



# ACTIVITY BOOK

*Have Fun!!!*



Explore the vitality of agriculture inside this activity book to cultivate your mind.

**Agriculture is NC's Number One Industry!**

NC Department of Agriculture & Consumer Services  
Steve Troxler, Commissioner

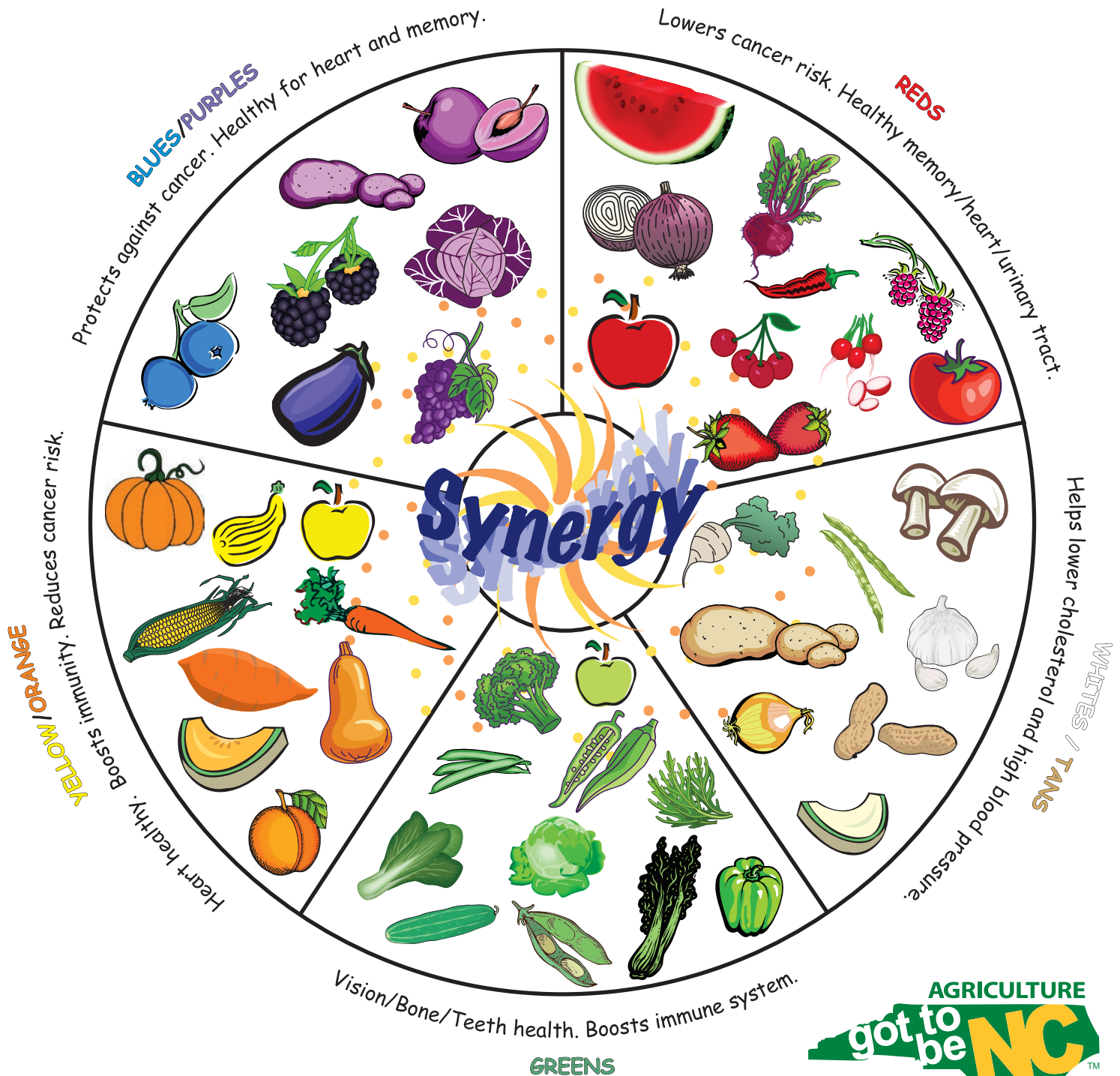
# Goodness Grows in Living Color !

All Foods Can Fit! **Color + Variety = A Healthy Diet.**

No single food is better than another. They all work together in **synergy**.

When food digests, **synergy** happens as two or more nutrients combine to do what neither could do as well by itself. Colorful fruits and vegetables contain essential vitamins, minerals, fiber, antioxidants and phytonutrients that work together to make this **nutritional synergy**.

They naturally protect and maintain our bodies and are found in varying amounts in each food.  
Put 5 or more North Carolina colors & flavors on your plate everyday!



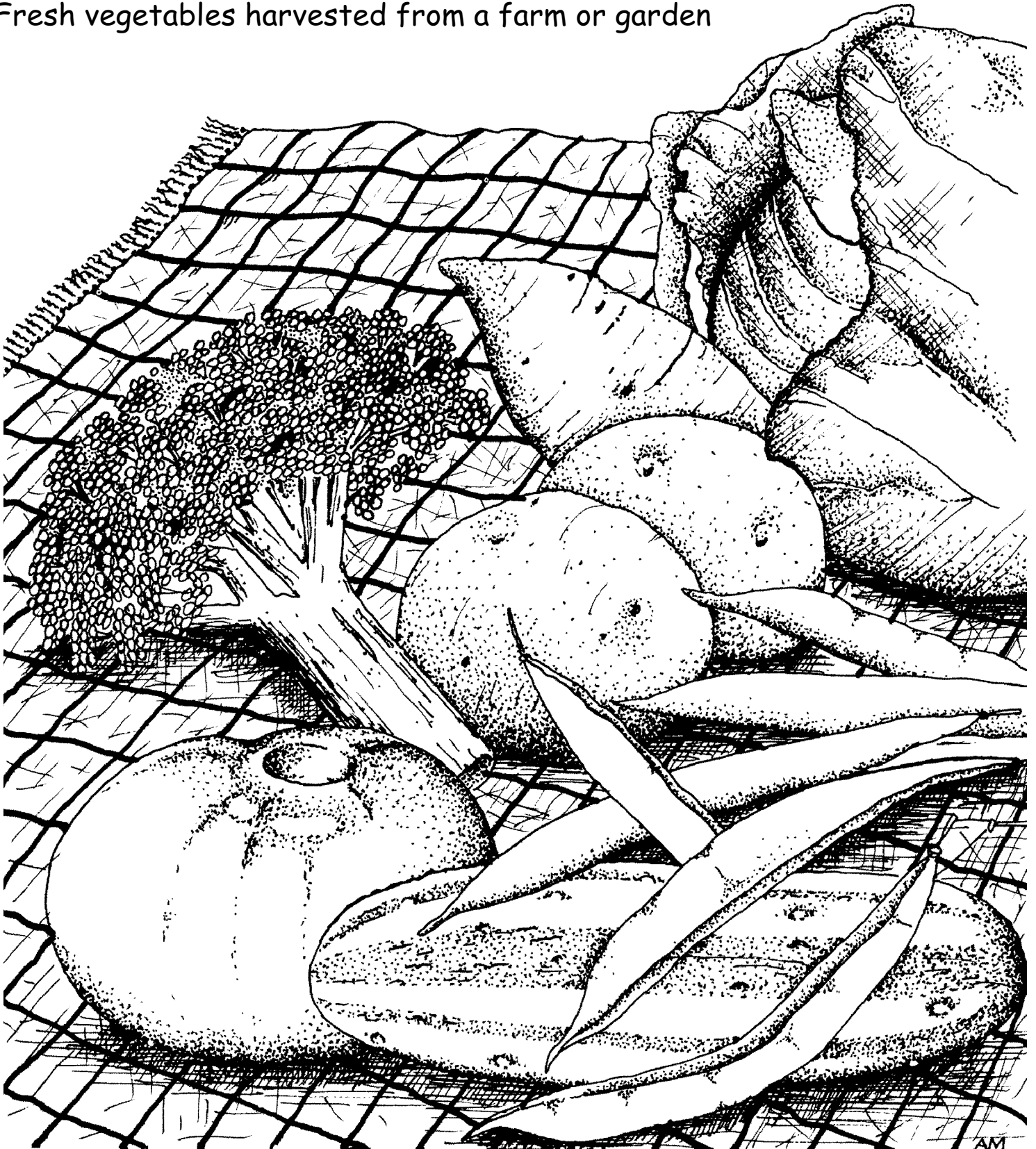
NC Department of Agriculture & Consumer Services

[ncagr.gov](http://ncagr.gov)

20,000 copies of this public document were printed at a cost of \$10,335.65 or \$0.51 each.

# Produce

Fresh vegetables harvested from a farm or garden



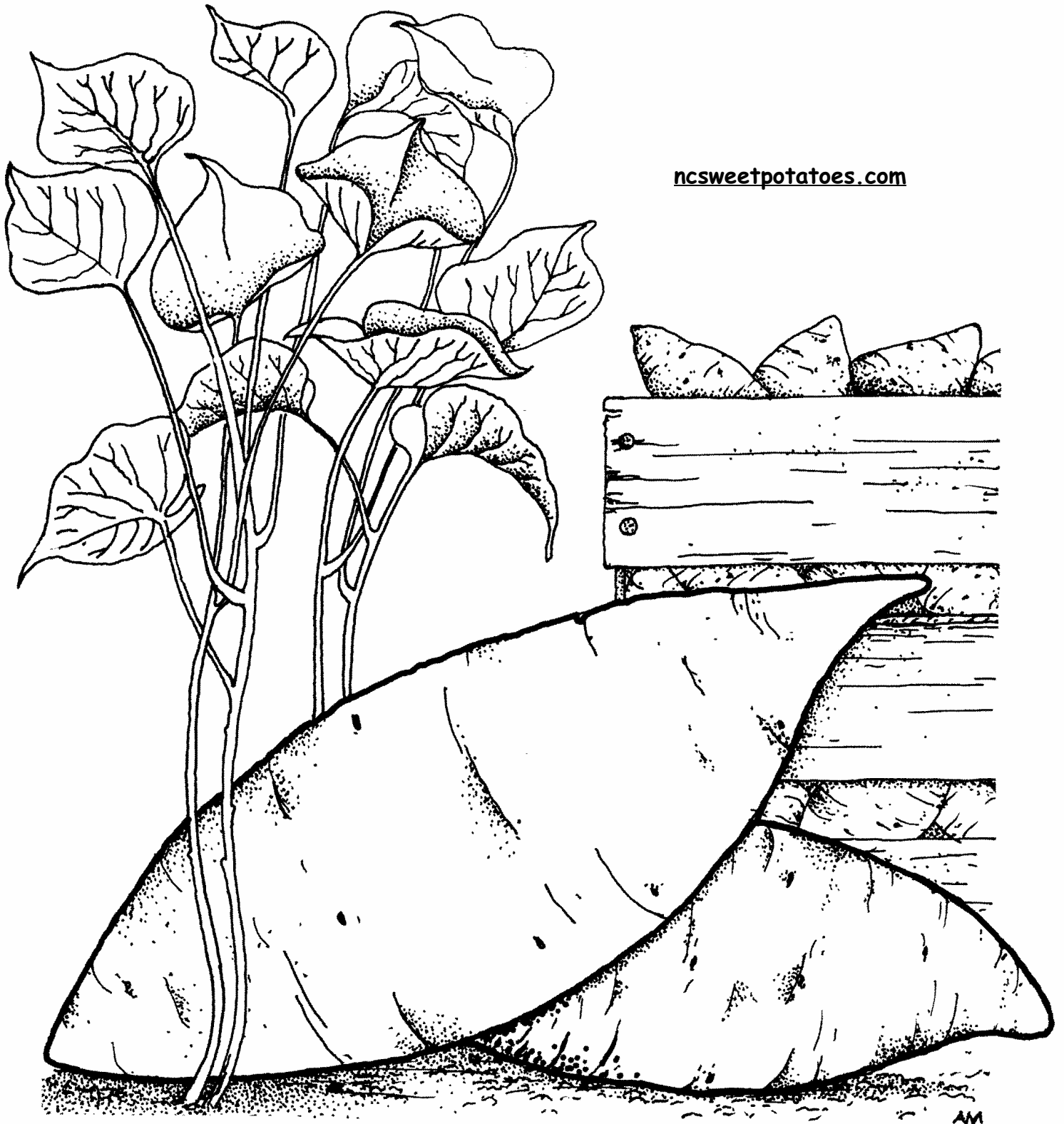
Farmers all across North Carolina grow colorful produce.  
If a fruit or vegetable has lots of color that means it is very nutritious.  
Remember to eat at least 5 fruits and vegetables everyday for better health!



