Healthy Body:

Fruits and vegetables are good for the body! Draw the fruit or vegetable of the day. Then draw a line from the fruit or vegetable to the body part it is good for.
Lesson: _____

Fill in the Blank

1. What is today’s fruit or vegetable? __________________________
2. Is it a fruit or a vegetable? __________________________
3. What color group is it in? __________________________

Draw today’s fruit or vegetable in the space below:

Food Facts

4. What does this food grow on? Circle your answer:
   Bush                Tree                Plant                Vine                On the Ground

5. What part of the plant is this food? Circle your answer:
   Root             Stem             Leaf             Flower             Fruit

6. What is the growth season for this food?

   Growing Season (months): ________________________________

7. When is the best time to harvest this food?

   Harvest Month: ________________________________
**Nutrition**

8. Name two nutrients found in this fruit or vegetable.

________________________________________  __________________________________________

9. Healthy Bodies:
   Turn to the “My Body” page in the back of the Workbook. Draw a line from today’s fruit or vegetable to the body parts it makes healthy!

**Tasting**

10. Use your 5 senses! Write an adjective to describe this food in each sense box. You can use the Tasting Words page for help.

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12. Have you ever eaten this food before today’s class?

Circle: YES or NO

13. Would you like to eat today’s food again or more often?

Circle: YES or NO
Lesson: _____

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**Food Facts**

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# My Tasting Words

**DESCRIBING OUR FOOD: Some Examples**

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<td>Crunchy</td>
<td>Smooth</td>
<td>Strong/intense salsa</td>
</tr>
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<td></td>
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<td>Shiny</td>
<td>Fresh</td>
<td>Crisp</td>
<td>Dry</td>
<td>Spicy jalapeno</td>
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<td>apple</td>
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<td>apple</td>
<td>cracker</td>
<td></td>
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<td>Rough</td>
<td>Flavorful pepper</td>
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<td>Hard</td>
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*Calendar courtesy of PennState College of Agricultural Sciences*
<table>
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<th>WHITE BROWN</th>
<th>YELLOW ORANGE</th>
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Roots and Fruits
Student Workbook

A Fresh from the Farm
Elementary School Curriculum