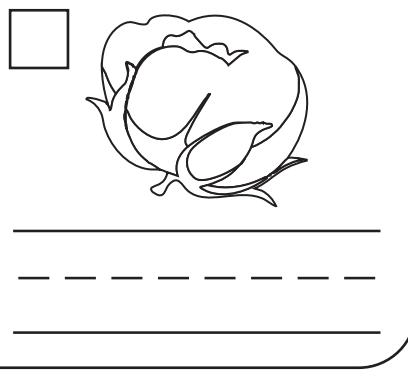
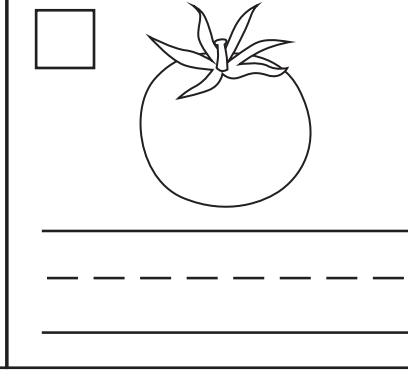
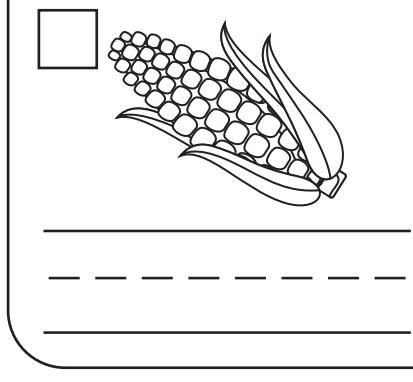
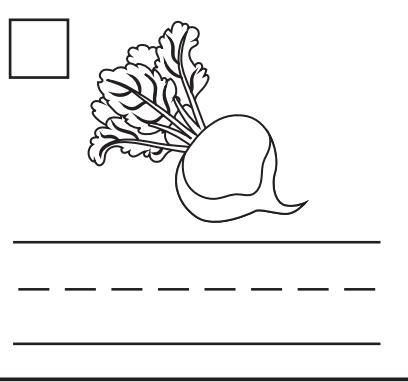
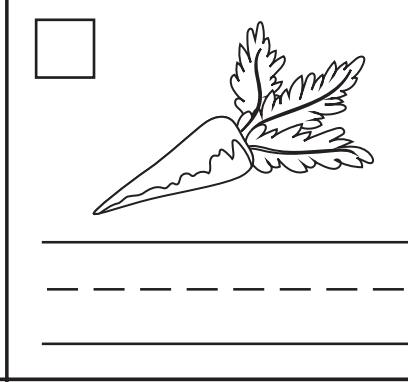
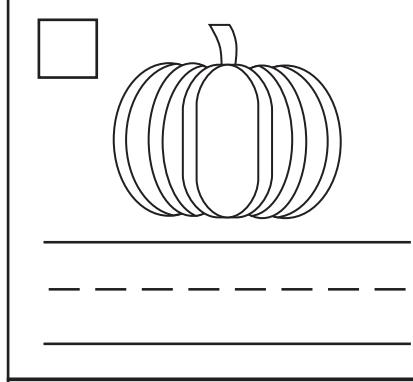
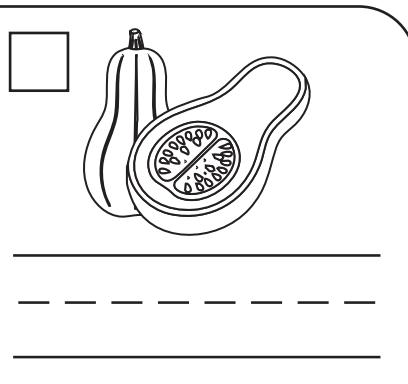
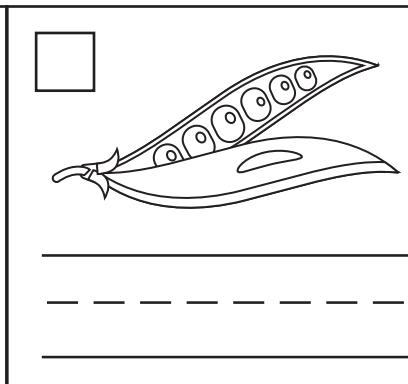
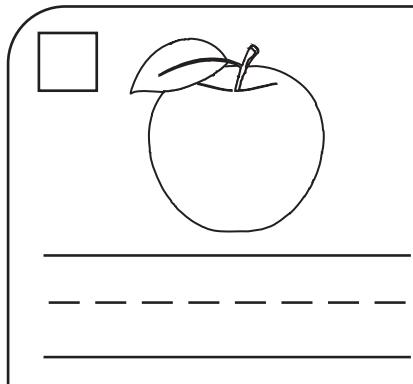
Pumpkin

Tomato

Squash

Corn

Apple





Name: _____

WHERE DO FRUITS AND VEGETABLES GROW?