# Sweet Potato

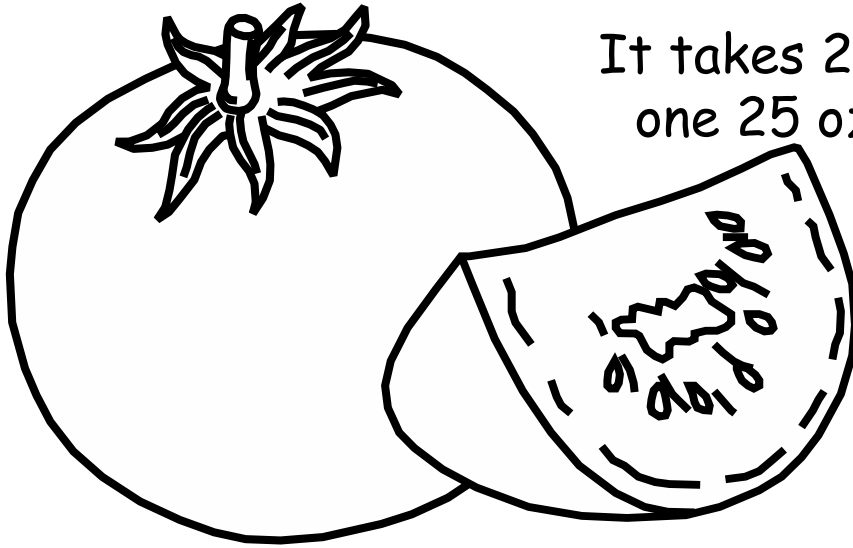
North Carolina leads the country in the production of sweet potatoes. Farmers in Sampson County grow the most.

[ncsweetpotatoes.com](http://ncsweetpotatoes.com)



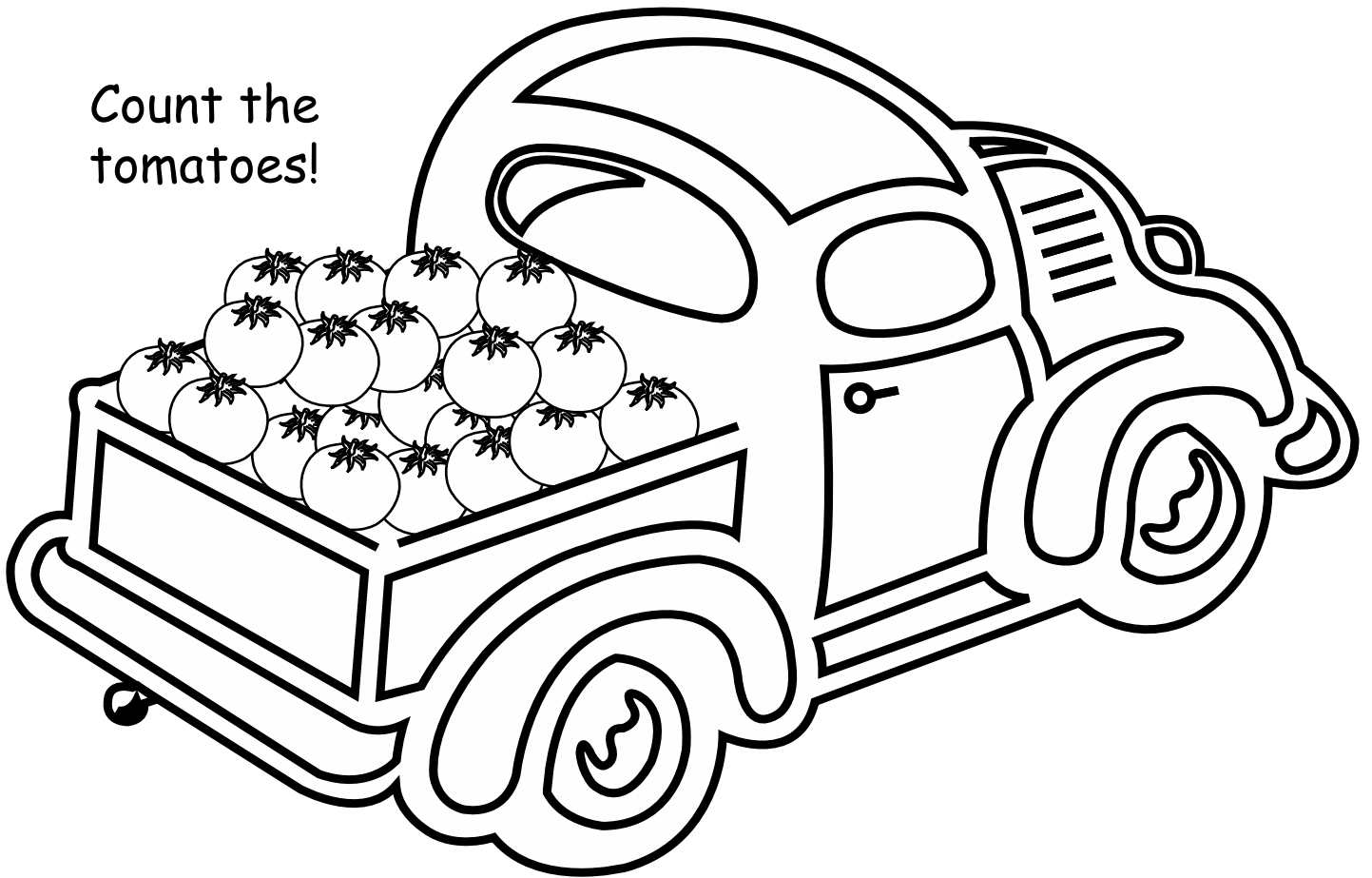


# Tomato



It takes 20 tomatoes to make  
one 25 oz. can of spaghetti  
sauce.

Count the  
tomatoes!

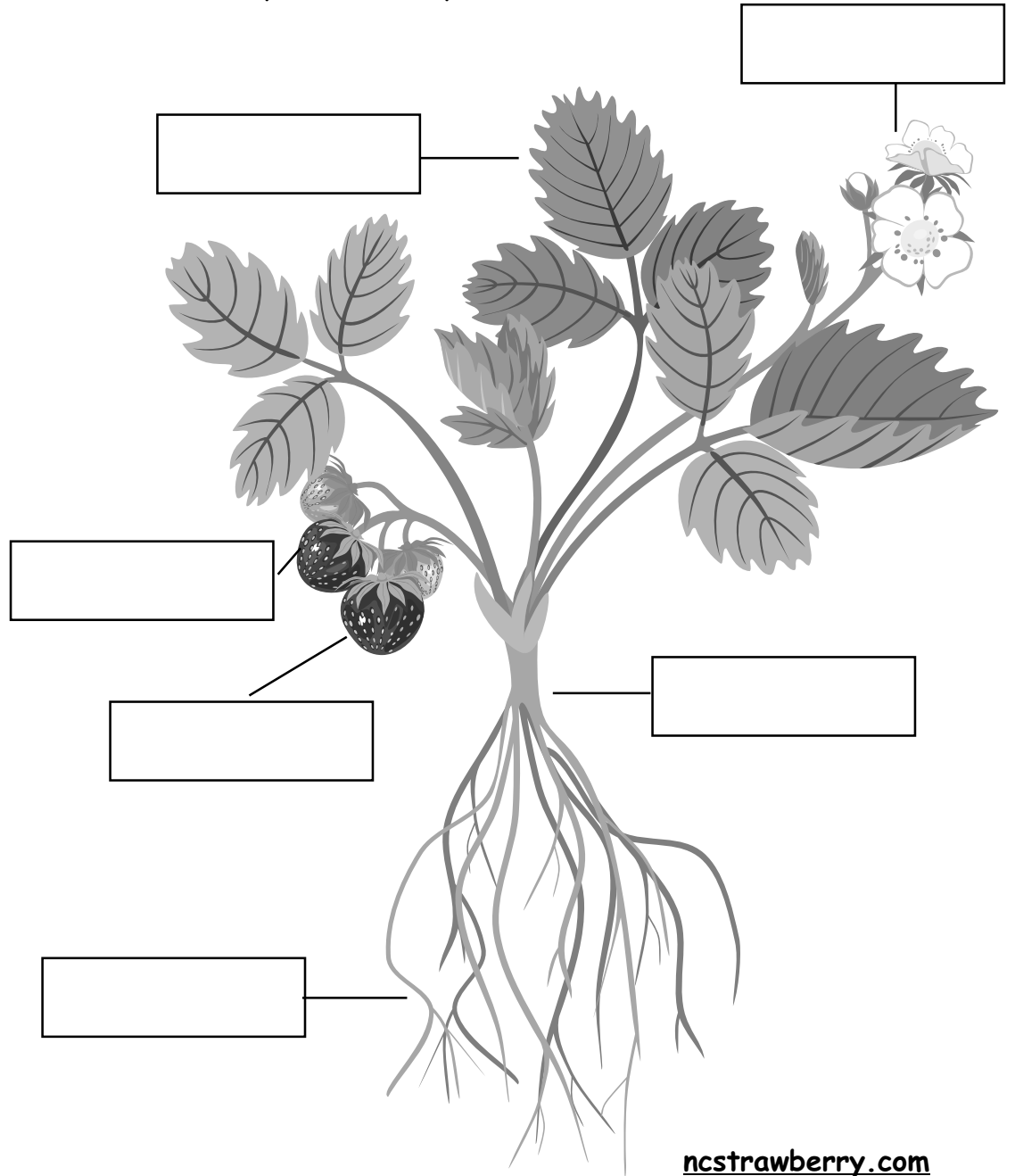


Farmers in North Carolina grow more than \$33 million  
worth of tomatoes every year.

# Color the parts of the strawberry.

Match the part of the plant name on the left and write it in the blank space in the picture.

- Root
- Flower
- Stem
- Fruit
- Leaf
- Seed



[ncstrawberry.com](http://ncstrawberry.com)

The "seeds" you see on the outside of a strawberry are actually the plant's ovaries and are called "achenes." Each "seed" is technically a separate fruit that has a seed inside of it.

Did you know that strawberries have more vitamin C than oranges? Vitamin C helps your body heal, resist infections, and maintain healthy bones, gums and teeth.

# PLANT PARTS MATCHING

Draw a line from the food to the plant part.



CORN

ROOTS



TOMATO

STEM



CARROTS

LEAVES



ASPARAGUS

FLOWERS



SPINACH

SEEDS



CAULIFLOWER

FRUIT



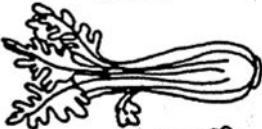
LETTUCE

ROOTS



POTATOES

STEM



CELERY

LEAVES



BROCCOLI

FLOWERS



CHERRIES

SEEDS



PEAS

FRUIT



# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

# Eat a VARIETY of foods



1. Eat more — — — — — , — — — — —

    ,      

## and whole grains

## 2. Eat foods lower in solid

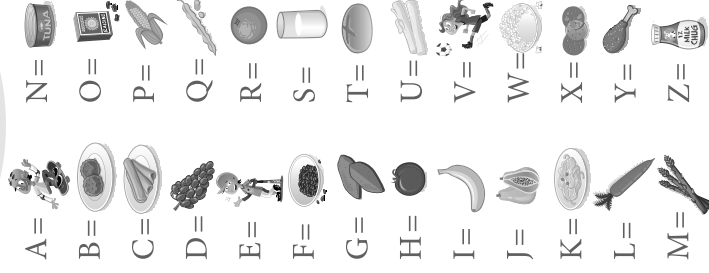


3. Get your — — — — — rich — — — — —

4. Be

# Code





**Produce  
for Kids®**  
produceforkids.com

## Other Fun Facts



Some honeybee queens quack.

Popcorn can pop up to three feet into the air.



Perfectly preserved honey has been found in ancient Egyptian tombs.

Peanut butter can be converted into a diamond.

Honeybees can be trained to detect explosives.

Honey never spoils.

You spend about an hour of your day chewing.



You can fry an egg on a hot sidewalk when it reaches 158°F.

Baked caterpillars taste like pistachios (don't try this at home).



The largest pumpkin pie weighed 2,020 pounds.

