CDPH
California Department of
PublicHealth
F2T
POWER PLAY
A FARM
2 TABLE
ADVENTURE!

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Developed by:
San Diego Unified School District's
Farm to School Program

CDPH California Department of PublicHealth

POWER PLAY

CHAMPIONS for CHANGE™

CONTENTS

Welcome	4
Glossary	5
Meet a Local Farmer	6
A Day on the Farm	8
We Grow it All	10
Eat in Season	12
Family Food Tree	14
Community Explorer	16
What's in Your Fridge?	17
Ask a Farmer	18
Traveling from F2T	20
Grow Your Own	22
My Trophies!	23

WELCOME!

Join Mateo and Isabel on a Farm to Table (F2T) adventure. With me—Bluebird—as your guide, we are going to learn how local food is grown, who's growing it, and how it's prepared and eaten.

On your F2T adventure, remember to eat healthy, be active, and have fun!

GLOSSARY

Farm to Table: The many different ways food can travel from the farm to your plate.

Farm: An area of land or water used to raise animals, fiber, fish, and plants.

Mushroom Chandelier: An upside-down planter that hangs from the ceiling, above your head, and grows mushrooms in mid-air.

Seasons: The four times of the year when weather, temperature, and sunlight changes around the world. There are four seasons in one year: summer, fall, winter, and spring.

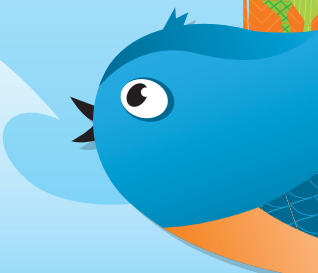
Local: The definition of local food changes based on where you live. After you finish these activities, you will be able to describe what local means to you.

Farmers' Market: A market made up of farmers that sell "just-picked" produce direct from the farm to their customers.

Community Supported Agriculture (CSA): A partnership between a farm and their customers. As part of a CSA, farms deliver freshly-picked produce at a place close to a customer's home.

MY TROPHIES!

After completing an F2T activity, go to Page 23 to collect your trophy!



MEET A LOCAL FARMER

Farmers can be old or young, women or men. They know their land. They understand the relationship of soil, water, and the sun.

Farmers grow healthy food and are an important part of our community!

Question: Can you guess what is in the ground?
Hint: They are found in coleslaw and sometimes on tacos.

ANSWER: Cabbage, carrots, and green onions

A DAY ON THE FARM

Local farms are everywhere. Some farms can be the size of 10 city blocks. Some farms can even fit on top of city buildings.

This farm sells 5 different things in the market. Can you guess what they are?

ANSWER: Pumpkin, sunflower seeds, honey from the bees, fresh cow's milk, and kale.

In the city, this farmer is growing different and unusual foods like purple carrots and green tomatoes.

This rooftop garden is small but can still grow many types of food. Circle 7 different foods being grown here.

ANSWER: Mushrooms in the mushroom chandelier, climbing peppers, green tomatoes, sunflower seeds, cucumbers, purple carrots, red and green cabbage.

WE GROW IT ALL

The regions of California have unique climates, soil types, insects, and other resources. That is why different regions of California are famous for growing different foods.

Guess which regions grow which food then draw a line from each food to the region where it grows best.

ANSWER: San Diego: *Avocados*;
San Joaquin: *Tomatoes*; Sacramento: *Watermelon*;
Monterey: *Artichokes*; Riverside: *Dates*;
Orange: *Oranges*

ORANGE

RIVERSIDE

SAN DIEGO

MONTEREY

SACRAMENTO

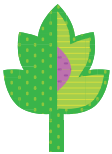
SAN JOAQUIN

DATES

ORANGES

TOMATOES

AVOCADOS



ARTICHOKES

WATERMELON

EAT IN SEASON . . . WHAT'S YOUR REASON?

Fruits and vegetables grow best during specific seasons. Have you ever eaten a tomato right off the vine in the summer time? Then you already know there are many reasons to eat in season.

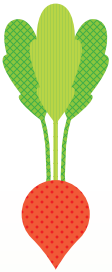
Redraw these fruits and vegetables below in the season that you think they would taste best!

STRAWBERRIES

PEAS

BROCCOLI

SWEET CORN



BEETS

WINTER SQUASH

PLUMS

AVOCADOS

GRAPES

ORANGES

PEARS

PEPPERS

ANSWER: Spring – Avocados, Strawberries, Peas; Summer – Plums, Sweet Corn, Peppers, Grapes; Fall – Pears, Winter Squash; Winter – Oranges, Broccoli, Beets

SPRING

SUMMER

WINTER

FALL

FAMILY FOOD TREE

Where we grow up says a lot about who we are and what we eat. Our families are made up of people that grew up in different communities across California, the United States, and even the world. Each one of us cooks and eats different things depending on the community we live in.

Be a food detective. Interview a family member about foods from their home town. Write the answers on the leaves.

I interviewed my

Where did you grow up and what was your region famous for growing?

What food reminds you of your hometown?

What is your favorite recipe that uses seasonal fruits or vegetables?

What is your favorite snack that uses fruits or vegetables?

COMMUNITY EXPLORER

Fruits and vegetables can be grown anywhere. Explore your community with a friend and find two places where fruits and vegetables are grown.

