

NUTRIGRAM

Summer 2008

WHERE DOES OUR FOOD COME FROM?

Did you know?

Almost all of the food that we eat started out on a farm. We all know that fruits and vegetables come from plants that grow on farms, but many other foods also grow on farms. For example, rice, pasta, bread, and cereals started out as plants growing on a farm. Even animal foods like chicken and beef needed plants that were grown on farms to become food for us to eat.

Farmer Facts

One out of every 100 people in the United States are farmers and each farmer produces enough food for about 130 people. To grow food well, farmers have to know a lot about how plants grow. They have to know what kind of plants will grow best in their area and when they should plant the seeds. They need to know how much to water them and when it is time to harvest them. And, because we are not the only ones who like to eat plants, they have to know how to protect the plants from bugs and other animals.

Want to know more?

Learning about life on a farm can be a lot of fun. The best way to do it is to visit a farm and talk to a farmer. Below are some questions that you can ask when you visit.

This summer, learn more about where your food comes from—visit a local farm!

General questions:

1. What time do you start your day?
2. What do you eat when you get up in the morning?
3. Have you and your family always been farmers? If so, how have things changed over the years?
4. Do you get days off from your job?
5. What kind of farm machines do you have?

Fruit or vegetable farm:

1. Do you always plant seeds?
2. Do you always grow the same things?
3. How do you pick (harvest) the food?
4. What kind of bugs live in the fields?

Dairy farm:

1. How do you get the milk from the cow?
2. How much milk does one cow make in a day?
3. What other foods can you make from milk? Do you make these?

Poultry farm:

1. About how many chickens (turkeys) live in one house?
2. What do you feed the chickens (turkeys)?
3. Do these chickens (turkeys) lay eggs?



BALANCED CHOICES®
for a healthy lifestyle

Monthly SUPERFOODS Promotion



Meat farm:

1. What do the animals eat?
2. How many animals do you have?
3. What kinds of meat do these animals make?
4. Do these animals live in a barn?

Fish farm:

1. How many fish live in a tank?
2. How do the fish get in the tank?
3. What do you feed the fish?
4. How do you get the fish to the store?

Jennifer M. Ignacio, MS, RD
Nutrition Specialist
www.eatlearnlive.com

Answers to your questions online...

"Ask the Food & Nutrition Experts"

(In the Flik Independent Schools section)

Flik
Independent Schools®