

Fuelling Georgia's Future

ACTIVITY
BOOK



FeedMySchool.org

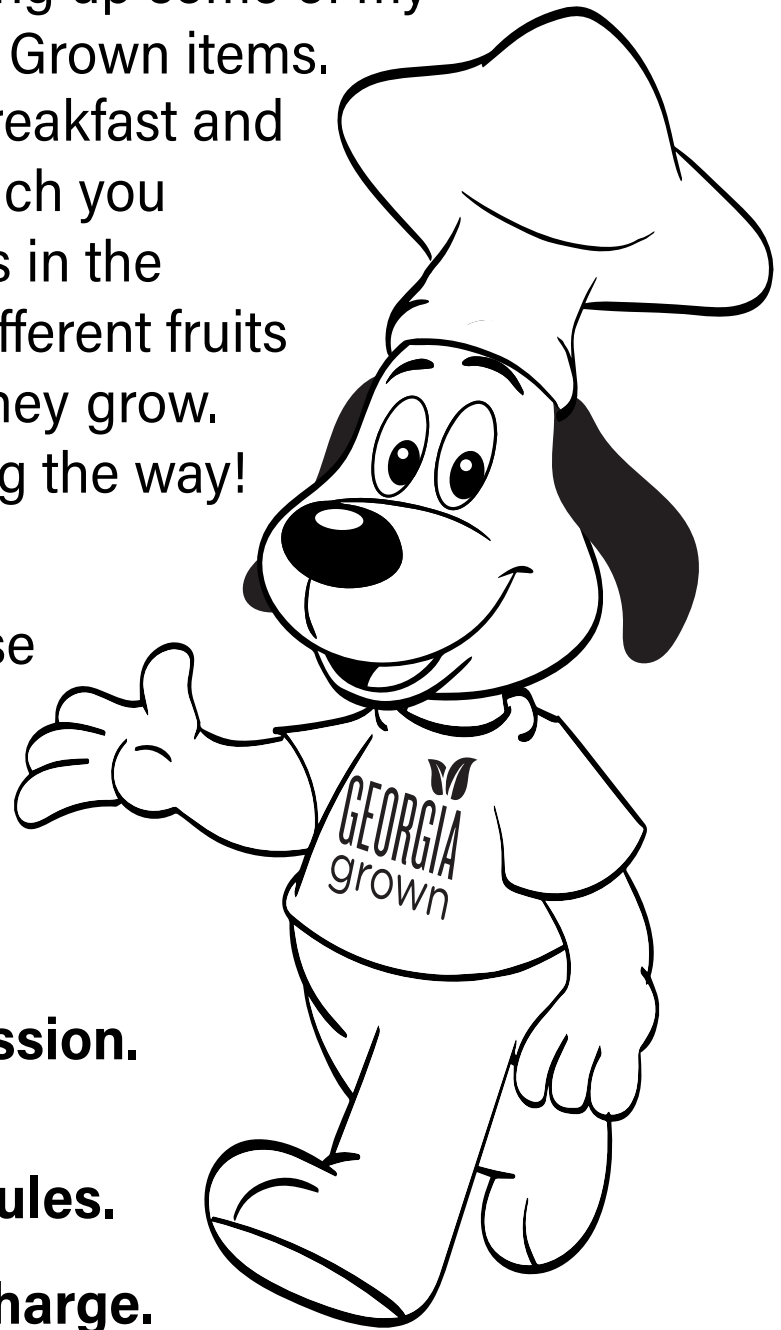
DEAR STUDENT CHEF,

Thank you for joining me on my next adventure! This time I'm in the kitchen cooking up some of my favorite foods using Georgia Grown items. I hope you will join me for breakfast and lunch at school today! I'll teach you about measuring ingredients in the kitchen, how to recognize different fruits and vegetables, and when they grow. I hope you will help me along the way!

REMEMBER: You can do these activities in the classroom, cafeteria, and at home with your family, but remember these key safety rules.

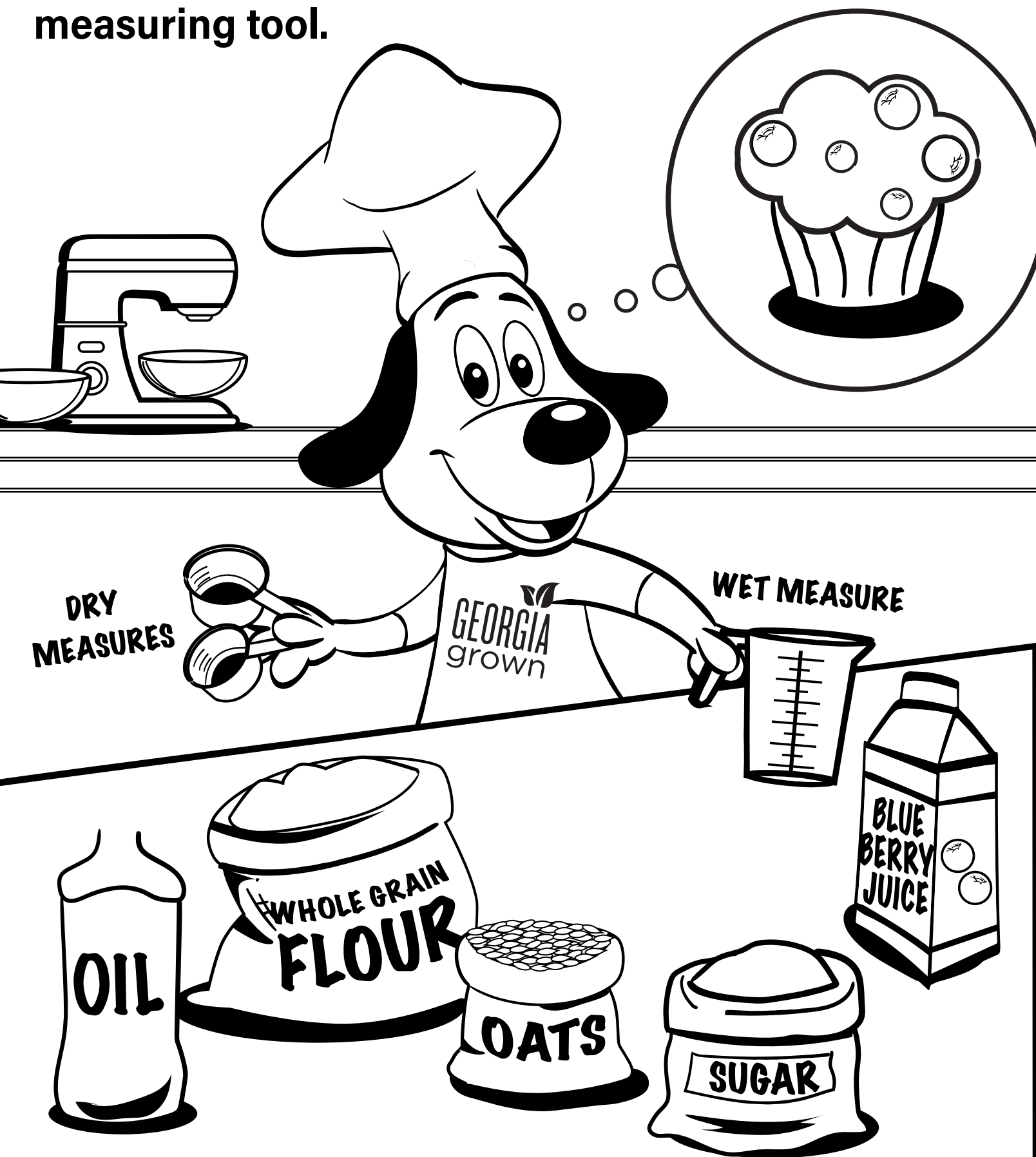
- 1 Ask an adult for permission.**
- 2 Wash your hands and follow all food safety rules.**
- 3 Listen to the adult in charge.**