Look up into the trees for fruit. Scan the ground for vegetable plants. Write down any fruits or vegetables that you discover!

WHAT'S IN YOUR FRIDGE?

Write down your friend's name and fill out the answers to the questions. When you're done, ask your friend to write down his or her answers and see how many you got right.

My Friend's Name		
	MY GUESS	FRIEND'S ANSWER
Favorite food?		
Least favorite food?		
Like to cook?		
Been to a farm?		
Shop at the farmers' market?		

ASK A FARMER

California has over 650 farmers' markets. At a certified farmers' market, all of the fruits and vegetables that you see at each stand were grown by that farmer.

Next time you are at a farmers' market why not ask a farmer . . .

How do you grow your food?

How long have you been farming?

Where is your farm?

What is your **FAVORITE** thing about farming?

What is the **HARDEST** thing about farming?

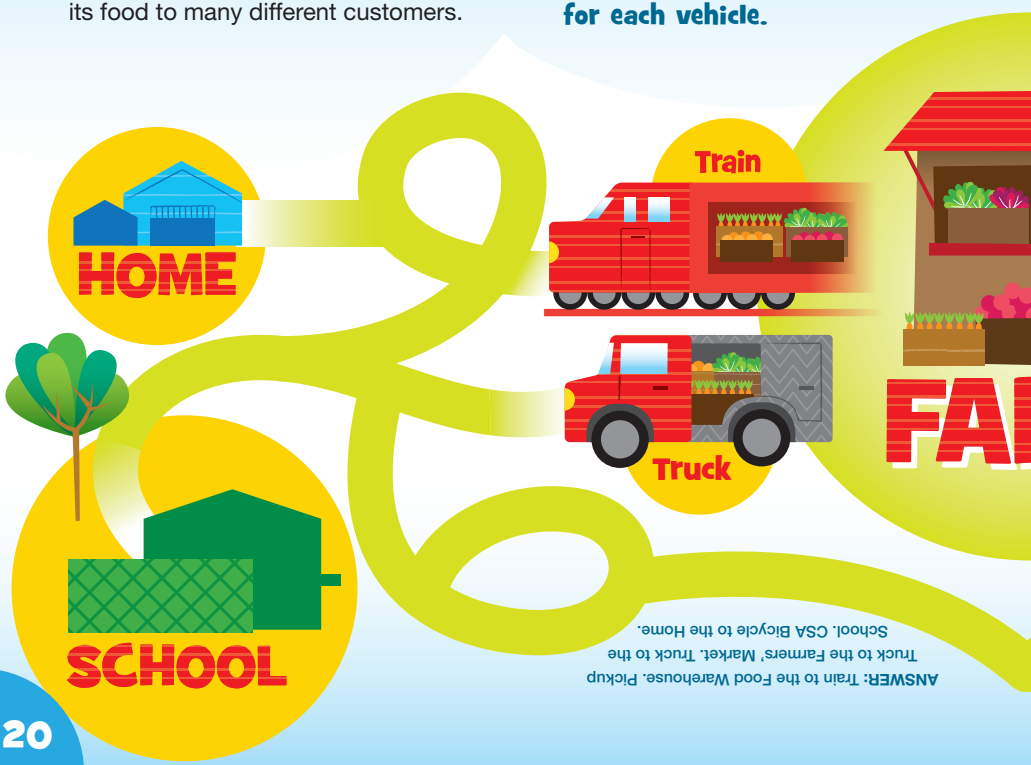
Where else can I buy your food?

Why is it important that I buy my food from you?

TRAVELING FROM F2T

Food travels from Farm to Table in many different ways. One farm can sell its food to many different customers.

Can you guess which vehicle serves which customer? Draw a pathway from the vehicle to the food customer. Use a different colored pen for each vehicle.



ANSWER: Train to the Food Warehouse. Pickup Truck to the Farmers' Market. Truck to the School. CSA Bicycle to the Home.

FARMERS'
MARKET
Pickup
Truck
CSA
Bike
FOOD WAREHOUSE

GROW YOUR OWN

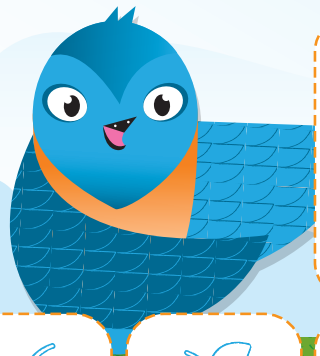
Now that you have met some local farmers and visited their farms, you get to design your own farm.

If you were a local farmer what foods would you grow and how? Name and draw your farm below.

MY TROPHIES!

When you complete an activity in this book you become an F2T Champion! Congratulate yourself with a trophy as your prize.

Color in and cut out the trophy for the activity that you have completed. Glue it on the activity page to show it's done!



MEET A LOCAL FARMER CHAMPION

A DAY ON THE FARM CHAMPION

WE GROW IT ALL CHAMPION

EAT IN SEASON CHAMPION

FAMILY FOOD TREE CHAMPION

COMMUNITY EXPLORER CHAMPION

WHAT'S IN YOUR FRIDGE CHAMPION

ASK A FARMER CHAMPION

TRAVELING FROM F2T CHAMPION

GROW YOUR OWN CHAMPION

#300004/Ver. 07/15