

# 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	Peach	Sweet Potato
Broccoli	Pear	Tomato
Cabbage	Potato	Trout
Carrot	Pumpkin	Wild Rice
Eggplant	Red Pepper	Yogurt
Ground Buffalo	Spinach	Zucchini
Okra	Squash	

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:

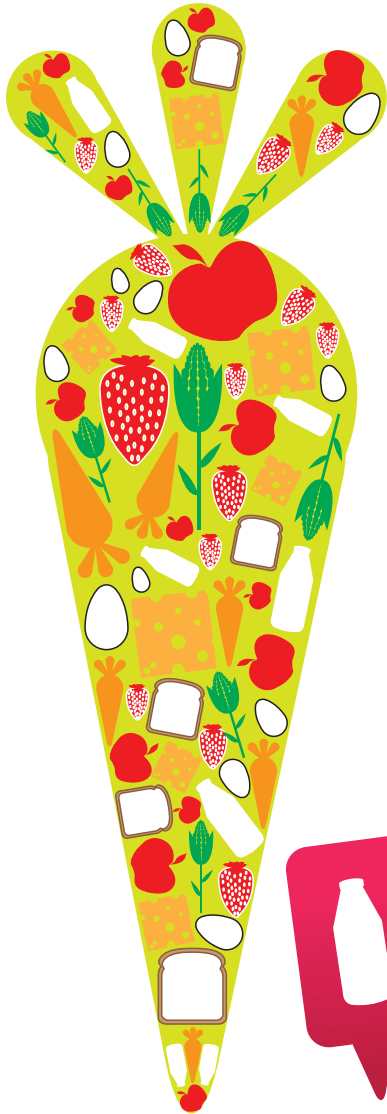
- Bean Seeds
- Paper Towel
- Plastic Sandwich Bag
- Water

maximum sunlight (required for germination) and wait for your beans to sprout. (You could read "Jack and the Beanstalk" while you are waiting.)

