

Arkansas farm to YOU!

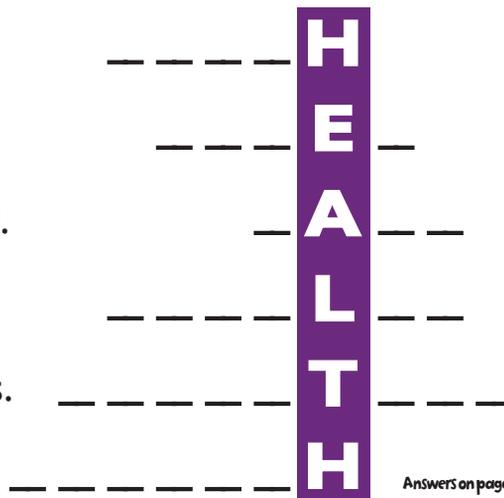
You made a lot of discoveries in a short amount of time!

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.

Use the Clues

Fill in the blanks for each of the Farm to You stations described below and help Farmer Pete spell HEALTH.

1. Stay tobacco free and brush and floss my teeth daily.
2. Milk helps these grow strong.
3. Where Farmer Dale grows your food.
4. Exercise makes me strong.
5. I'm lined with villi to absorb nutrients.
6. I digest food into nutrients



Answers on page 3

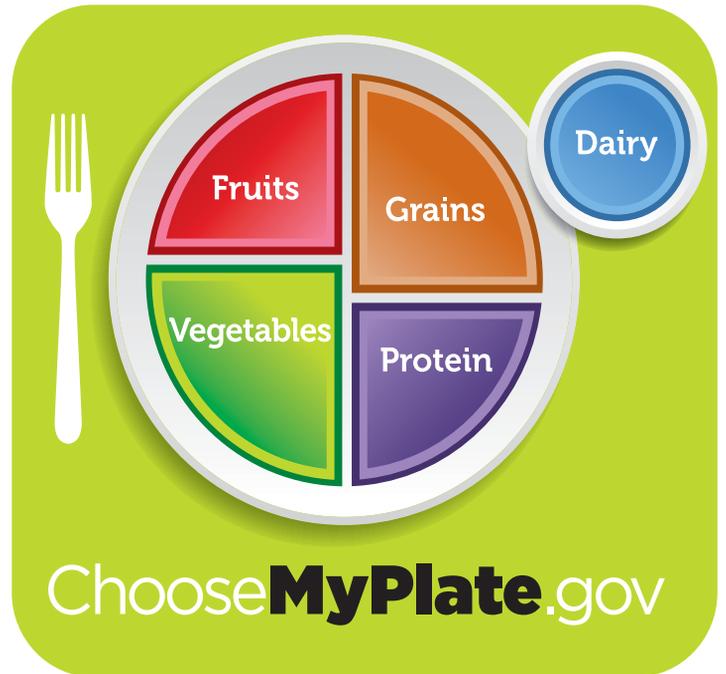


Make MyPlate Work for You

MyPlate illustrates what healthy food choices look like on a plate. It's important to think about all five food groups when filling your plate.

Remember to:

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Choose lean protein.
- Switch to fat-free or low-fat (1%) milk.



Different people need different amounts of food each day. To find the right amount for you visit

ChooseMyPlate.gov/myplate/index.aspx. Complete the Daily Food Plan form and the result will be your own personal daily food plan! Compare your recommended food plan to what you really eat. Do you need to make any changes?

My Daily Food Plan vs. What I Really Eat

Grains	_____ vs. _____
Vegetables	_____ vs. _____
Fruits	_____ vs. _____
Dairy	_____ vs. _____
Protein Foods	_____ vs. _____

Food Label Inspectors Needed

Food labels help us compare and choose foods. They state where the food came from and how much food is in the package. The ingredient list tells us everything the food is made from. The food package also has a sell-by or a use-by date. This tells us how long it is safe to eat the food. The Nutrition Facts label tells us how many nutrients are in one serving of the food.

Let's practice reading food labels. Look at this Nutrition Facts Label from a yogurt container and answer the following questions:

Nutrition Facts	
Serving Size: 1 cup (8 fl oz) (245g)	
Servings Per Container: 2	
Amount Per Serving	
Calories 230	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	1%
<i>Trans Fat</i> unknown	
Cholesterol 5mg	2%
Sodium 142mg	6%
Total Carbohydrate 47g	16%
Dietary Fiber 0g	0%
Sugars 47g	
Protein 11g	
Vitamin A 1%	Vitamin C 3%
Calcium 37%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

1. What is the serving size of the yogurt? _____
2. How many servings are in the container? _____
3. How much protein is in one serving of yogurt? _____
4. How much calcium is in one serving of yogurt?

Answers

H M O U T
 E B O N E
 A F R M
 L M U S C L E S
 T I N T E S T I N E
 H S I O M A C

1. What is the serving size of the yogurt? 1 cup
2. How many servings are in the container? 2
3. How much protein is in one serving of yogurt? 11 grams
4. How much calcium is in one serving of yogurt? 37% of my daily needs

RECIPES FOR YOU

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

Easy Pumpkin Pudding

Makes 6, 3/4-cup servings

What you will need

- 15-ounce can pumpkin
- 1/2 teaspoon pumpkin pie spice or cinamon
- 1 1/2 cups low-fat milk
- 3.5 ounce package instant vanilla pudding

Instructions

1. In a large mixing bowl, mix pumpkin and spice together.
2. Slowly stir in milk and mix well.
3. Add instant pudding and mix slowly for about one minute.
4. Refrigerate until serving time.

Optional: Serve with graham crackers or gingersnap cookies.

Pizza Quesadillas

Makes 4 quesadillas

What you will need

- 1 tablespoon margarine, softened
 - 4 10-inch flour tortillas
 - 1/2 cup pizza sauce
 - 1 cup of shredded low-fat cheese
- Optional toppings: 4 ounces pepperoni, Canadian bacon, cooked beef or chicken, and chopped vegetables such as green peppers, mushrooms, olives, onions, etc.

Instructions

1. Heat a large skillet or griddle over medium-high heat.
2. Divide the margarine among each tortilla and spread on one side. Place one tortilla in skillet, margarine-side down.
3. Spoon 2 tablespoons of pizza sauce onto half of the tortilla.
4. Sprinkle 1/4 cup of cheese over the sauce. Add optional toppings if desired.
5. Fold the clean half of the tortilla over the filling and cook one minute. Flip quesadilla and cook until cheese melts.
6. Repeat with remaining tortillas.

Nutty Fruit Pockets

Makes 1 breakfast or a snack for 2

What you will need:

- 1 banana
- 3 tablespoons peanut butter
- 1 apple
- 1 round piece whole-wheat pita bread or 2 small tortillas



Instructions

1. Peel the banana and mash in a bowl with the back of a fork.
2. Stir in peanut butter.
3. Wash the apple, then core and chop.
4. **If using pita round:** Cut the pita bread in half. Spread peanut butter mixture inside each half and fill with chopped apple. **If using tortillas:** Spread the peanut butter mixture on one side of the tortilla and sprinkle apples on top. Fold in half and enjoy.