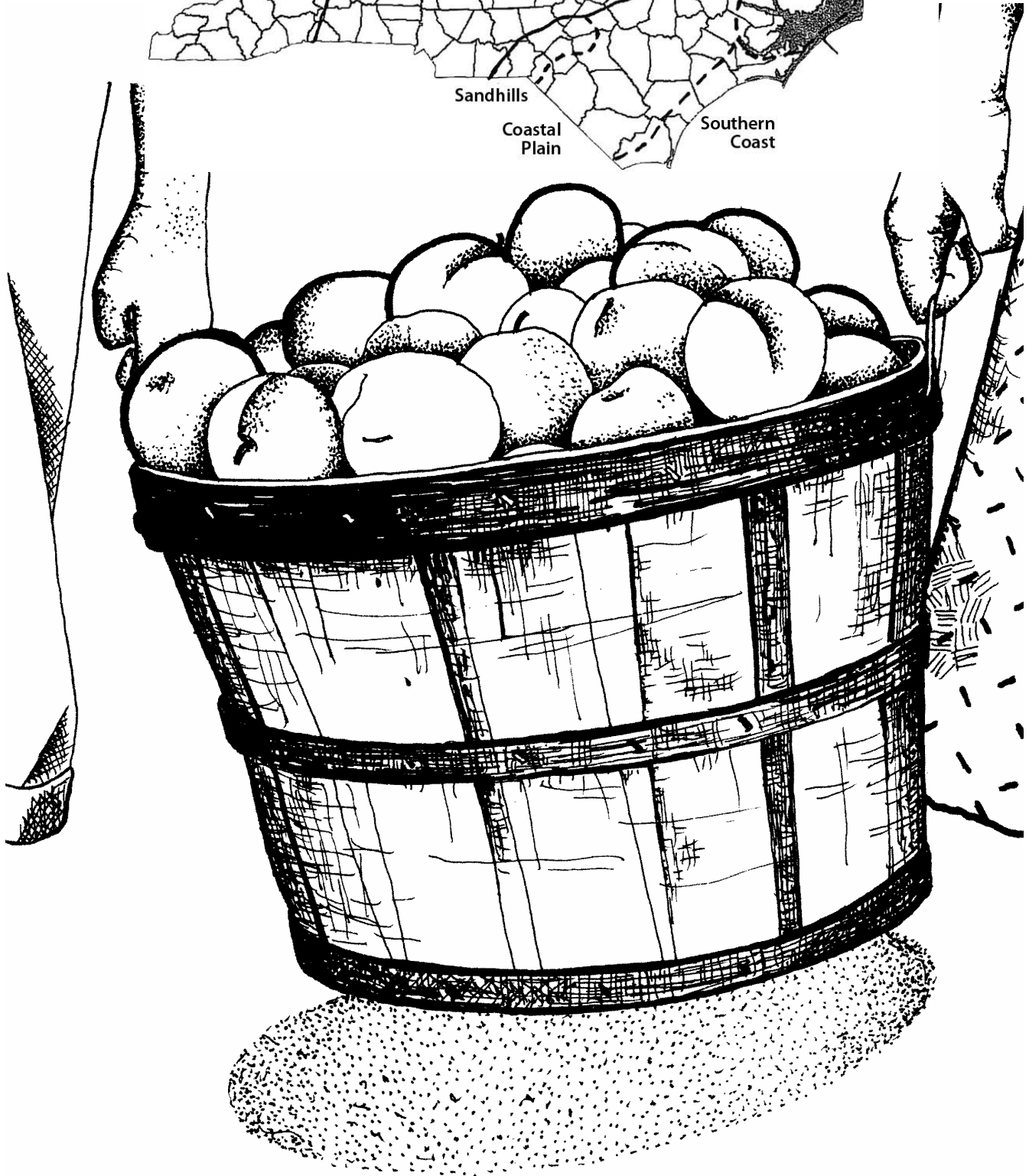
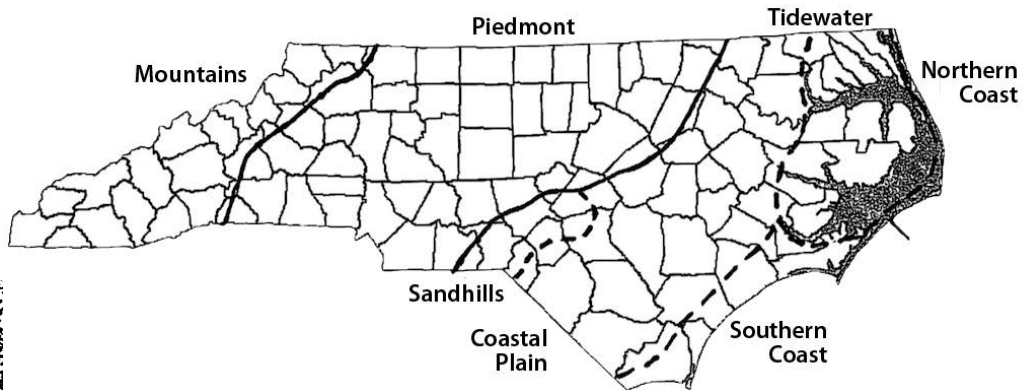
20% of the food we eat is used to fuel the brain.



Visit <http://kids.nationalgeographic.com> for more of NatGeo's *Weird But True* facts.

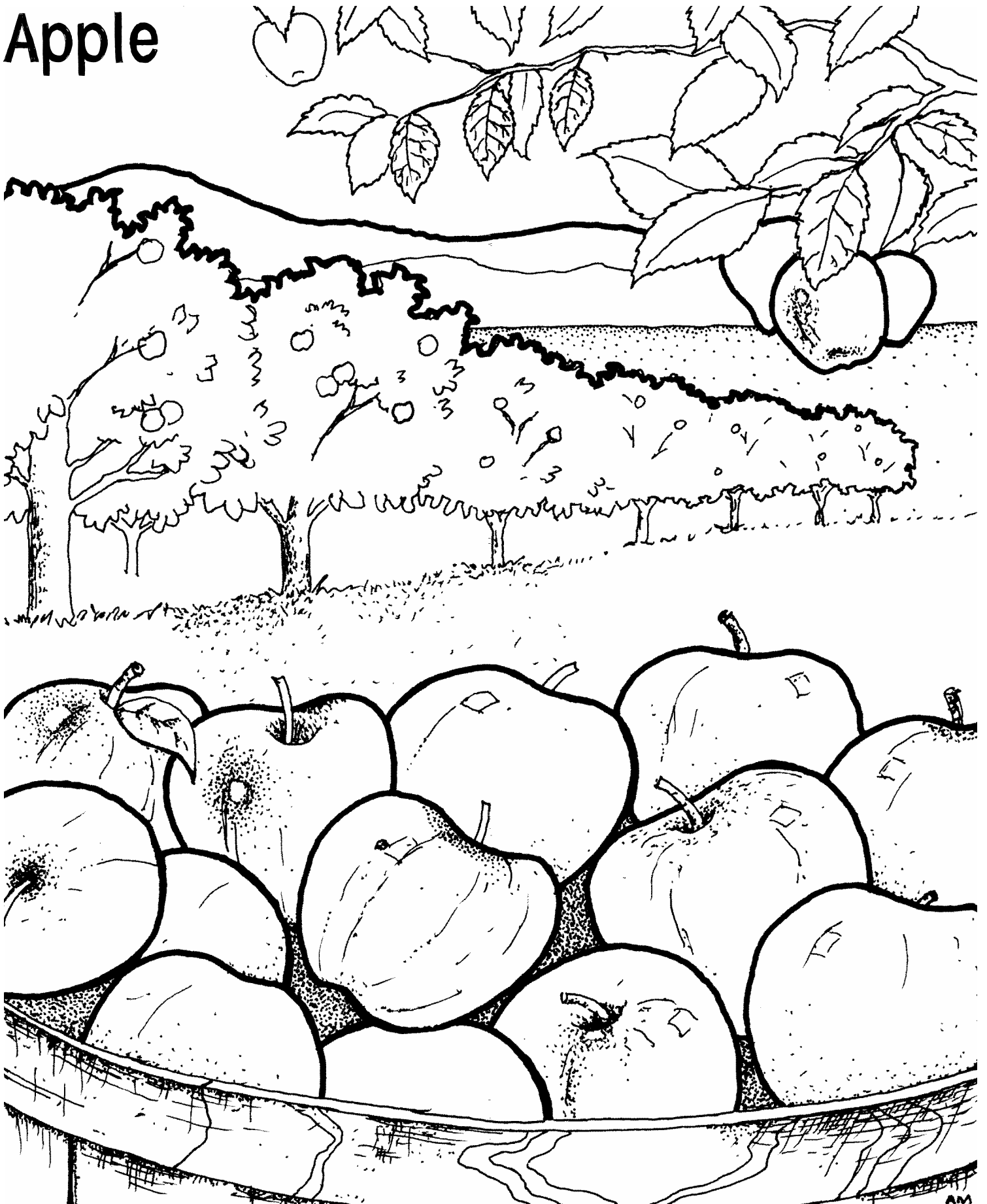
# Peach

The sandhills region of North Carolina grows the most peaches in our state.  
Can you find the sandhills region on a state map?





# Apple



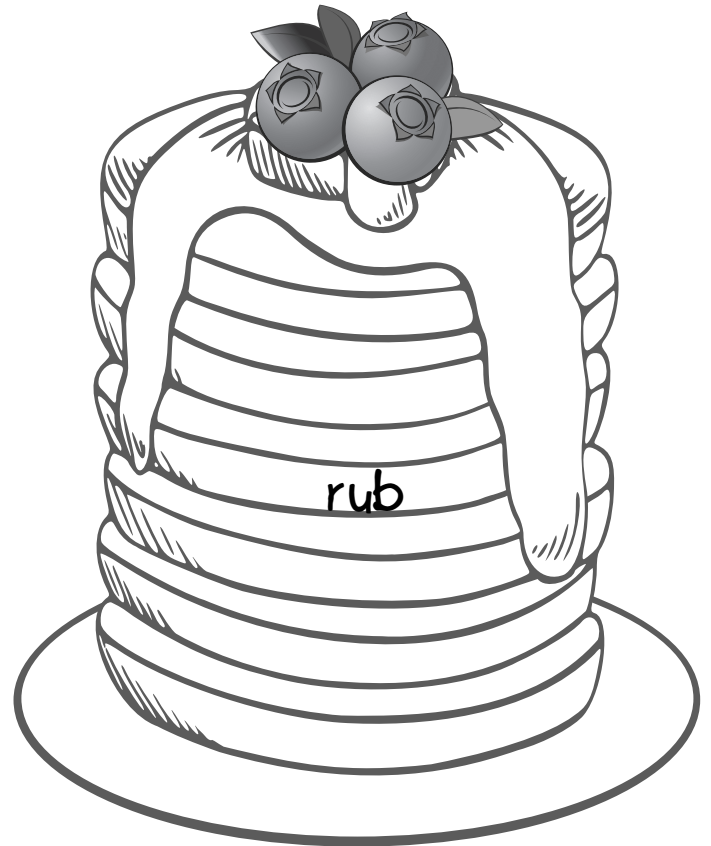
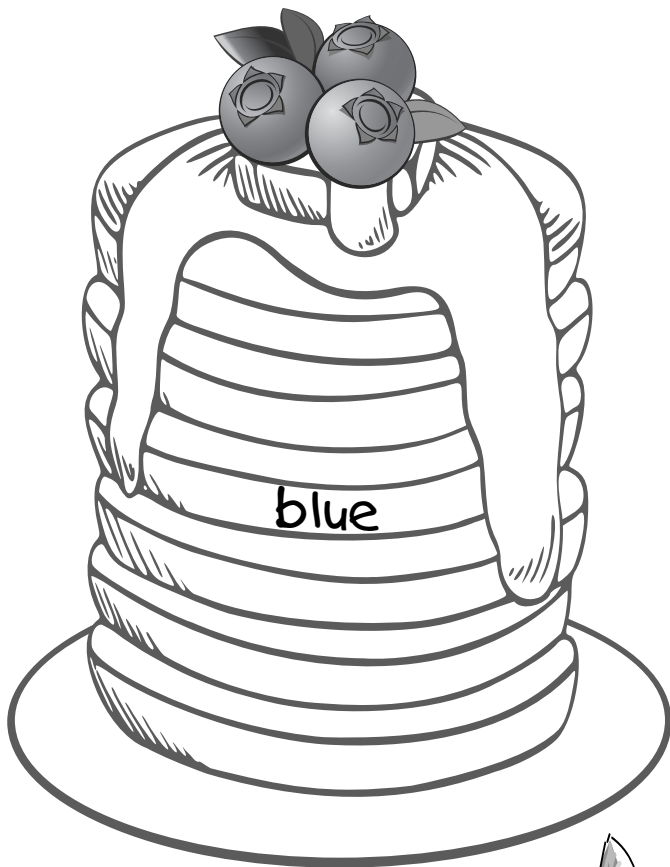
Apples are picked from orchards in our mountains.  
They need the cool, crisp mountain air to grow well.