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

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 \_\_\_\_\_

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



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

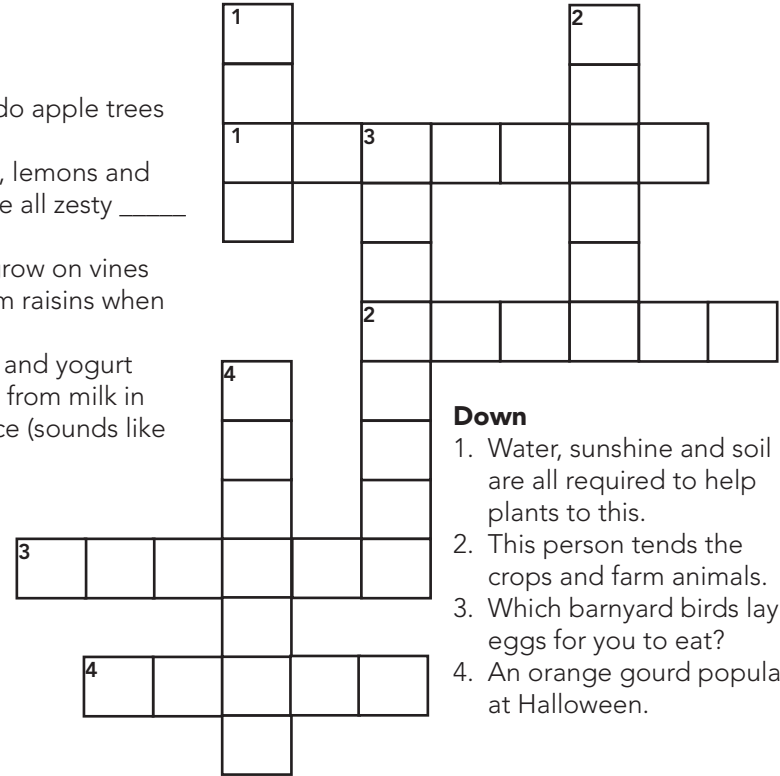


**Carrots = Healthy Eyes**  
The Vitamin A found in carrots is essential for healthy eyes and skin.

## 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").

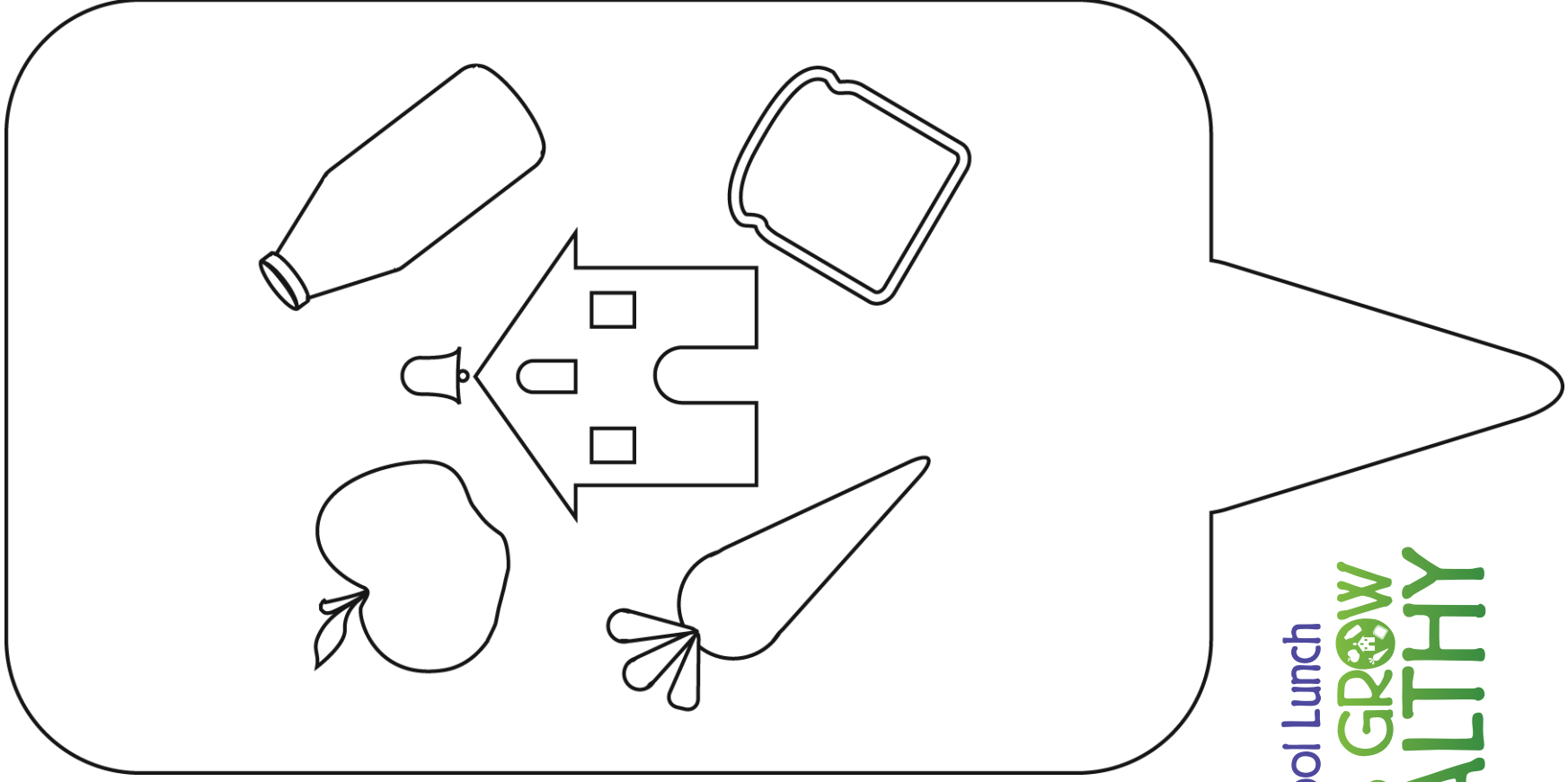


### Down

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

# Color Your Lunch



School Lunch  
**LET'S GROW**  
**HEALTHY**