

Table of Contents

Introduction	3
<i>Growing Vegetable Soup</i> by Lois Ehlert (Harcourt, 1987)	5
<i>(Available from HBJ, Canada & UK; HBJ Group Ltd., Australia)</i>	
Summary—Sample Plan—Overview of Activities—Alphabet Soup—Which Part Do I Eat?— Eat Right!—Food Journal—Drawing Conclusions—A-Maze-ing Corn—What’s a Fruit?— Fruit Find—Pasta-bilities—Readers Theater	
<i>The Milk Makers</i> by Gail Gibbons (Macmillan, 1985)	23
<i>(Available from BEJO Sales, Canada; Penguin, UK; Worldwide Media, Australia)</i>	
Summary—Sample Plan—Overview of Activities—From Farm to Table—Mini-Book— Milking Time—Cheese Please!—From Green Grass to White Milk—Game Cards	
Poetry and Writing Activities	37
Let’s Write a Garden Chant!—Seed Package Stories—My Seed Book—ABC Big Book— More Book Making Ideas	
Across the Curriculum	42
Language Arts:	Rhyme Time!—Tongue Twisters—From Wheat to Bread
Math:	A-Fishing We Will Go—Market Street Math—Popcorn Math
Science:	Testing and Tasting Foods—Where Does Chocolate Come From?— Thank You, Mrs. Pig!—My Five Senses—The Busy Bee—A Healthy You
Social Studies:	Fish in the Ocean—On Which Street?—Some Food Producing States
Music/Movement:	Tasty Tunes (“Cook Has Put the Soup Pot On” “Oats, Peas, Beans and Barley Grow” “Old McDonald Had a Cow” “Popcorn”)—Food Games (A Very Filling Sandwich—Onion Run—You Can Do It!—Can You Win?—Container Catch)
Art:	Desk Top Story Starter—A Moo-ving Cow—Create a Mood!
Life Skills:	What’s Cookin’ (Homemade Butter, A Green Sandwich, Yeast Fungus, Tangy Orange Juice, Magic Cow Floats, Curds and Whey)—Comparing Labels
Culminating Activity	67
Food Fun Day	
Unit Management	68
Activity Centers—Activity Center Patterns—Awards—Invitation—Bulletin Board—Field Trip—Farm Stationery	
Answer Key	79
Bibliography & Resources	80

Name _____

Eat Right!

What kinds of foods do you eat each day?

Do you eat vegetables? _____

Do you eat fruit? _____

Do you eat yogurt? _____

Do you eat cereal? _____

Write the names of other foods you usually eat each day.

It is very important that we eat the right amounts and the right kinds of foods every day. That way we keep our bodies healthier and stronger. Study the chart below. It shows the kinds of foods you should eat each day and the number of servings you should have.

Food Pyramid

KEY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the food groups as well.