# Blueberry

Find an agritourism farm on the internet where you can visit and pick them yourself at:  
[www.ncfarmfresh.com](http://www.ncfarmfresh.com)

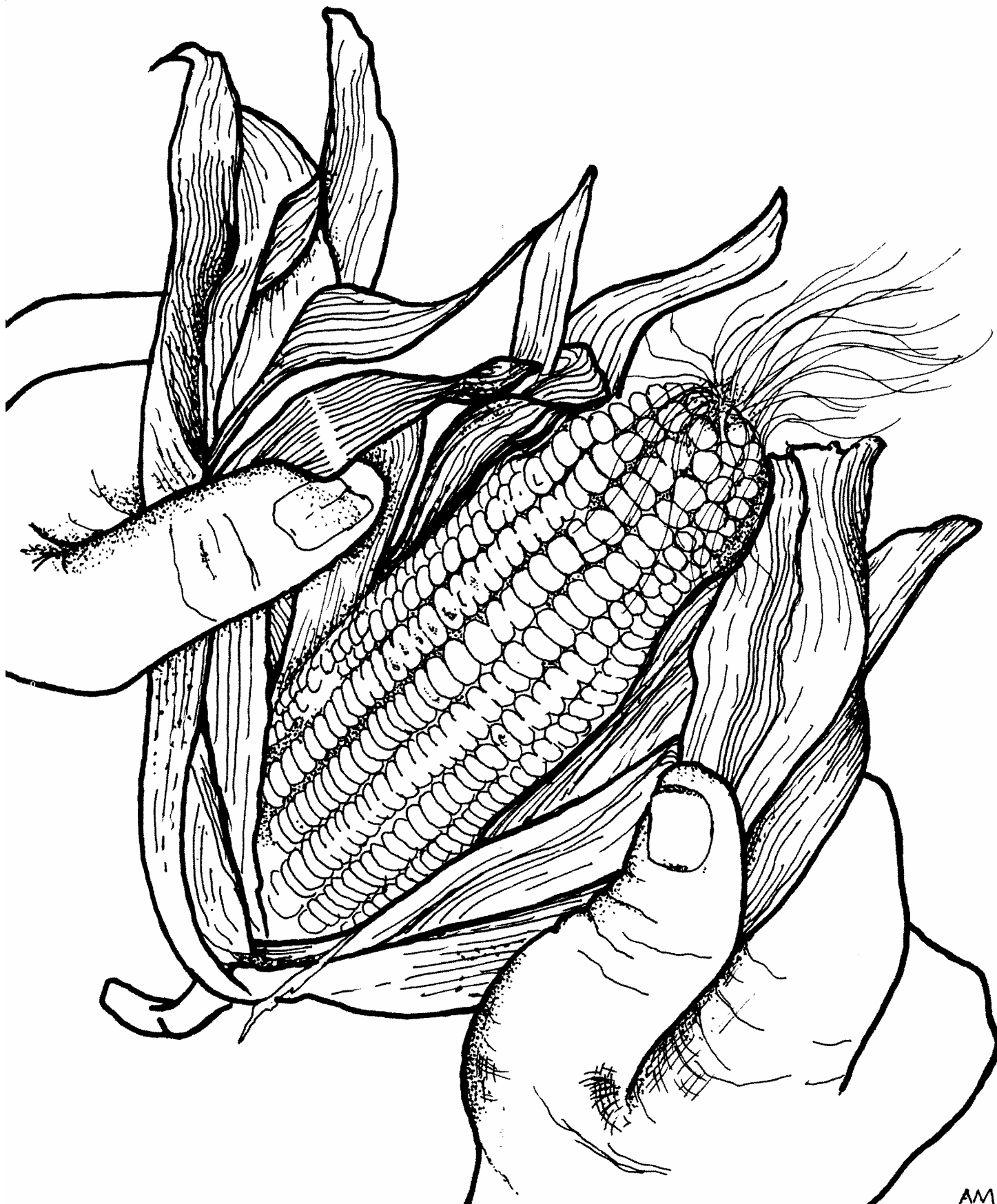
While you are visiting this page, check out all the other fun things to do and find delicious food to eat that is grown, raised, caught or made in N.C.!

How many new words can you make from the letters in the word blueberries?  
Put one new word on each layer of the pancakes like the examples below.



# Corn

Sweet Corn is enjoyed on North Carolina tables each summer.  
It only takes 3 minutes to cook a large ear of corn in the microwave.  
Also, feed corn is enjoyed by animals all year long.

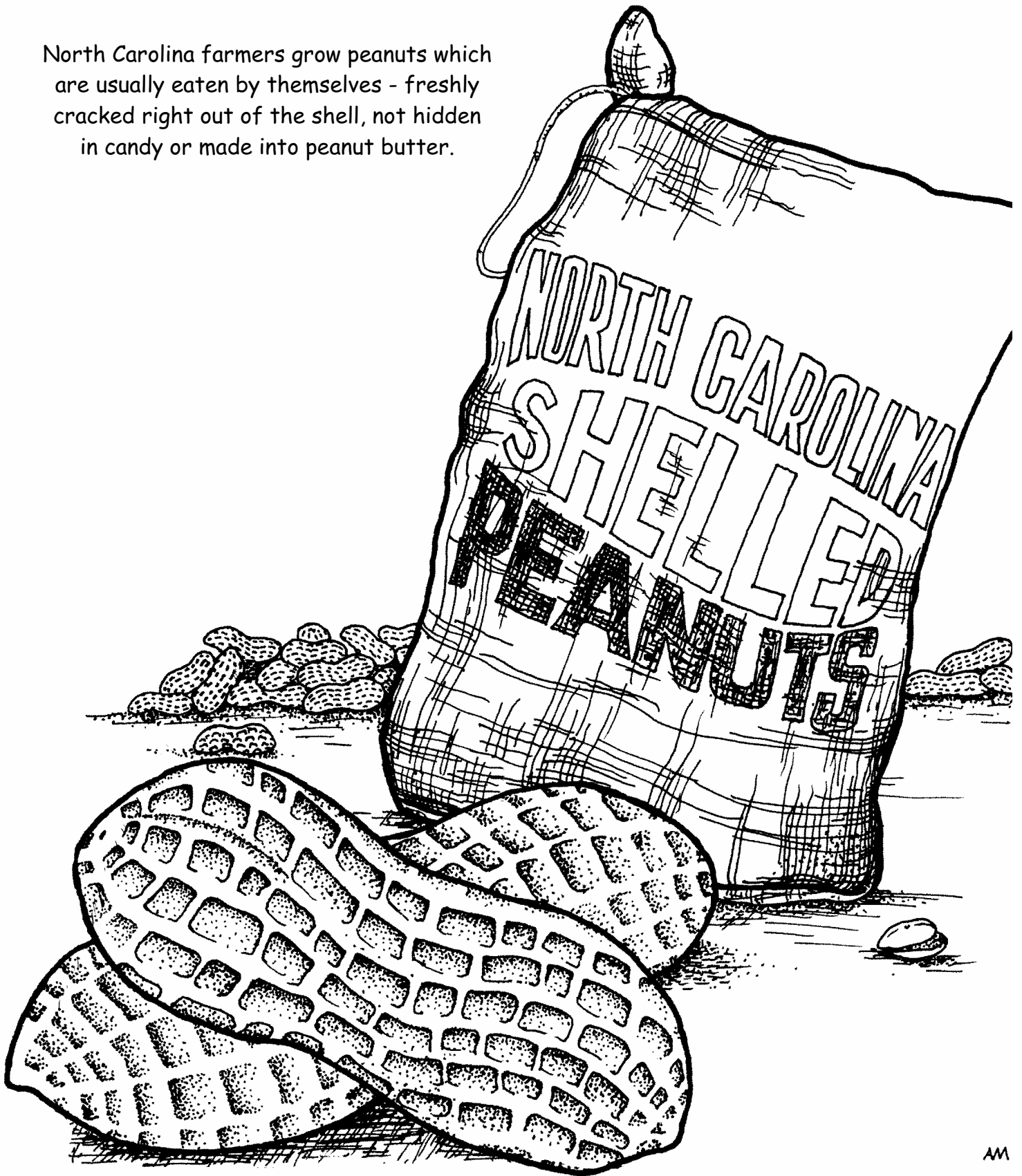


AM



# Peanut

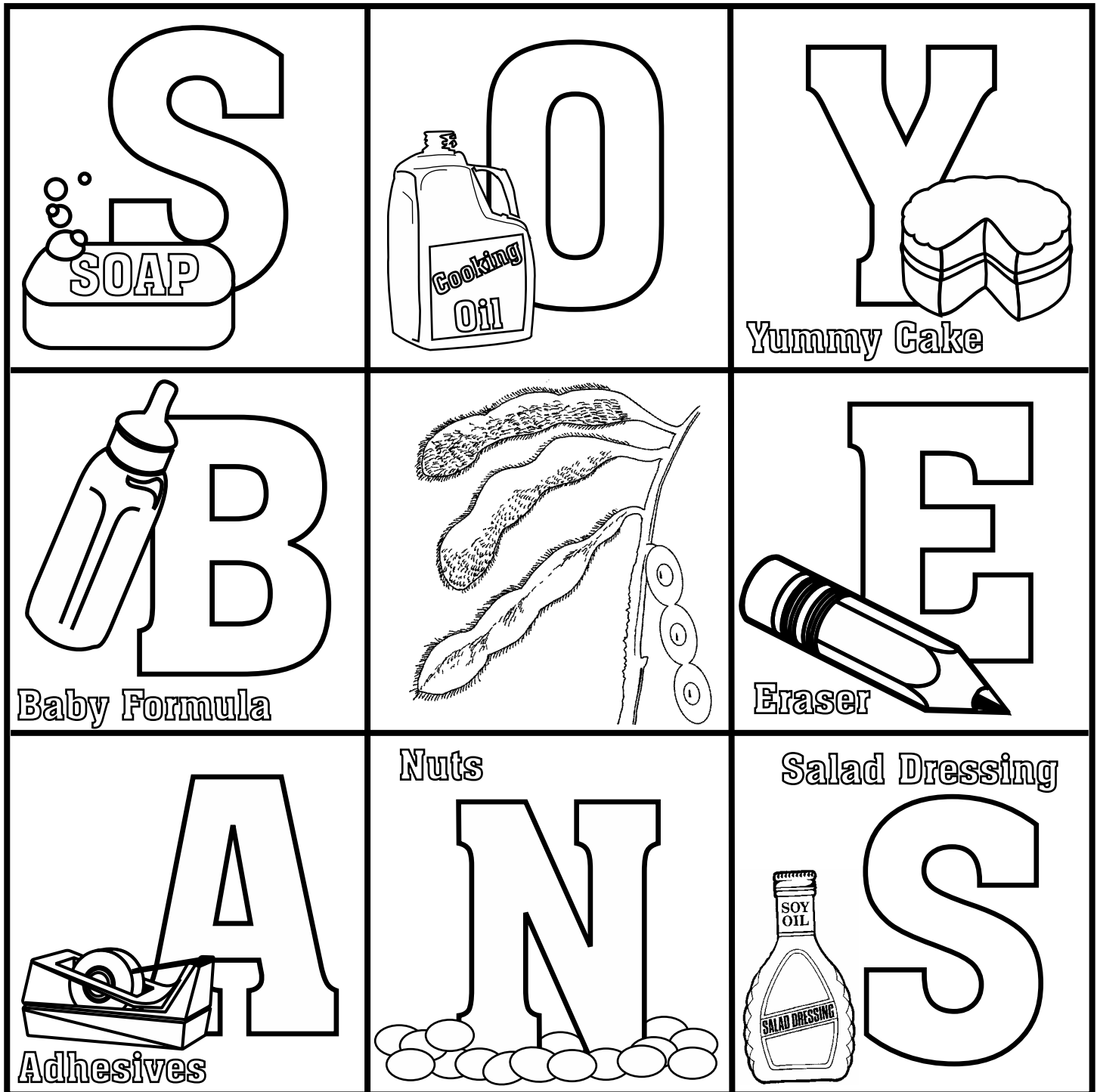
North Carolina farmers grow peanuts which are usually eaten by themselves - freshly cracked right out of the shell, not hidden in candy or made into peanut butter.



