



GARDEN & NUTRITION ACTIVITY SHEETS ANSWER KEY





Name: _____

FIVE INGREDIENTS TO GROW A PLANT


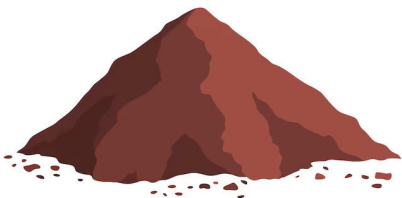

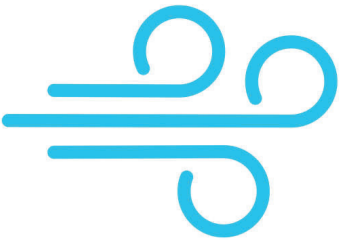


During your tour of Centennial Farm you were told five ingredients are needed to make plants grow: soil, seeds, water, air and sun.

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.

Example answer

 <p>Seed</p>	 <p>Soil</p>	 <p>Water</p>
 <p>Air</p>	 <p>Sun</p>	 <p>Full-grown plant</p>

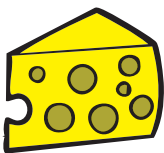
Name: _____

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

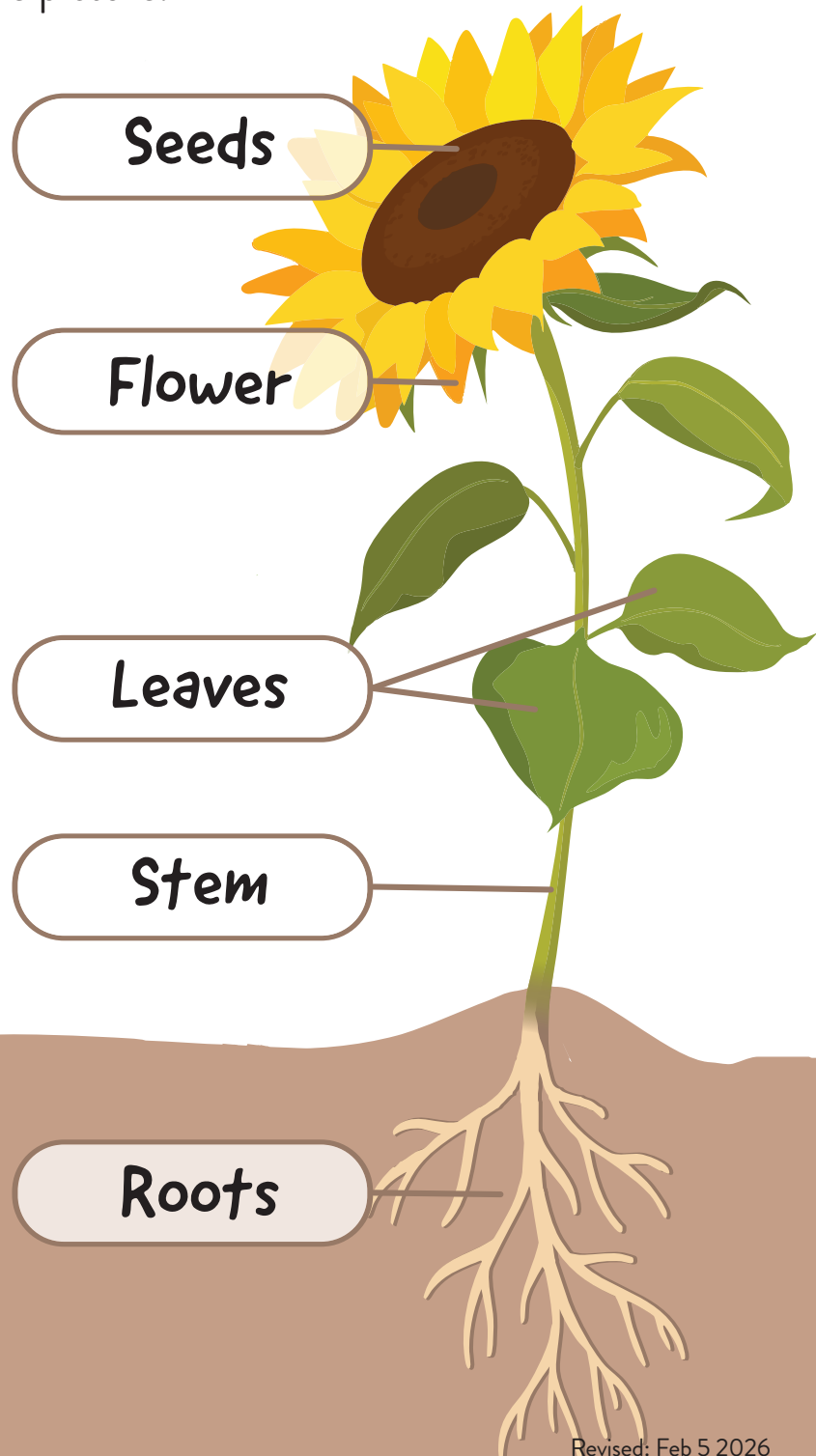
Makes food by taking in carbon dioxide and sunlight, then releasing oxygen into the air.