If you keep these in mind, you will keep yourself and others from getting hurt in the kitchen. And one more thing, please remember to have fun!

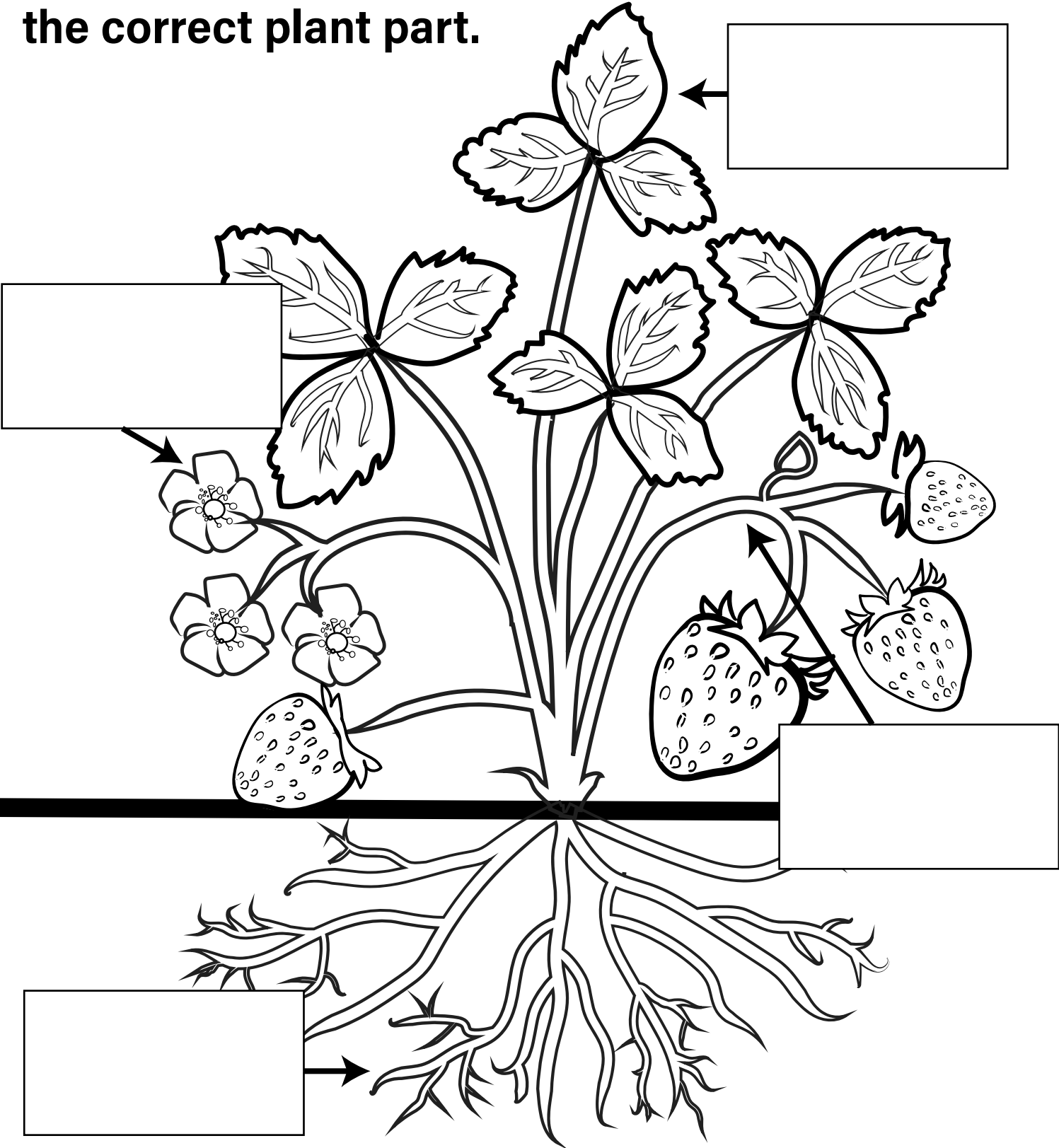


Sincerely,
Georgie

Help Georgie make healthy blueberry muffins.
Draw a line to match ingredients to the correct measuring tool.



Cut along the dotted lines. Paste the words onto the correct plant part.