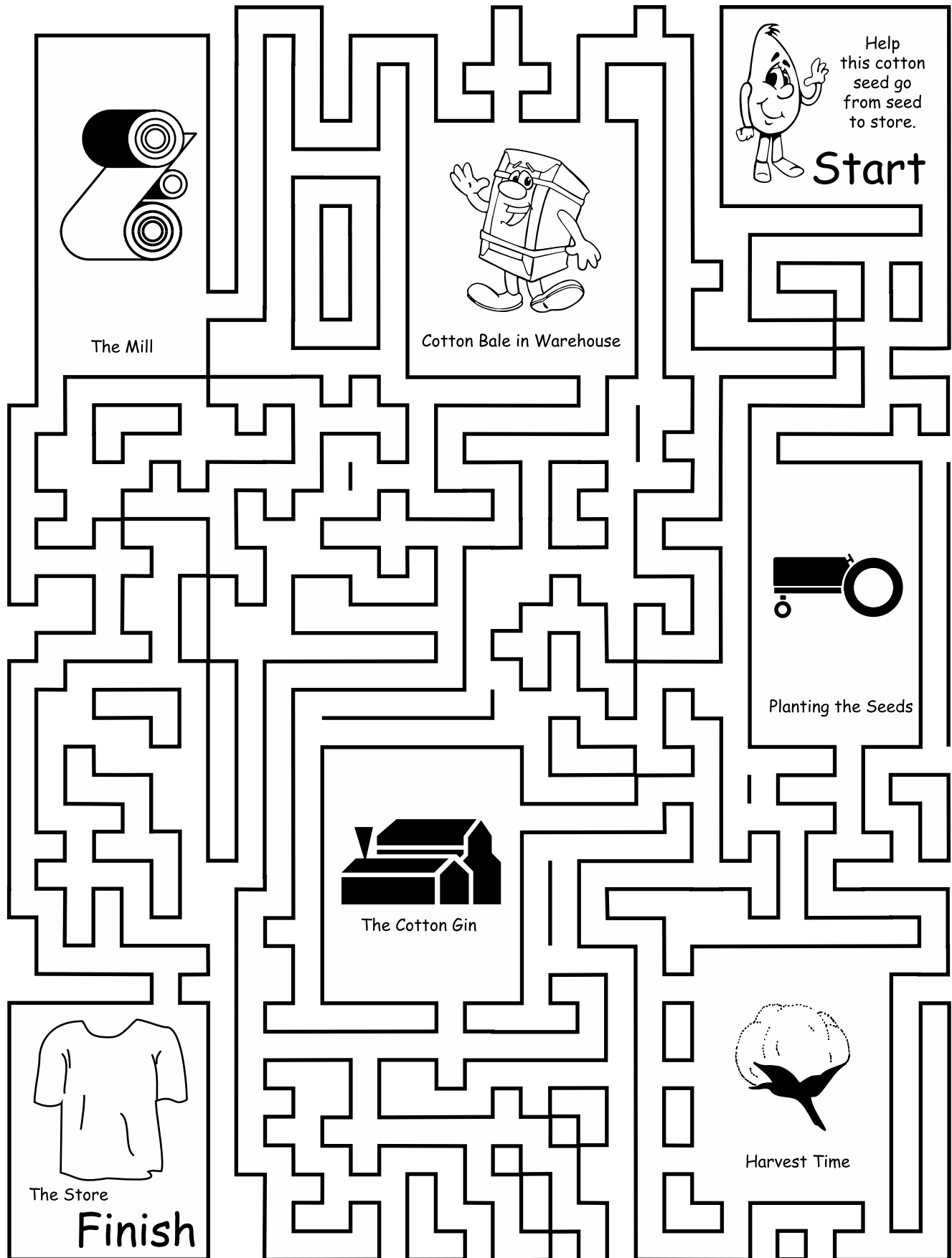
AM

# Spell soybean through its many uses!

You may not realize how often you eat foods that are made with soybeans, or that were cooked in soybean oil. They are nutritious any way you eat them or bathe, color or glue with them! Ask your parents to help you look at the food labels in your pantry. See how many different foods you can find that have soybeans listed in the ingredients. Edamame is a tasty soybean food rich in nutrients. Boil, steam or roast the pods, and pop out the beans and munch away!



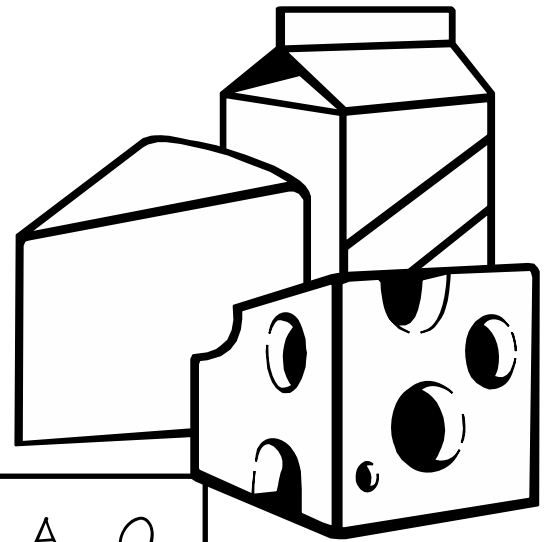
# North Carolina Cotton





# Dairy Word Search

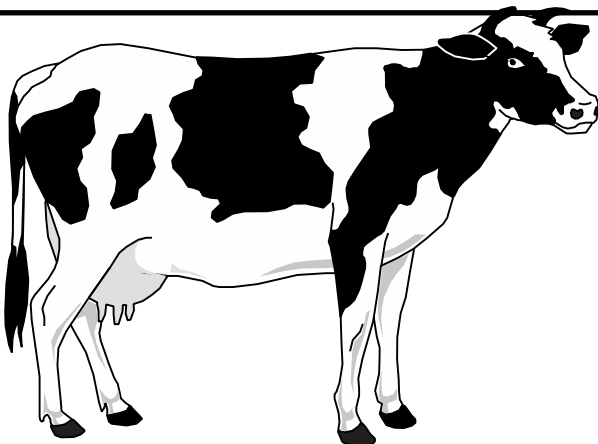
[southeastdairy.org](http://southeastdairy.org)



## WORD LIST

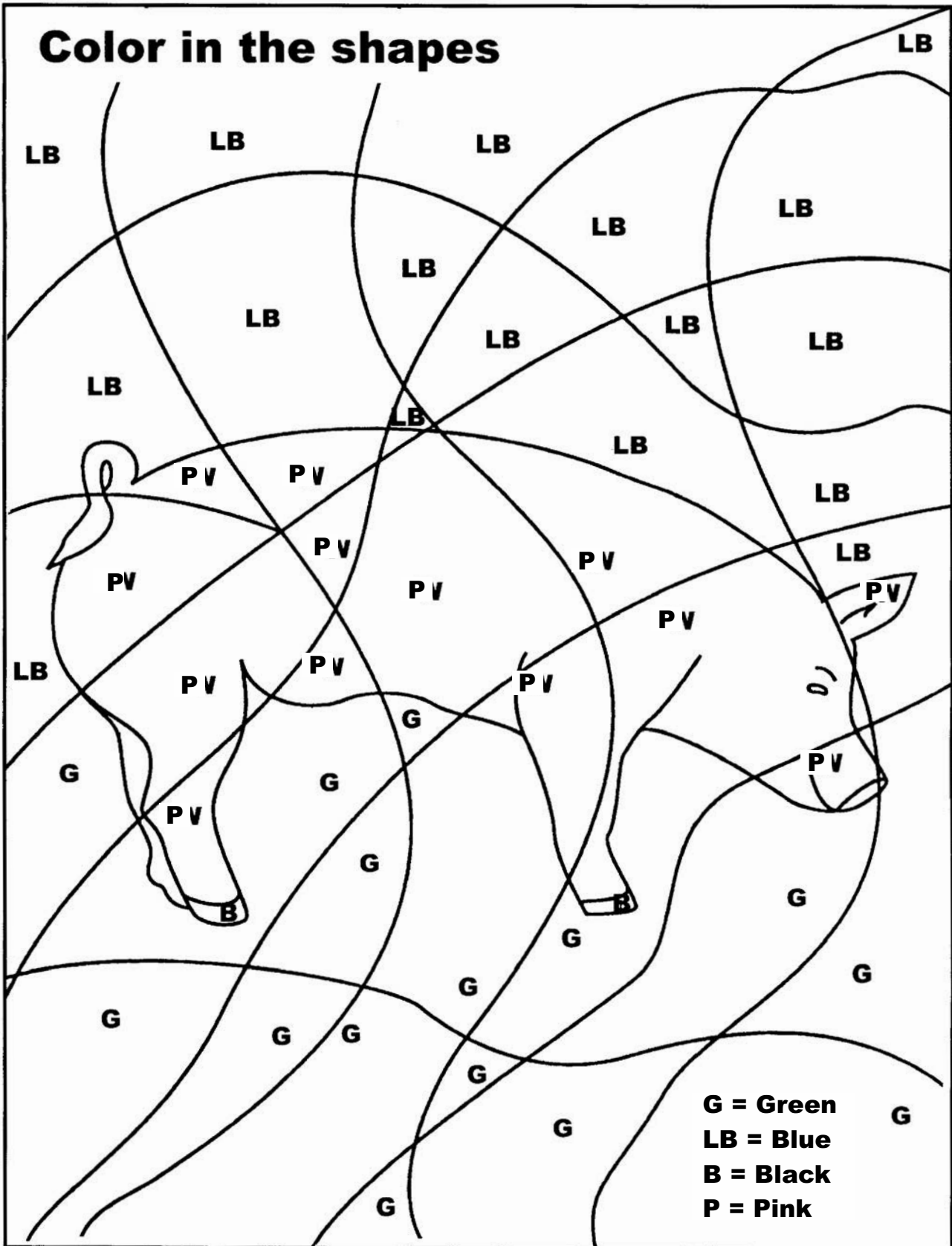
MILK  
YOGURT  
MOO  
FARM  
HAY  
CALCIUM  
TANKER  
CALF  
SHERBET  
CHEESE  
PROTEIN  
BUTTER  
DAIRY  
BARN  
COW

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



# Pig

Did you know that people around the world eat pork more than any other meat? NC farmers grow pigs for meat like bacon, ham, pepperoni and pork chops.



# Cattle

There are more than 33,000 families in North Carolina who are proud to raise beef cattle.  
Lean beef gives us protein and important vitamins... plus it tastes good too!



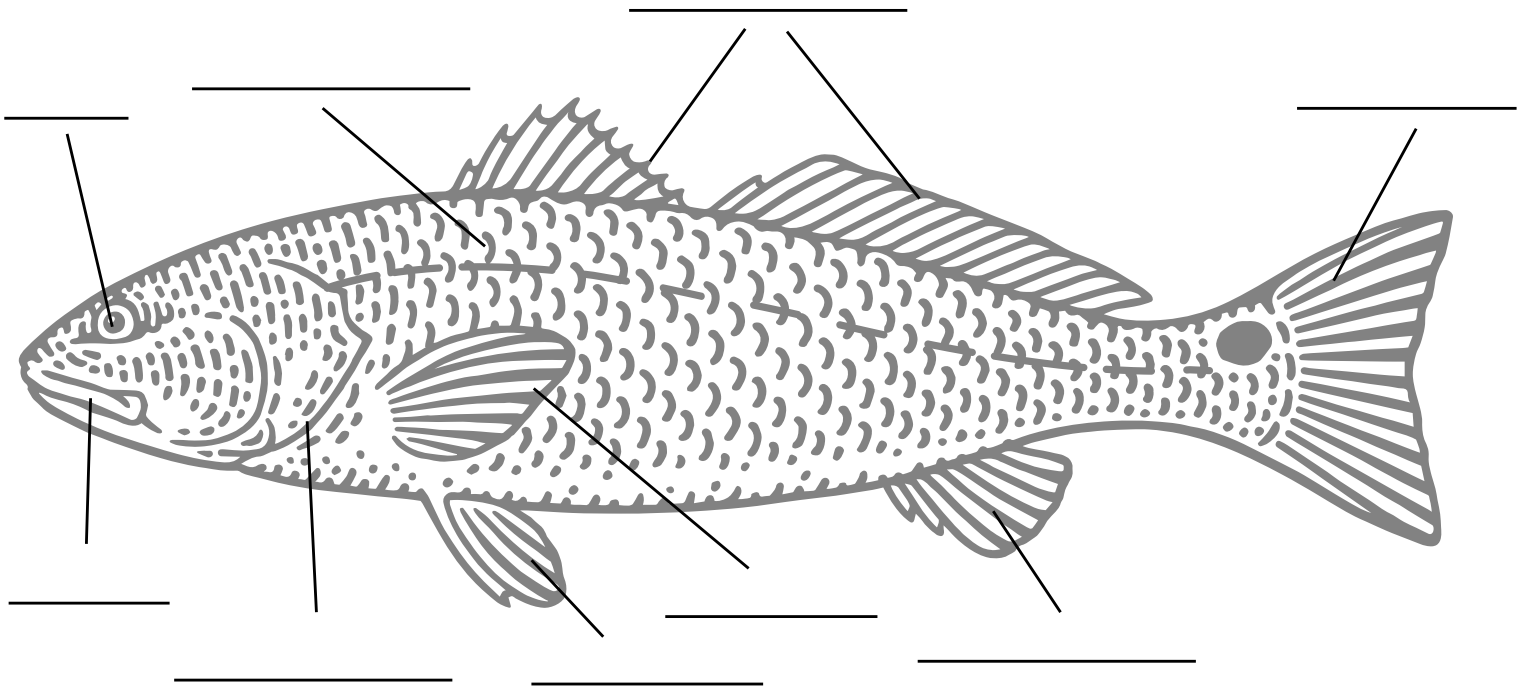
# Red drum is the official state saltwater fish.