A Guide to Daily Food Choices

Milk, Yogurt, and Cheese Group

2-3 Servings

Vegetable Group

3-5 Servings

Fats, Oils, and Sweets
Use Sparingly

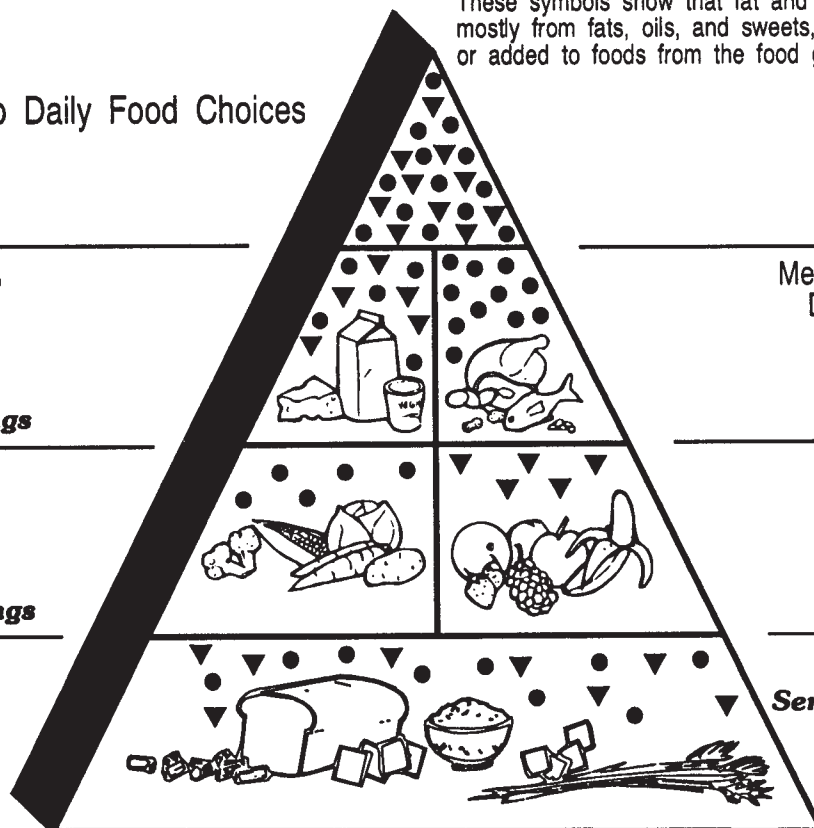
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

2-3 Servings

Fruit Group

2-4 Servings


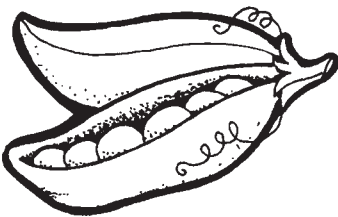
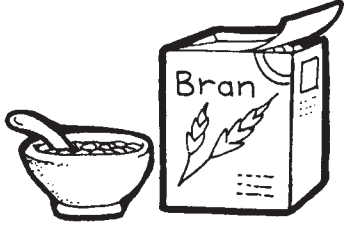
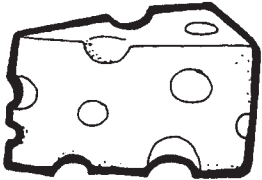
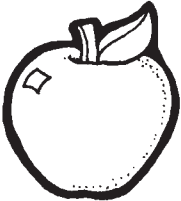
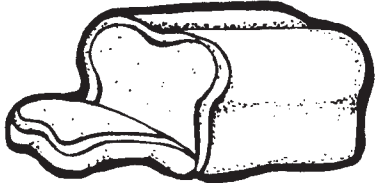
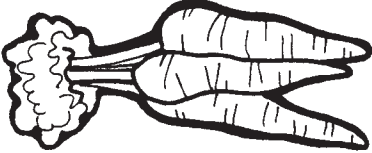
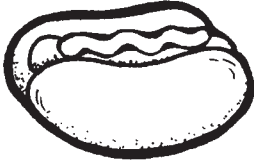
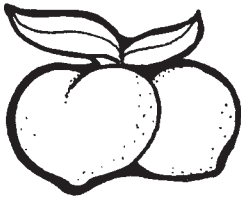
6-11 Servings
Bread, Cereal, Rice, and Pasta Group



Name _____

Market Street Math

Directions: You have just 85 cents to spend on Market Street. You are allowed to buy any two items from the choices below. Can you find two items that you could buy for 85 cents or less? Can you combine another two items? Think of as many combinations of two items as you can. Write the combinations and the cost on the lines below. (An example has been done for you.)

 milk = 65¢	 peas = 25¢	 cereal = 70¢
 cheese = 60¢	 apple = 15¢	 bread = 55¢
 carrots = 20¢	 hot dog = 30¢	 peaches = 20¢

peas	+	bread	=	80¢
	+		=	
	+		=	
	+		=	
	+		=	
	+		=	