ROOT

STEM

LEAF

FLOWER



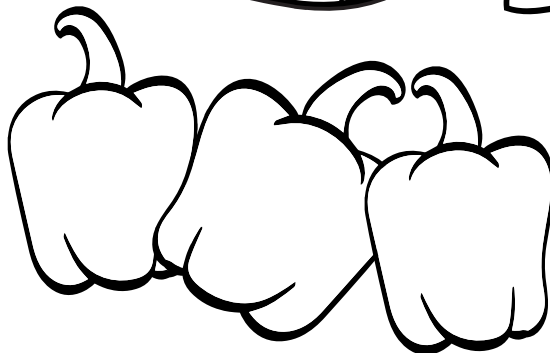
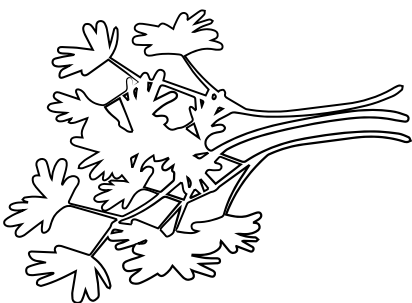
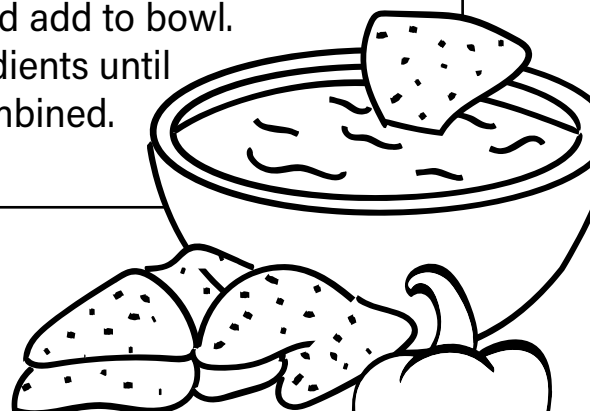
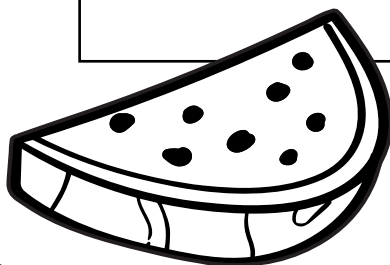
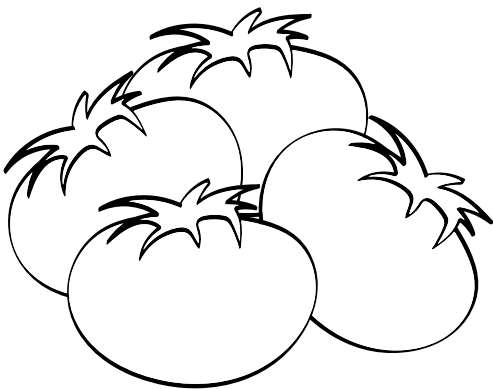
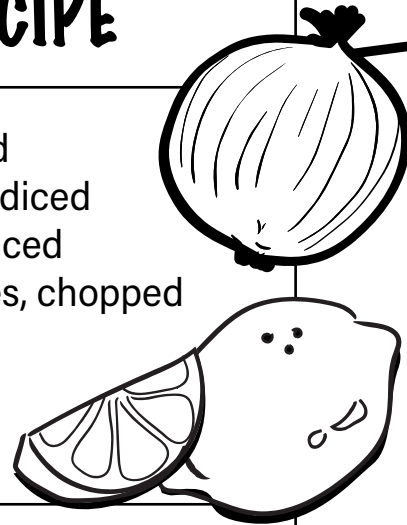
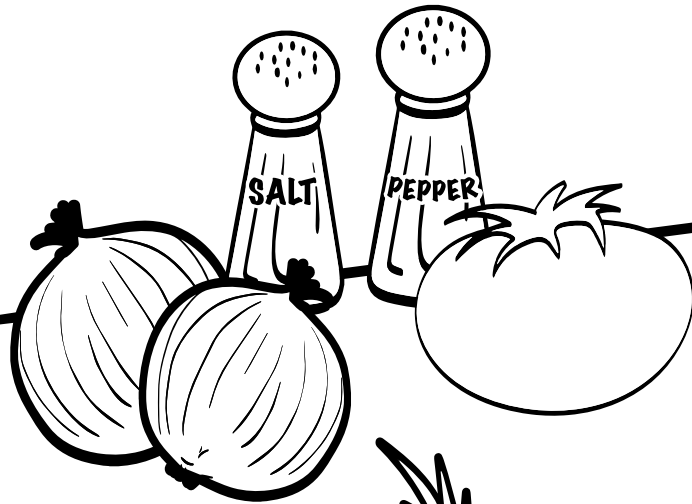
Help Georgie make this recipe.

Circle the ingredients needed to make the salsa. Color the correct number of tomatoes, onions, and peppers needed for the recipe.