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.

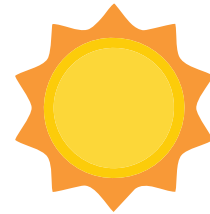
1. What part of the plant anchors it to the ground?

- ☒ (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



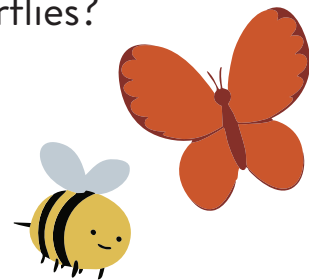
3. What part of the plant transports water from the roots to the leaves?

- ☐ (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

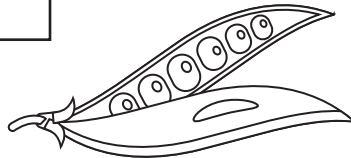
Squash

Corn

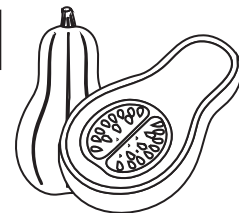
Apple

☐

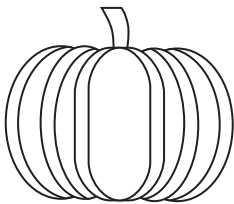
Apple

☐

Peas

☐

Squash

☐

Pumpkin

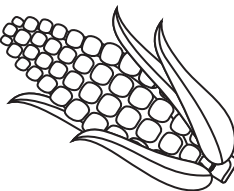
☐

Color in the items

Carrot

☐

Radish

☐

Corn

☐

Tomato

☐

Cotton

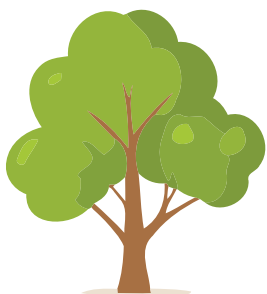


Name: _____

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.

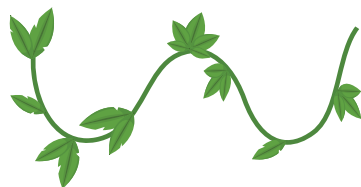
Tree



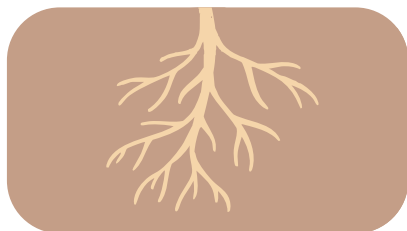
Bush



Vine



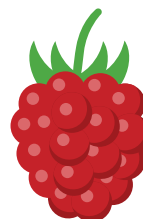
Underground



Banana



Raspberry



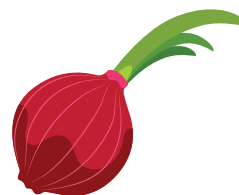
Potato



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 pple



Broccoli



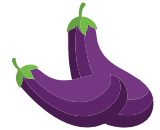
Carrot



Dragon
Fruit



Eggplant



Fig



Grapes



Honeydew
Melon



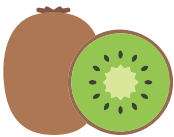
Iceberg
Lettuce



Jalepeños



Kiwi



Lemon



Mushroom



Nectarine



Orange



Potato



Quince



Red
Cabbage



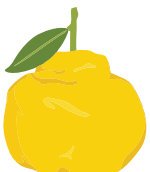
Spinach



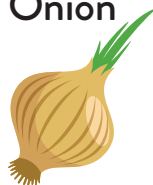
Turnip



Uglifruit



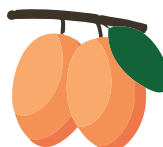
Vidalia
Onion



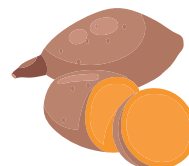
Watermelon



Ximenia



Yam










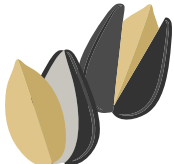





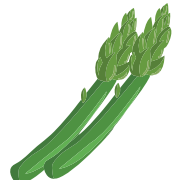

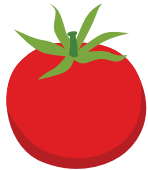
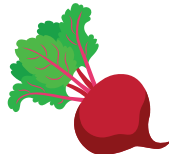

Zucchini



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



Color in the items

**BOOST YOUR
HAPPINESS AND ENERGY!**

Ximenia Orange Pumpkin



Circle items you've tried



YELLOW FOODS



**GIVE YOU
SUPER EYE POWER!**

Uglifruit Lemon Quince Bell Pepper



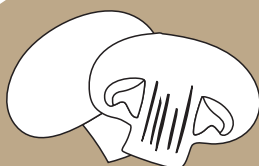
Banana

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.

Veterinarian



I plant and harvest food
for people.

Farmer



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

Beekeeper



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

Scientist



I help repair and maintain
farm equipment.

Mechanic



Example answer

I clean, trim and shoe
horses' hooves so they can
walk and run comfortably.

Farrier



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.