They also are called channel bass, redfish and spottail bass. If they are 4 years old or younger, they are called puppy drum!

Red drum get their name from their color and the fact that sometimes males produce a drum-like noise by vibrating one of their muscles. The color of red drum ranges from a deep blackish, coppery color to nearly silver.

**How will you color this fish?**

**Parts of a Fish:** label the fish using the parts listed below.



**Eye** - Fish have eyes to see, just like we do.

**Mouth** - Fish have mouths to eat their food.

**Gills** - Fish breathe in water with their gills.

**Scales** - Fish have scales on their skin for protection.

**Fins** - Fins (dorsal, pectoral, pelvic) help fish to swim in water.

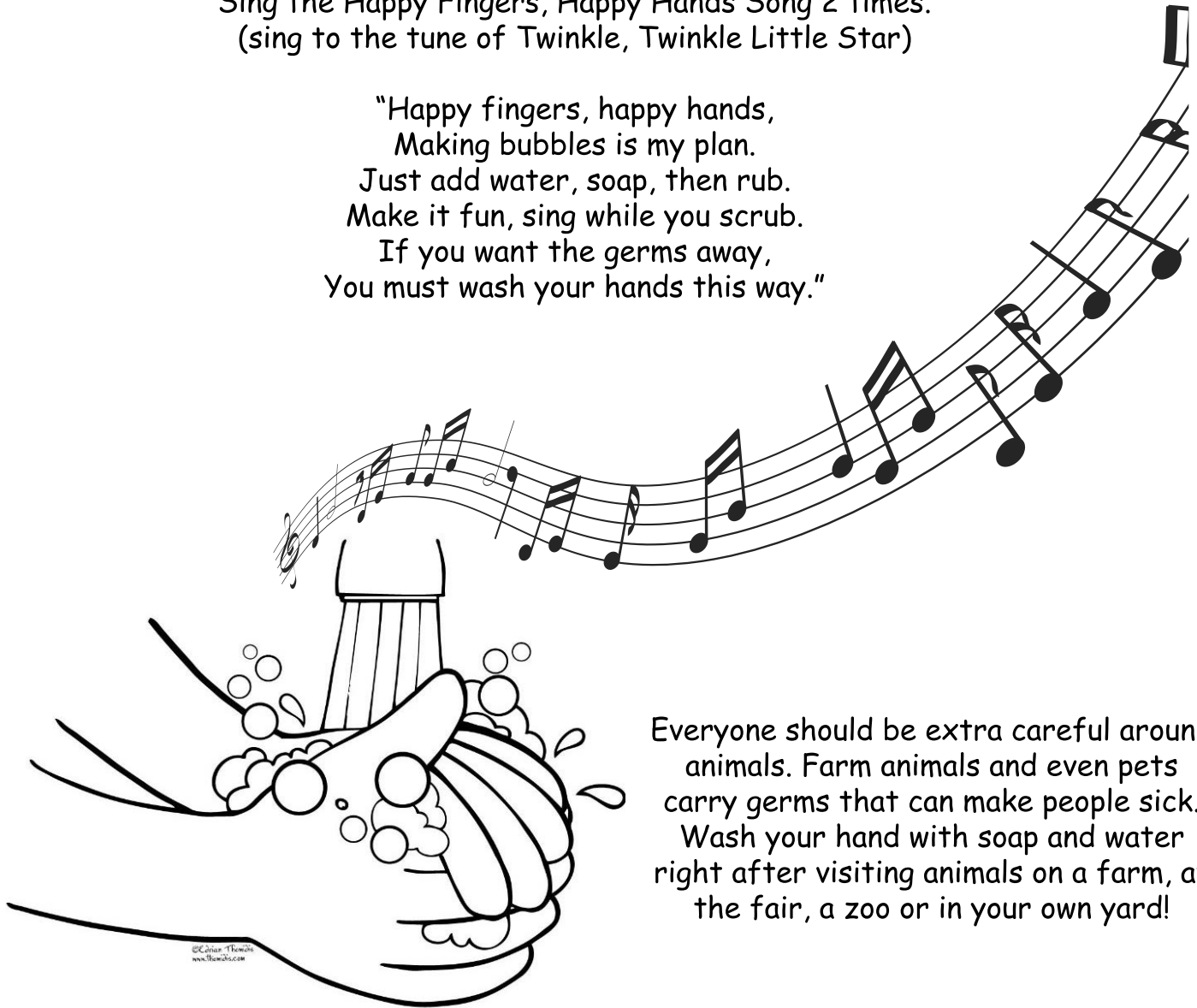
**Tail** - Just like their other fins, a tail fin helps fish to swim and change directions.

<http://www.ncwildlife.org/Fishing/Fishing-in-North-Carolina>

# Wash your hands with warm water and soap BEFORE and AFTER handling food.

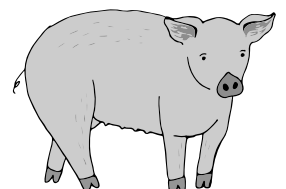
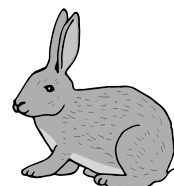
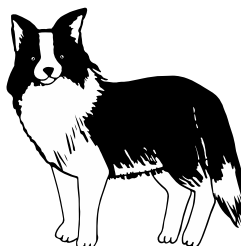
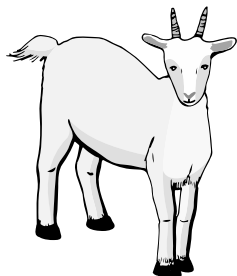
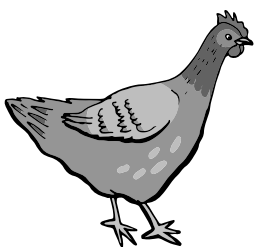
Sing the Happy Fingers, Happy Hands Song 2 times.  
(sing to the tune of Twinkle, Twinkle Little Star)

"Happy fingers, happy hands,  
Making bubbles is my plan.  
Just add water, soap, then rub.  
Make it fun, sing while you scrub.  
If you want the germs away,  
You must wash your hands this way."



Everyone should be extra careful around animals. Farm animals and even pets carry germs that can make people sick. Wash your hand with soap and water right after visiting animals on a farm, at the fair, a zoo or in your own yard!

[www.fightbac.org/kidsfoodsafety/](http://www.fightbac.org/kidsfoodsafety/)



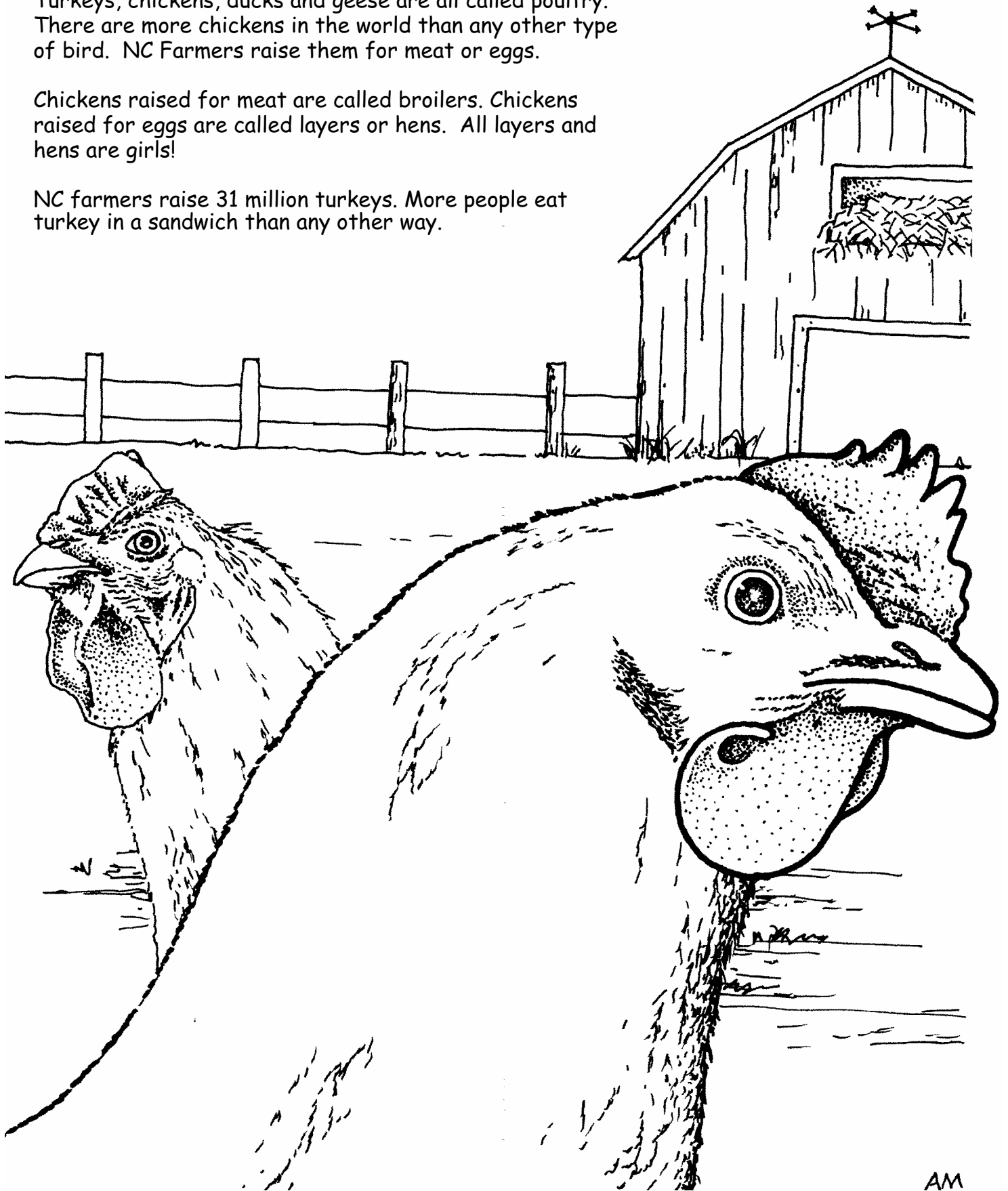


# Poultry

Turkeys, chickens, ducks and geese are all called poultry. There are more chickens in the world than any other type of bird. NC Farmers raise them for meat or eggs.

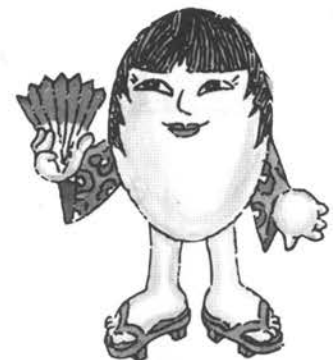
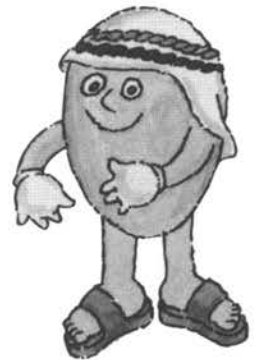
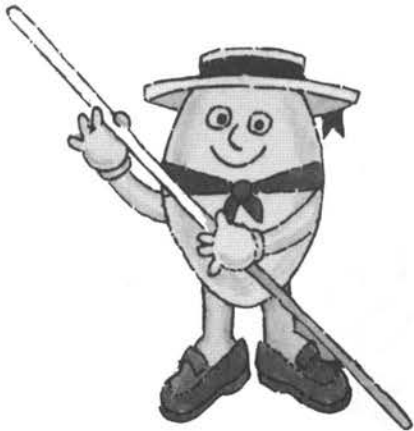
Chickens raised for meat are called broilers. Chickens raised for eggs are called layers or hens. All layers and hens are girls!