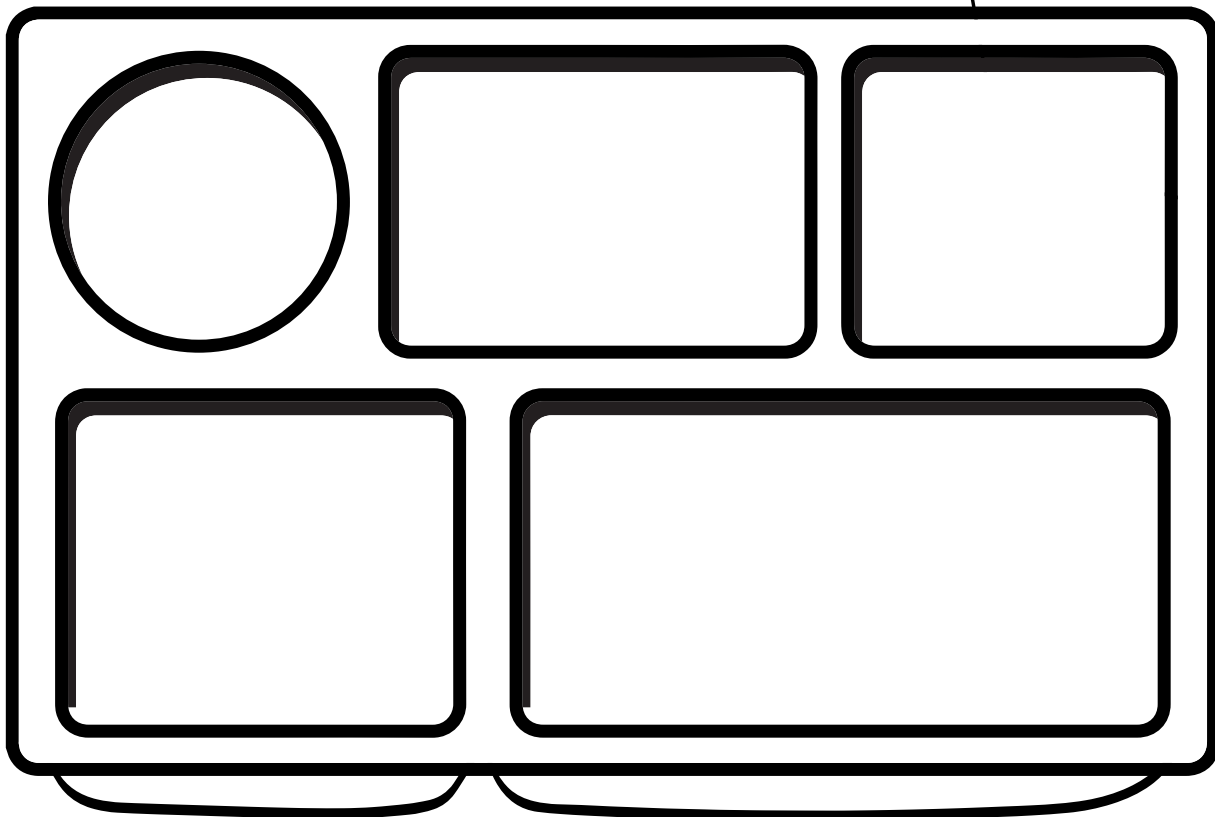
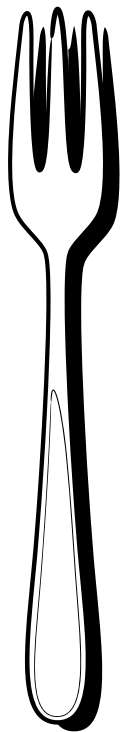
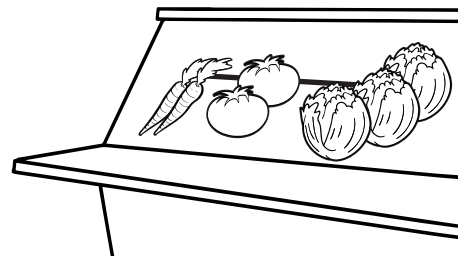
TACO'BOUT A YUMMY SALSA RECIPE

4 medium tomatoes, diced
1 small green bell pepper, diced
1 medium Vidalia onion, diced
2 tbsp. fresh cilantro leaves, chopped
½ tsp salt
½ tsp black pepper
1 small lime, juiced

- 1) Dice tomatoes, green bell pepper, and Vidalia onion; place in a large bowl.
- 2) Chop cilantro and add to bowl.
- 3) Measure salt and black pepper then add to bowl.
- 4) Juice lime and add to bowl.
- 5) Mix all ingredients until thoroughly combined.



Create your own salad. Draw ingredients you would use on the tray. Write the name of the ingredients on the lines of the recipe card. Write the steps to make the salad under the instructions. Give your salad a name.



