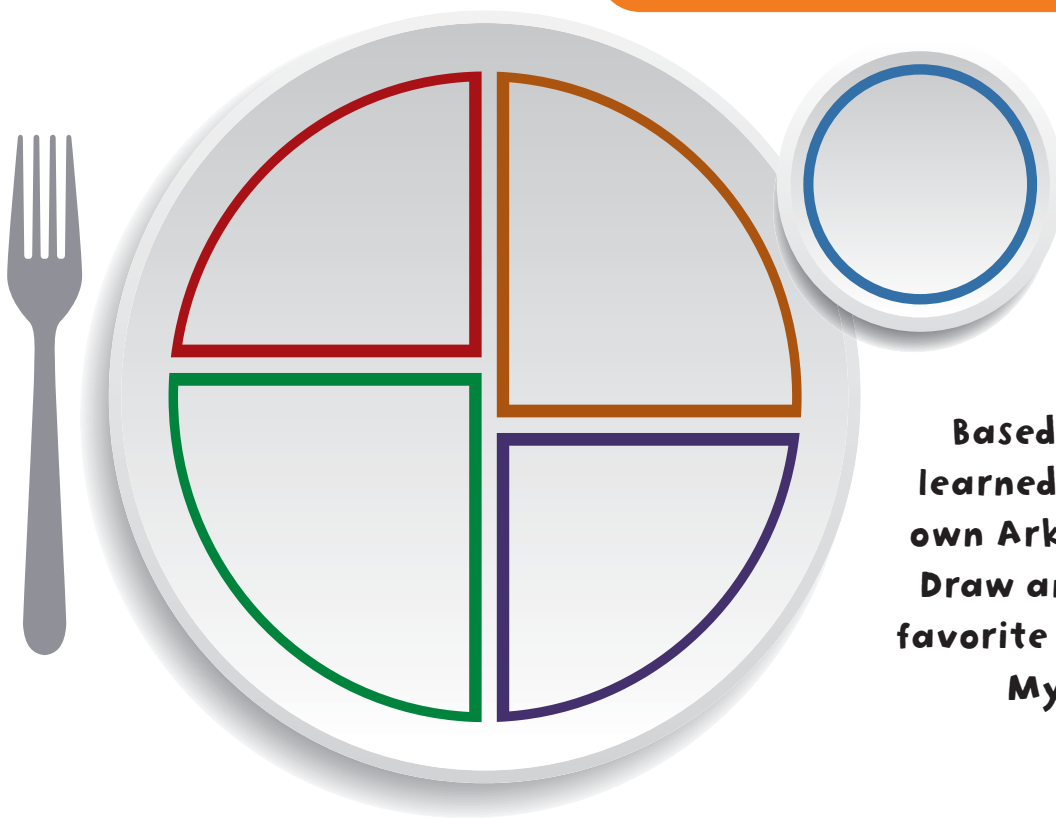


Arkansas farm to YOU!

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.



Station Match Up

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

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



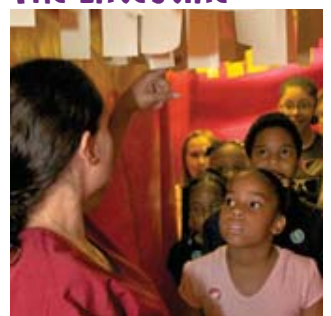
Healthy Cafe



The Stomach



The Intestine



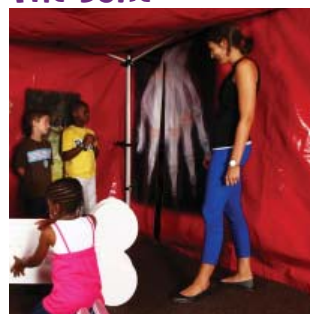
The Muscle



The Skin



The Bone



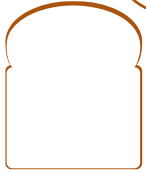
The Market



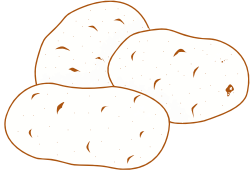
Food Group Fiasco

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  around the foods that are in the Grain Group.



Bread



Potatoes



Popcorn



Pasta (macaroni)



Cereal

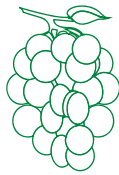
Draw a  around the foods that are in the Vegetable Group



Carrots



Spinach



Grapes



Bagle



Broccoli

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



Corn



Orange Juice



Plum



Pear



Cupcake

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



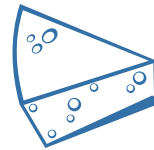
Candy Bar



Low Fat Yogurt



Fries



Cheese



Milk

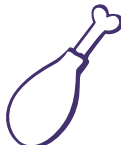
Draw an  around the foods that are in the Protein Group.



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

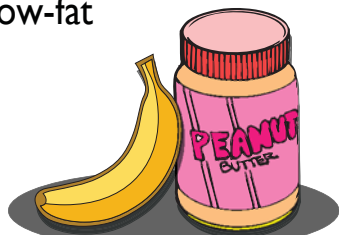
Instructions

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.