Fruits and vegetables are plants that grow in different ways.
Draw a line from the fruit or vegetable to the place where it grows.

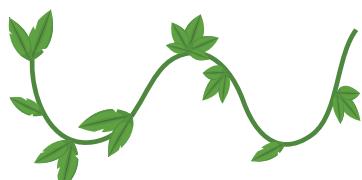
Tree



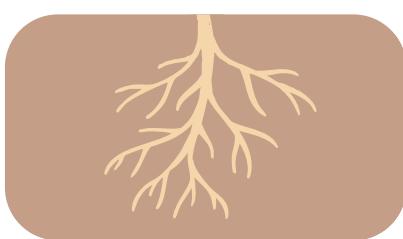
Bush



Vine



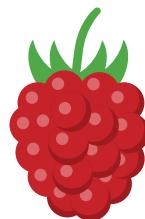
Underground



Banana



Raspberry



Potato



Apple



Red onion



Grapes



Blackberry



Pumpkin





Name: _____

CAN YOU TELL THE DIFFERENCE?

Do you know the difference between a fruit and a vegetable? A simple rule to remember is that a fruit is any part of a plant that contains one seed or many seeds and is usually sweet. A vegetable is any part of a plant we eat, cooked or uncooked, and can include stems, roots, leaves, seeds, flowers and bulbs.

Below are some fruits and vegetables listed from A to Z. Fill in the missing letters to complete the name of the fruit or vegetable. Put a circle around the fruits and a square around the vegetables.

A_p_e



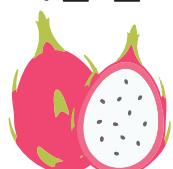
B_o_oli



C_a__ot



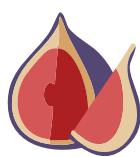
Dra_on
F_uil



Egg__ant



F_i_



G_r_p_s



H_ney_ew
Me_on



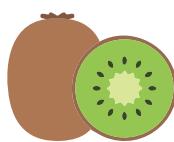
I_c_be_g
Let_uce



J_a_a_eno



K_i_i



L_e__n



M_u_hr__m



N_cta_ine



O_r_n_e



P_t_t_



Q_ince



R_d
C_bb_ge



S_in_ch



T_rn_p



U_lifr_it



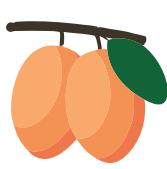
Vid_lia
On_on



W_a__rme_on



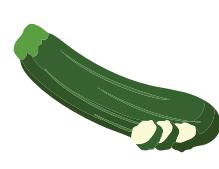
Xi_enia



Y_m



Zuc_h_n_





Name: _____

PLANT PARTS WE EAT

Draw a line from each food item to the plant part it represents.



Orange



Rice



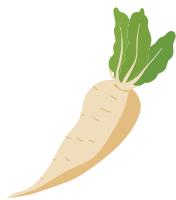
Artichoke



Rhubarb



Lettuce



Radish



ROOT



SEEDS



FRUIT



FLOWER



LEAF



STEM

Sunflower
seeds



Asparagus



Spinach



Tomato



Turnip



Broccoli



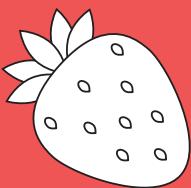


Name: _____

EAT THE RAINBOW

Each color of the rainbow (red, orange, yellow, green, blue, purple and even white or brown) represents a group of foods rich in unique nutrients, antioxidants, vitamins and minerals that contribute to our overall health. Color the main food character in each box. Circle at least one food item in each box you have tried.