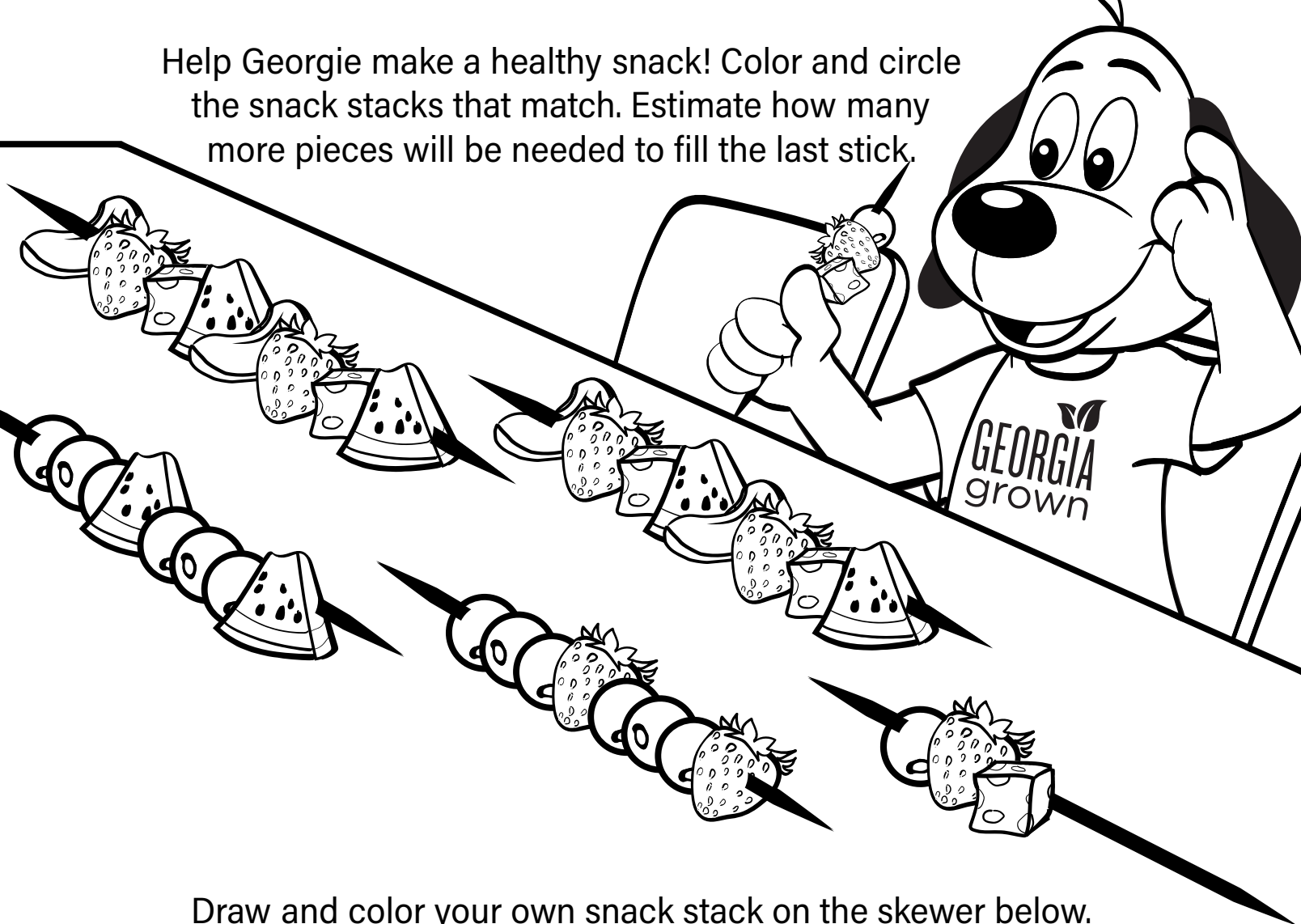
SALAD RECIPE

(write name of your salad here)

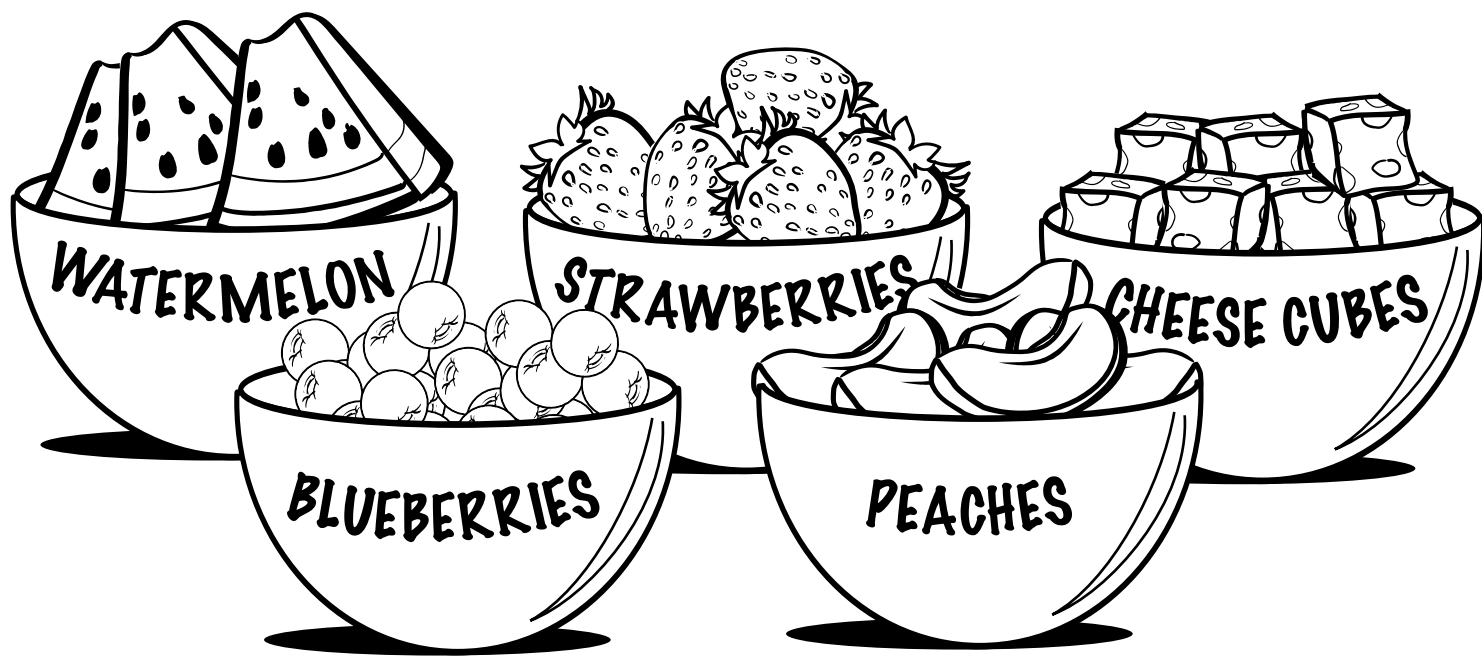
INGREDIENTS:

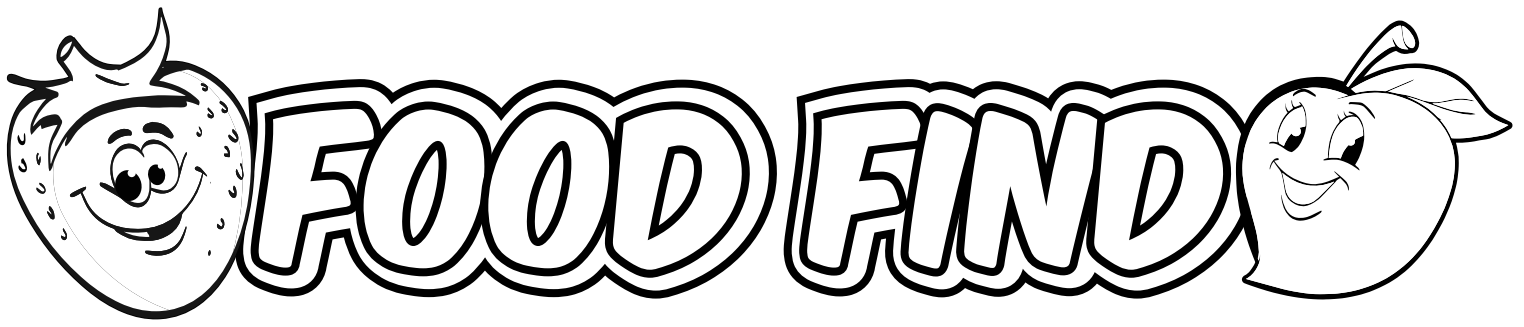
INSTRUCTIONS:

Help Georgie make a healthy snack! Color and circle the snack stacks that match. Estimate how many more pieces will be needed to fill the last stick.