NC farmers raise 31 million turkeys. More people eat turkey in a sandwich than any other way.

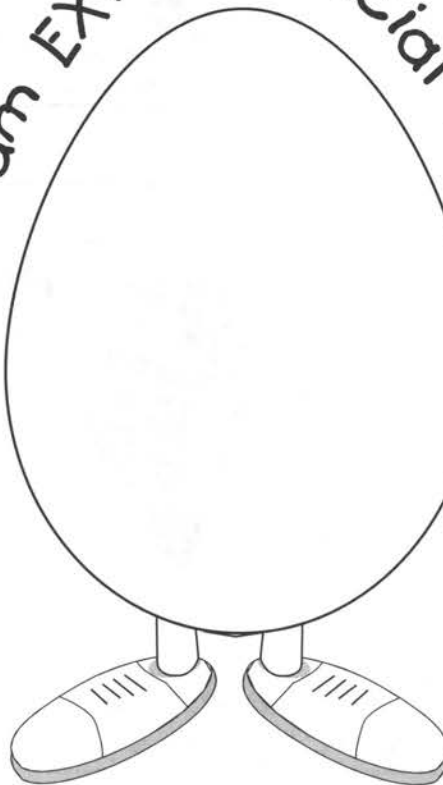


AM

We are a nation of  
**EXTRA** Special  
people!



I am EXTRA special too!



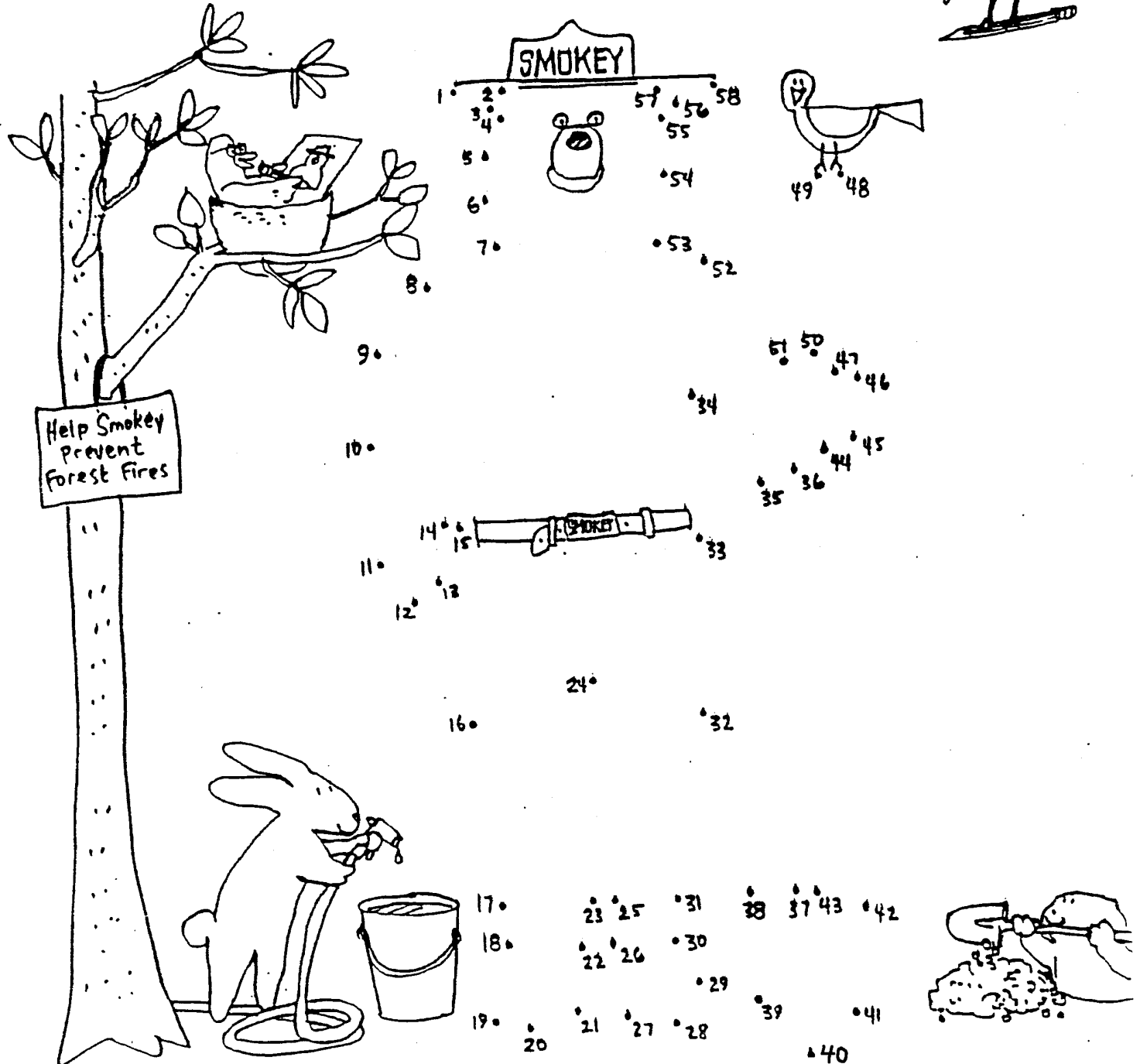
This is me!





## Did you know:

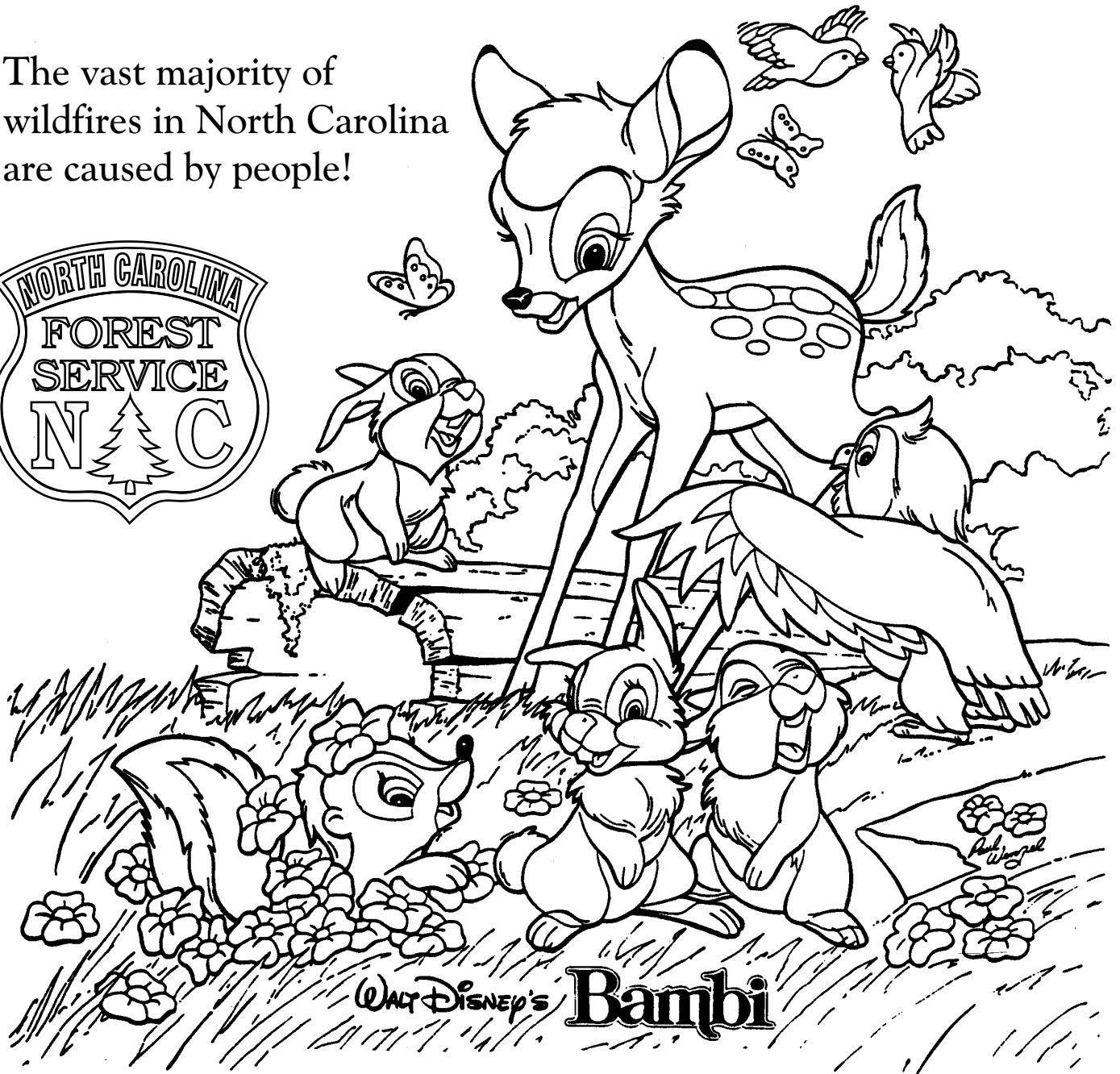
Each year, North Carolina has an average of 4,700 wildfires, burning over 25,000 acres!





Only you  
can prevent  
forest fires.  
We can't.

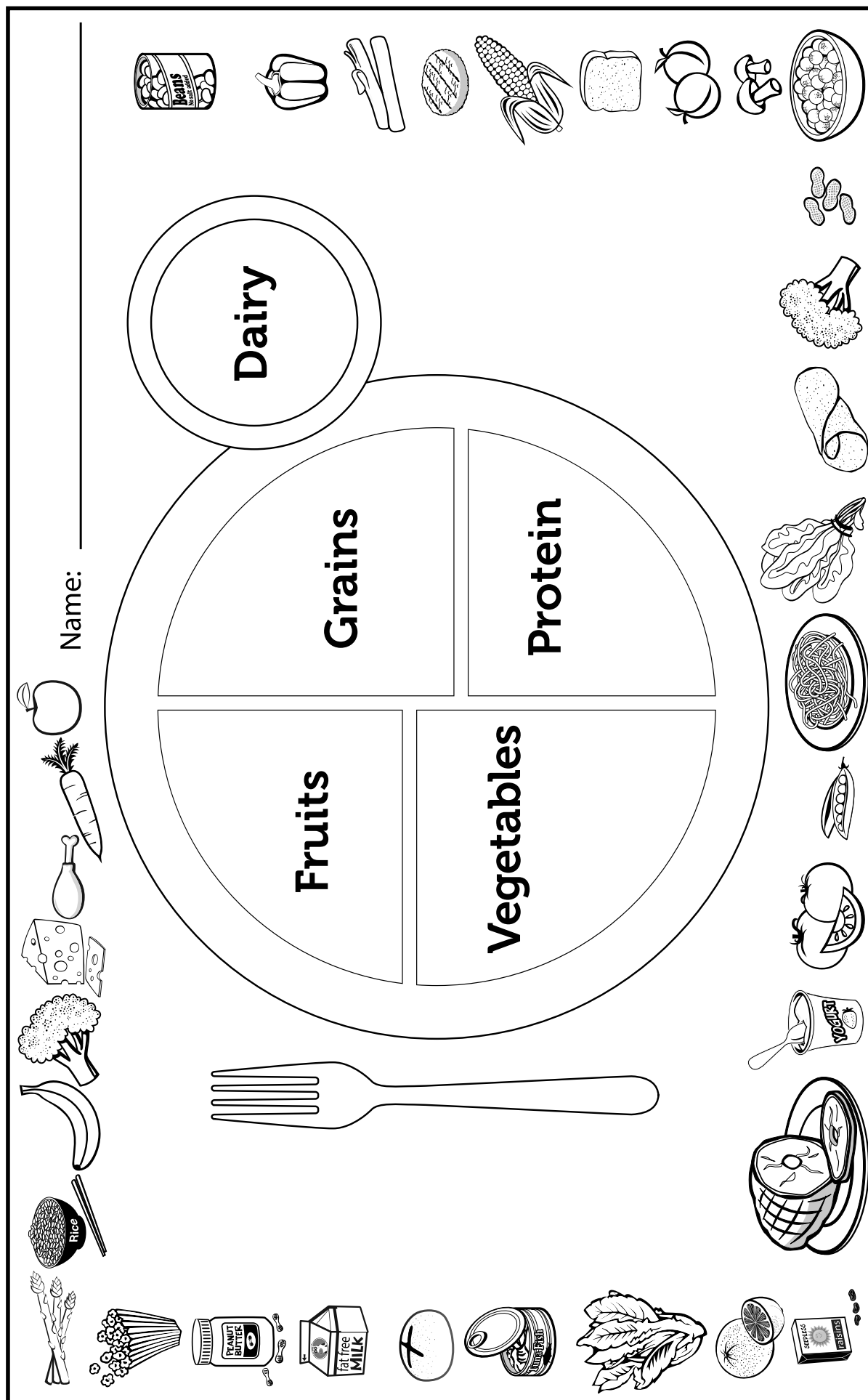
The vast majority of  
wildfires in North Carolina  
are caused by people!