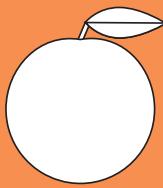
RED FOODS



**KEEP YOUR
HEART STRONG!**

Strawberry	Tomato	Apple	Raspberry
Cherry	Watermelon	Turnip	Red Onion

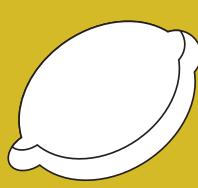
ORANGE FOODS



**BOOST YOUR
HAPPINESS AND ENERGY!**

Ximenia	Orange	Pumpkin
Yam	Carrot	Apricot
Mango		

YELLOW FOODS



**GIVE YOU
SUPER EYE POWER!**

Uglifruit	Lemon	Quince	Bell Pepper
Banana	Corn	Pineapple	

WHITE/BROWN FOODS



**KEEP YOUR
BRAIN SHARP!**

Potato	Vidalia Onion	Mushroom	Radish
Sunflower seeds	Coconut	Cauliflower	Garlic

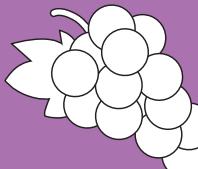
GREEN FOODS



**PROTECT YOU
FROM SICKNESS!**

Iceberg Lettuce	Jalapeno	Artichoke	Celery
Broccoli	Kiwi	Zucchini	Asparagus

PURPLE/BLUE FOODS



**MAKE YOU
BIG AND STRONG!**

Fig	Red Cabbage	Blueberry
Blackberry	Grapes	Eggplant
		Plum



Name: _____

CAREERS IN AGRICULTURE

One in every 10 jobs in California are related to agriculture.

Below are some pictures of occupations. Can you name the job each person does?

Think of one more occupation to draw in the blank space.



We help animals stay healthy.

V _____



I plant and harvest food for people.

F _____



I take care of insects that pollinate our crops and make honey for us.

B _____



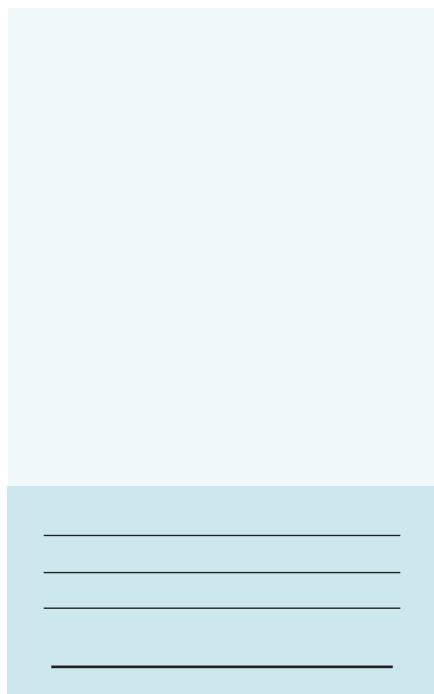
I help solve problems like finding new ways to grow more food, keeping plants healthy and protecting endangered plants.

S _____



I help repair and maintain farm equipment.

M _____





NUTRITION ACTIVITIES

- Create "Food Bingo" cards and play the game at school or at home.
- Invite children to bring their favorite recipes - illustrated with their own food art - and make a cookbook. This can be as simple as stapling pages together or putting them in a 3-hole-punch binder.
- Encourage children to write and illustrate a story with food as a central part. This can be a fantasy (with food being characters) or a more serious focus (how do people survive when they are not getting enough to eat).
- Have a "blind taste test" for young children and teach the concepts of sweet, sour, bitter and salty. Take turns blindfolding children to see if they correctly recognize the various tastes. Increase the challenge by eliminating the sense of smell. Have children hold their nose and close their eyes to see if they can recognize the flavor of a jelly bean.
- Play the alphabet game. One child begins with, "My neighbor owns a grocery store and he sells apples." The next child says, "My brother owns a grocery store and he sells apples and bananas." The game continues with each child taking a turn reciting the previous item and adding a new item.
- Arrange a tour of the school cafeteria so children can see how the food service staff prepares lunches.
- For young children, display pictures of food and ask them to name the food group each item belongs to.
- Encourage family involvement. Try one new fruit or vegetable each week. Everyone in the family should take at least one bite.
- Another family activity: Everyone sets a goal of eating the recommended servings from all five food groups every day for one week. Keep a chart.
- One more for families: Ask children to go through a newspaper, magazine or cookbook at home and cut out food ads to plan a nutritious dinner for the family.