Draw and color your own snack stack on the skewer below.





F F G N M A S H M D G E H M R
B F R U I T H Q N A N E C E P
E L B A T E G E V I I T M I L
Z N P X S N T H N R L M R E D
N F Y A C L F O W Y I R E Y H
H Y U C T J Z G R S O P E I Y
N T E H H H J L R P B C P X X
É Q K E Q O L C Z A Y U P Y W
L K A O G Y P L I N I Q Z U D
Z O B P E C N I M H K N G X K

Fruit

Dairy

Bake

Peel

Vegetable

Sauté

Boiling

Mash

Grain

Mince

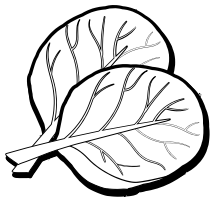
Simmer

Chop

Protein

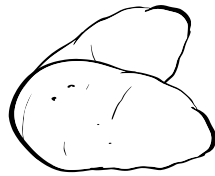
Dice

Instructions: Fruits and vegetables taste better when they are in season. Use the clues to match the vegetables to the season. Draw a line from the vegetable to match the correct season.



Collards

Grow well in cooler temps.



Sweet Potatoes

Flavor peaks when leaves start to change colors.



Green Beans

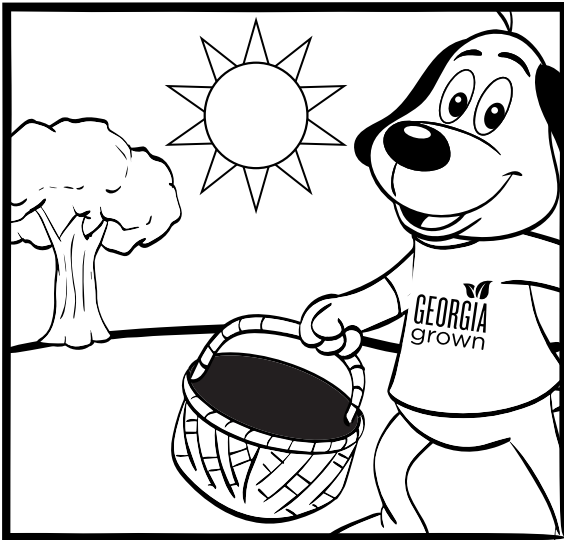
These can be harvested just in time for Thanksgiving dinner.



Summer Squash

Harvested in the warmest months.

This is usually the warmest time of the year.



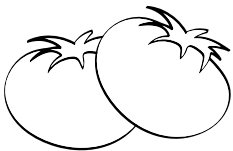
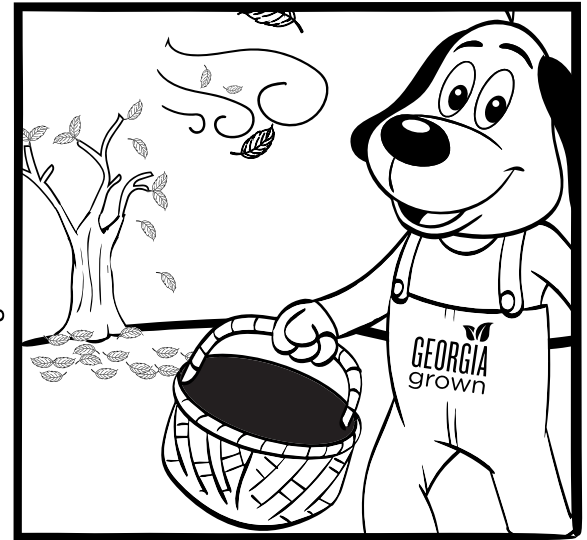
The weather gets warmer.



This is typically the coldest season of the year.

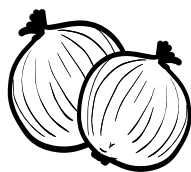


This season can mark the change from warm to cooler weather. Many leaves change color during this season.



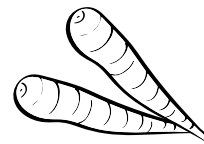
Tomatoes

Flavor peaks when it's hottest and school is out.



Vidalia Onions

As the weather warms up these can be found uniquely in 20 South Georgia counties.



Carrots

Harvest these vegetables as the temperature starts to warm up.