WALT Disney's **Bambi**

[WWW.ncforestsservice.gov](http://WWW.ncforestsservice.gov)

Write your name. Draw a picture of one food from each food group on the *MyPlate*.



# My Plate, My State

You can enjoy your meals while making small shifts to the amounts  
and types of food on your plate.

Healthy meals start with a variety and balance.

<https://www.cnpp.usda.gov/myplate-mystate-celebrating-local-foods-and-healthy-eating>

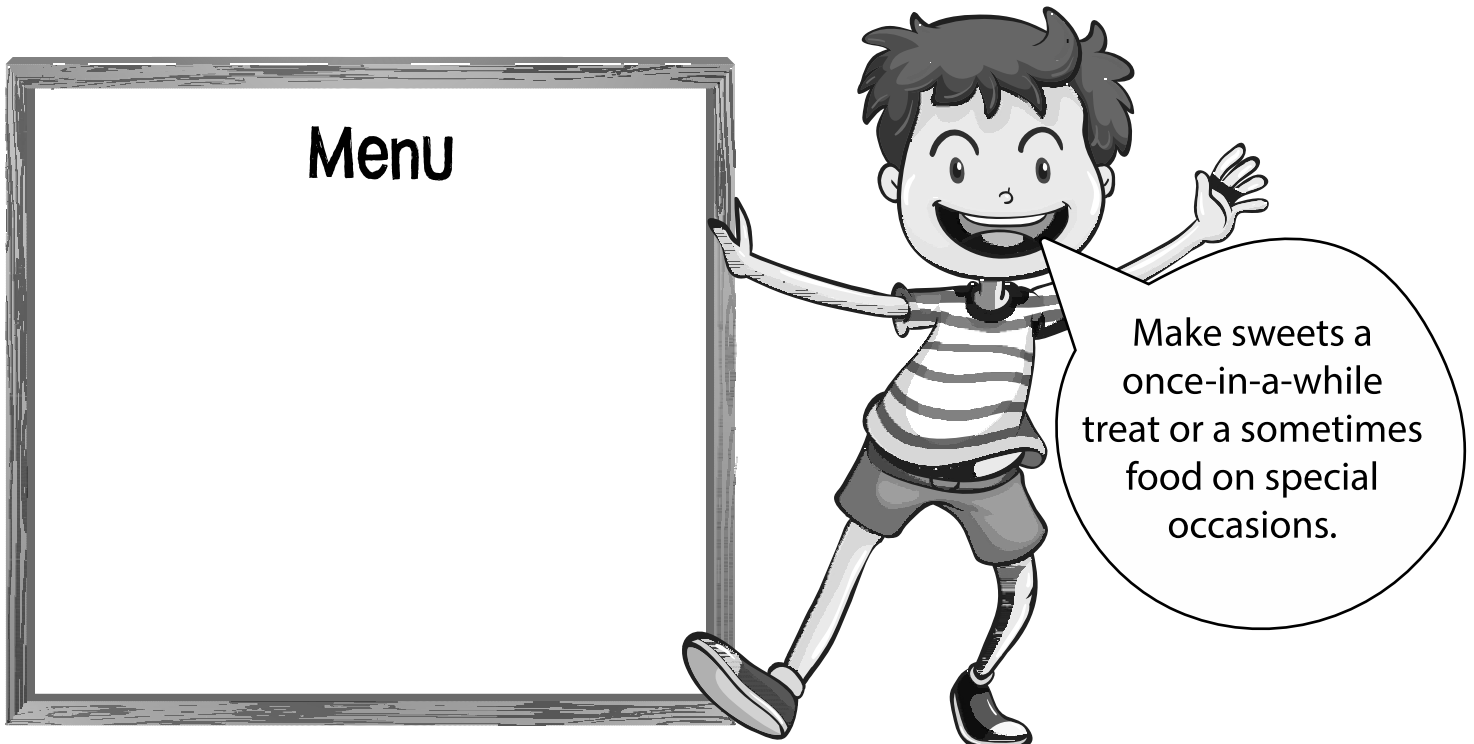
## My Restaurant

Find where you live on the map on the back cover.

Think of a favorite restaurant from your town or anywhere you have visited.

Write in what you like for breakfast, lunch or dinner inside the  
menu the boy is holding.

Try to use the foods in this booklet or other healthy, everyday foods  
that are grown, raised, caught or made in North Carolina.



# Agriculture Glossary

**agriculture:** growing crops and raising livestock;

**farming:** all about food, fiber and forests

**agritourism:** describes the act of visiting a working farm, ranch or other agricultural operation to enjoy, be educated or be involved in activities; touring a farm to learn more or just have fun

**beef cattle:** cows raised for their meat

**broiler:** a smaller, young chicken raised for their meat

**butchered:** to cut up an animal for food; a butcher is a person who specializes this

**commodities:** any or all of the foods, fiber or horticulture that are raised, grown or produced or grown on a farm or harvested from the sea for people and animals to use

**crop:** a plant that is grown by a farmer that can either be eaten, like green beans; or not eaten, like cotton or straw

**cultivate:** prepare and use crops in the best way; help students learn

**diversity or diverse:** different, varied, or assorted characteristics of something or someone

**ear:** the whole piece of sweet corn where all the kernels are still attached; also called "corn-on-the-cob"

**farmer's market:** an outdoor place where several farmers bring their agricultural products to sell

**fiber:** crops or plants not grown for food like cotton; dietary fiber is what is not digested from the foods we eat and is an important part of the plant that helps your intestines work well

**food label:** a statement on a food package describing the nutrition and other facts about that food

**hatch:** when a baby chick comes out of its shell

**healthy:** to be well in body and mind

**horticulture:** is the industry and science of plants including preparation, growth and harvest of fruits, vegetables, flowers, grass and other plants grown for food, beauty or other uses

**industry:** growing and making things to sell in an organized way

**ingredients:** a list of everything in food written on the package; or a list from a recipe that you make yourself

**lean:** beef or other types of meat to eat that has very little fat

**lifestyle:** the way you live, eat and take care of yourself

**livestock:** the word that describes the animals on a farm locally grown: made or grown at a farm near where you live; also called local food

**milked:** what happens when the farmer takes milk from a dairy cow

**minerals:** elements found in food that the body needs for growth and digestion

**nutrient:** substances in a food that is needed by your body to give you energy and stay healthy

**nutrition:** how the body uses the food to stay healthy

**nutritious:** a food that is mostly good for our bodies (opposite of 'junk food')

**orchard:** a field of fruit trees, nut trees, or sugar maples for maple syrup

**pork:** what the meat from a pig is called; also called bacon, ham, pepperoni or chops

**poultry:** chickens, turkeys and other birds raised for food; each animal is also called the same name when they are butchered and packaged as food to buy and prepare at home or in a restaurant

**produce:** to make something; fresh fruits and vegetables

**protein:** a major nutrient essential for growth and repair of body tissues and are found plentifully in meat, fish, eggs, legumes, nuts, dairy and somewhat in other plant foods like grains

**raise:** having and taking care of farm animals for food

**raw:** the natural unprocessed state of a commodity roadside stand: a small outside place that one farm or person sells agricultural products and that can be seen next to a road or highway

**seafood:** food that comes from oceans, lakes or rivers; can be wild caught or farmed in containers

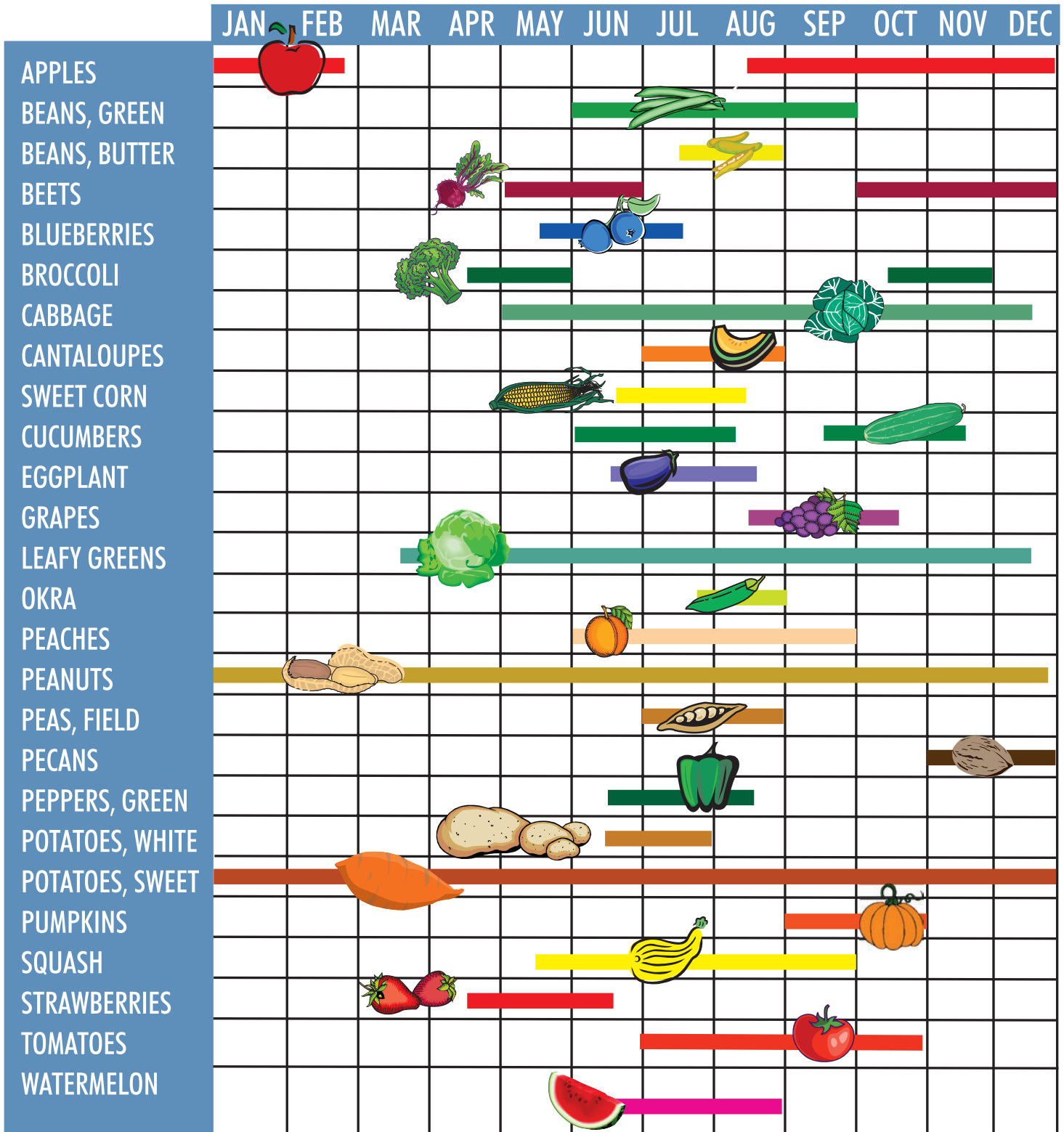
**season:** the time of year when a fruit, vegetable, or other food is plentiful and in good condition



# What's in Season?

## North Carolina Fruit and Vegetable Availability

Insist on buying locally grown food in grocery stores, restaurants, in the work place and schools, Or-buy direct from a local grower at a farmers market, pick-your-own or roadside farm market.



Visit [www.gottobenc.com](http://www.gottobenc.com) for produce, flowers, agritourism, farmers markets and other directories.

Agriculture is NC's # 1 industry. When you see the Got To Be NC logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.



Can you find what grows near where you live?  
Explore the vitality of agriculture to cultivate your mind!



Learn more about these agricultural  
commodities from the computer by visiting the  
North Carolina Department of Agriculture and  
Consumer Services web site at

**ncagr.gov**  
or

**GottobenC.com**