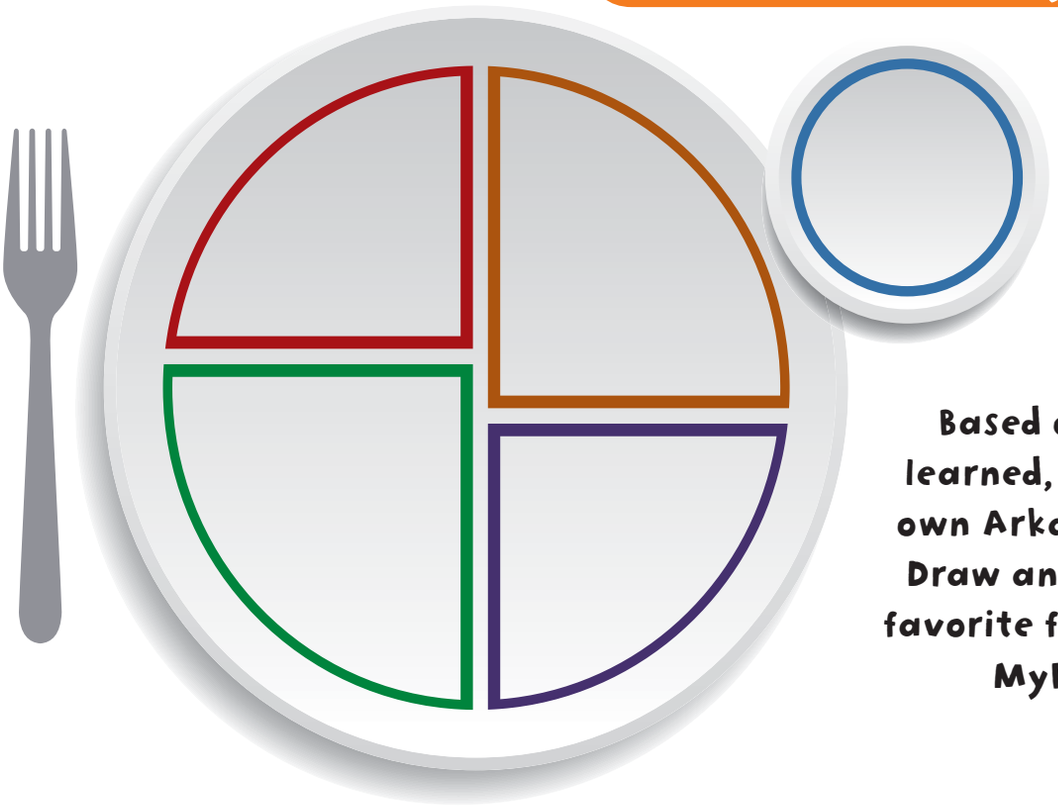
Arkansas farm to YOU

You made a lot of discoveries in a short amount of time!

Here are a few activities to recap what you have learned about creating a healthy plate with Arkansas foods, how they get from the farm to your plate, and how your body uses them for fuel.

Create MyPlate



Based on what you learned, create your own Arkansas plate. Draw and color your favorite foods on this MyPlate outline.

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

K - 3rd Grade

FCS 771

Arkansas SNAP Ed
Smart Nutrition-Active People Education

Station Match Up

We hope you had fun today finding out where food comes from and how it helps us grow healthy and stong.

Draw a line to connect the hints below to the snapshot of each station.

Food is digested into nutrients by me

Farmer Dale grows food here

Milk helps these grow strong

To keep me healthy brush and floss my teeth every day

Exercise me for good health

My villi soak up nutrients

Keep me clean and protect me from the sun

When you visit me choose foods from all food groups

When you are here read labels to make healthy food choices

The Farm

The Mouth

Healthy Cafe

The Stomach

The Intestine

The Muscle

The Skin

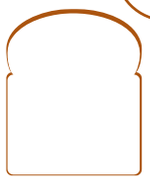
The Bone

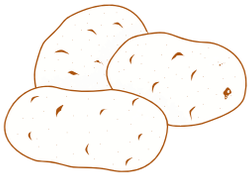
The Market

Food Group Fiasco

Uh oh! A few foods got mixed up in the Healthy Cafe. Let's see if you can decide which food belongs to which food group.

Draw a circle around the foods that are in the Grain Group.


Bread


Potatoes

Popcorn

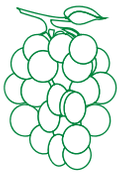
Pasta (macaroni)

Cereal

Draw a rectangle around the foods that are in the Vegetable Group

Carrots

Spinach


Grapes

Bagle

Broccoli

Draw a triangle around the foods that are in the Fruit Group.

Corn

Orange Juice

Plum

Pear

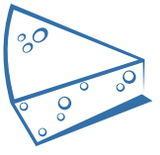
Cupcake

Draw a square around the foods that are in the Milk Group.

Candy Bar

Low Fat Yogurt

Fries

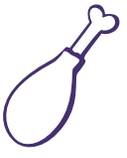

Cheese

Milk

Draw an oval around the foods that are in the Protein Group.

Peas

Bananas


Chicken

Eggs

Ice cream

RECIPES FOR YOU

Ask an adult to help you make these tasty treats at home.

Orange Slush Milk

Makes 4, 1-cup servings

Milk is a great source of calcium - a nutrient that makes bones strong!

What you will need

- 8 ice cubes
- 2 cups low-fat milk
- 2 bananas
- 1/4 cup orange juice concentrate

Instructions

1. Put all the ingredients into a blender or jar with a tight fitting lid.
2. Cover and blend or shake for about 20 seconds.
3. Serve in a frosty glass with graham crackers.

Frijoles Dip

Makes 4, 1/4-cup servings

The word frijoles means beans in Spanish. Beans are a good source of lean protein and fiber.

What you will need

- 1 cup low-fat refried beans
- 1/4 cup mild taco sauce or salsa
- 1/3 cup shredded cheddar cheese

Optional items for dipping: cucumber slices, carrot or celery sticks, or whole grain crackers

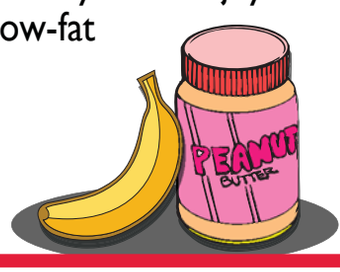
Instructions

1. Wash lid on refried beans can. Open with a clean can opener.
2. In a medium bowl, combine beans, taco sauce or salsa, and cheese. Mix gently. Heat if desired.
3. Heat 1 minute in microwave or until cheese melts.
4. Remove bowl from microwave using hot pads.
5. Serve warm or cold with cucumber slices, carrot or celery sticks, or whole grain crackers.

Banana Roll-Up

Makes 1 breakfast or a snack for 2.

An easy snack to wrap & roll for breakfast or share with a friend after school! You may even enjoy a glass of cold, low-fat milk with this treat.



What you will need:

- 2 to 3 tablespoons peanut butter
- 1 8-inch whole wheat tortilla
- 1 whole banana

Optional addition: low-fat or non-fat milk

Instructions

1. Spread peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice in half for sharing. Enjoy with a glass of cold, low-fat milk.

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