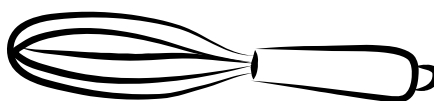
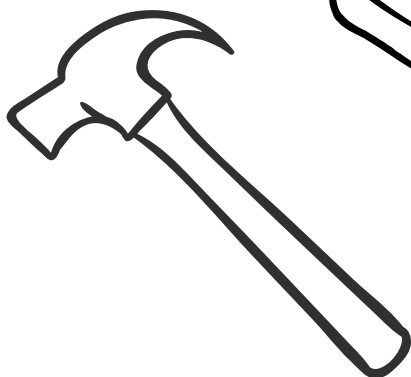
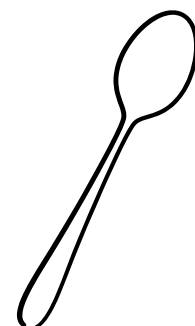
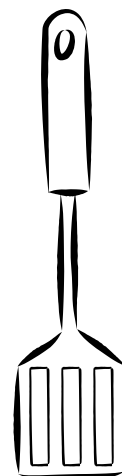
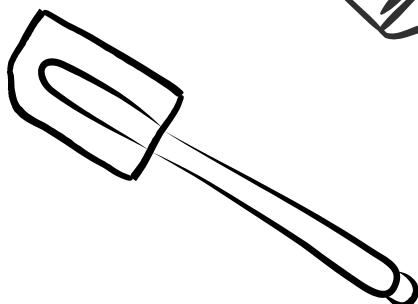
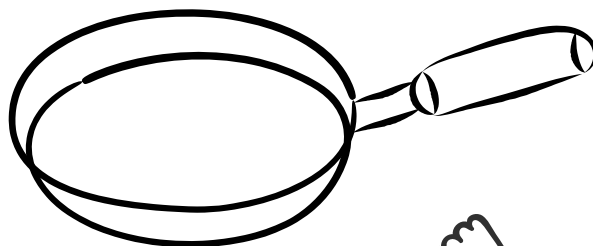
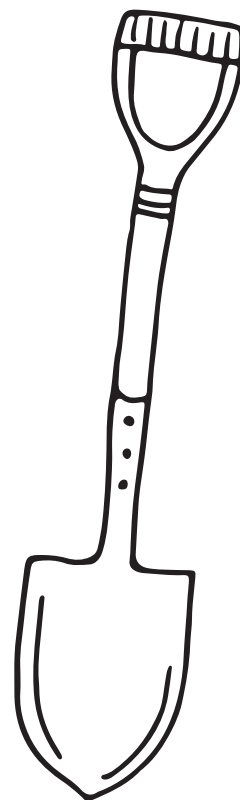
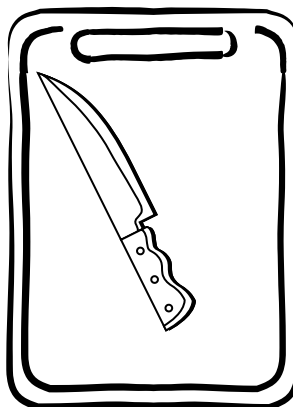
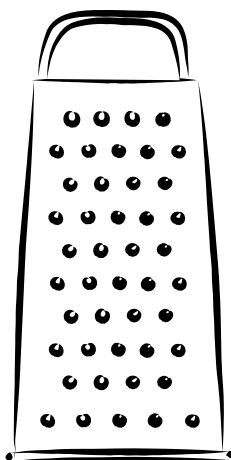
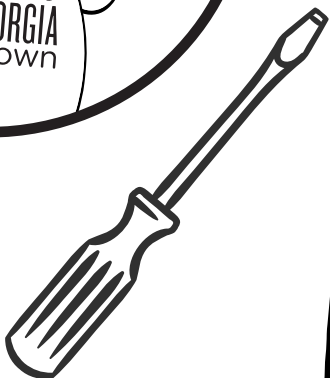
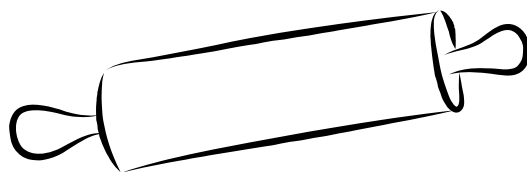


Turnips

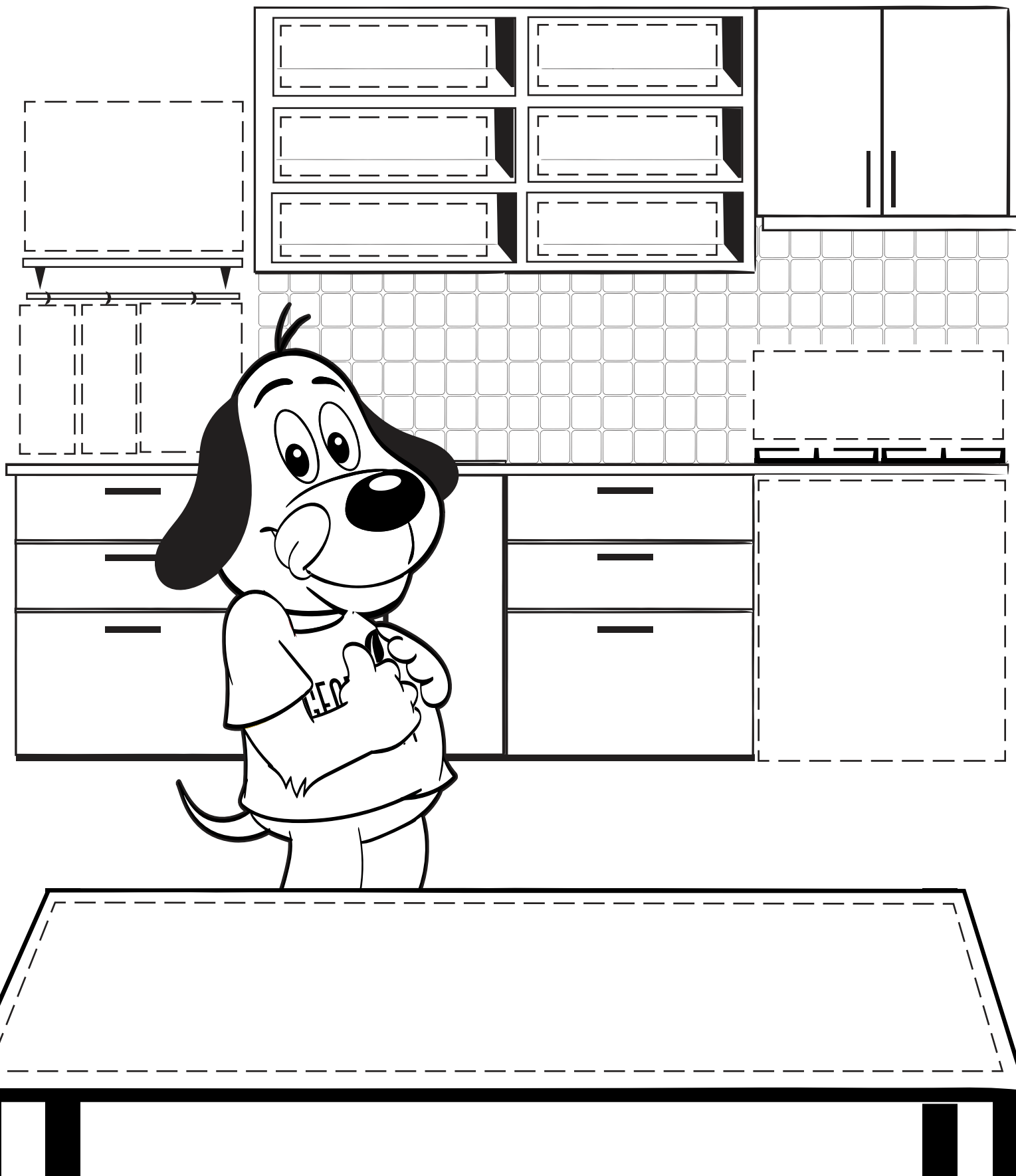
Harvested in the coldest months.



Help Georgie find his kitchen tools.
Circle all the tools that can be used in
the kitchen to cook.

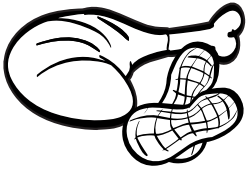


Georgie is hungry! Help him help him prepare a meal by drawing kitchen tools in the dotted lines. Think about what you need to cook and prepare food.

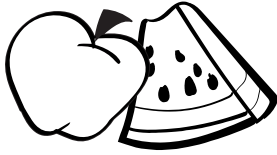


Design your own Georgia Grown school meal. Include at least one food from each of the following groups:

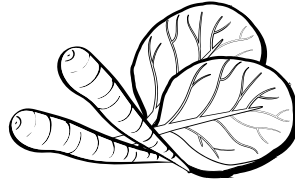
PROTEIN



FRUIT



VEGETABLES



GRAIN

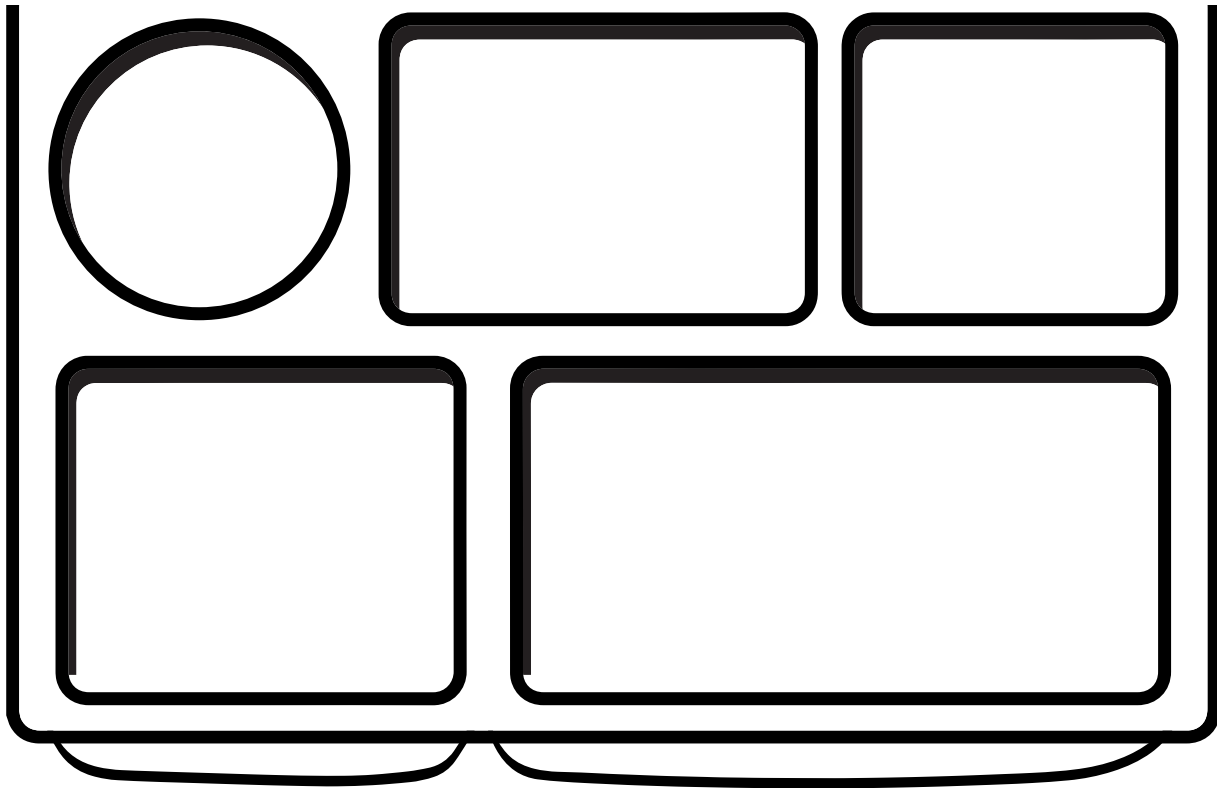


DAIRY



Make a balanced plate by drawing in the empty space below and writing out your menu on the lines provided. Share your menu ideas with with nutrition professionals at your school.

Write about and draw your favorite school meal. Who were you eating with? What did the food look like? How did it taste? What colors were on your tray? Why is eating a Georgia Grown school lunch a good thing?

[illegible]

Write a thank you note to your favorite farmer.



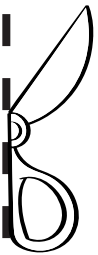
**Thank you,
Georgia Farmers!**



Write a thank you note to your favorite school nutrition professional.



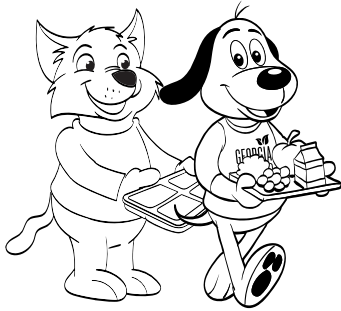
**Thank you, School
Nutrition Professionals!**





Time to relax! Add some color to this Georgia farm to school scene.

Georgia School Nutrition Facts



969,711

total number of
students receiving free
and reduced meals



1,076,733

average number of school
lunches served **daily**



2,298

total number of Georgia
schools participating in
the National School
Lunch Program

Meals served during the school year:



Georgia Grown

\$26.5

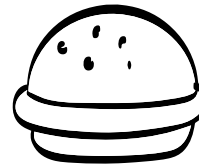
MILLION



Breakfast

108

MILLION



Lunch

196

MILLION



Snack

10

MILLION



Gary W. Black, Commissioner
Georgia Department of Agriculture

GeorgiaGrown.com



FeedMySchool.org



Dr. Linette Dodson
State School Nutrition Director

gasnp.org