

# Root Vegetables



Have you ever wondered what grows under the ground? Let's dig in and discover the tasty secrets of root vegetables! These crunchy, colorful foods like carrots, potatoes, beets and radishes grow beneath the soil, soaking up nutrients to help children grow big, strong and healthy.



## Learn It

Root vegetables grow underground and absorb nutrients from the soil. They are rich in vitamins and minerals, such as vitamin A, vitamin C, potassium and fiber, which help support healthy eyes, digestion and strong bodies.



## Encourage It Parent Tip

Let children help wash or peel root vegetables with supervision before cooking. Hands-on participation can make them more excited to try new foods!



## Eat It Snack Pairings

- » Baked sweet potato sticks and yogurt dip
- » Beet hummus and apple slices
- » Jicama and watermelon salad



## Find It

Search for one locally-sourced root vegetable available through local vendors, grocery stores, farmers markets or a Farm to CACFP partner to add to your menu.



## Read It *Goodnight, Veggies/ Buenas Noches, Vegetales* by Diana Murray

A cozy bilingual bedtime story where cheerful garden vegetables wind down for the night, helping children learn about veggies through playful rhymes and soothing routines.



## Play It Pass the Potato

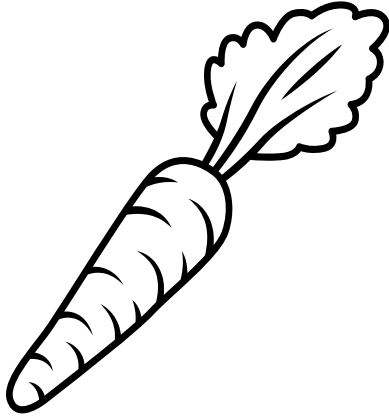
Have the children stand in a circle. Pass around a plush potato toy while music plays. When the music stops, the child holding it names a root vegetable or makes a "fun veggie pose."



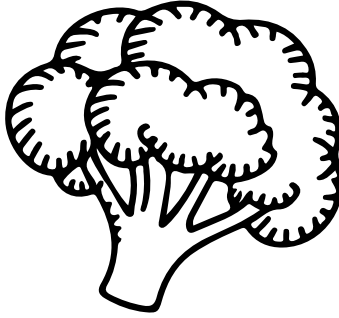
Name \_\_\_\_\_

# Color by Root

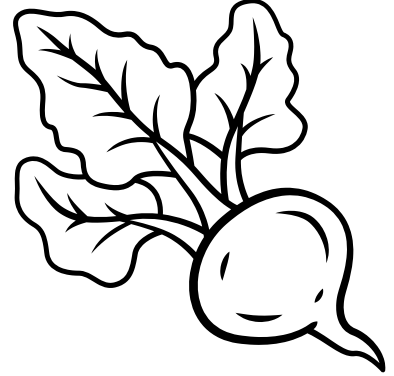
Circle and color in each vegetable that grows UNDER the ground.



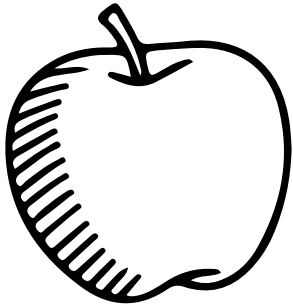
Carrot



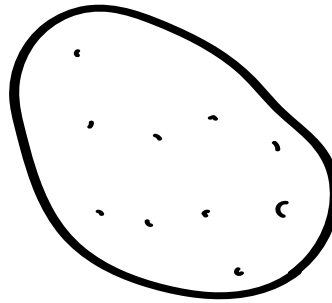
Broccoli



Beet



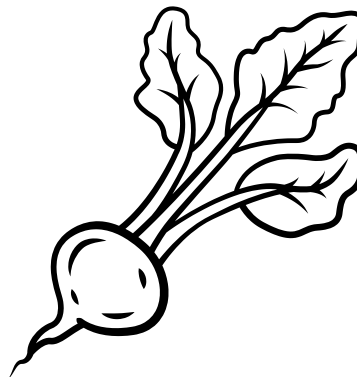
Apple



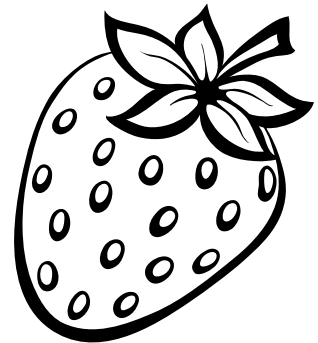
Potato



Corn



Radish



Strawberry

# Fruits



Fruits add natural sweetness and a burst of nutrition to CACFP meals. Get started with Farm to CACFP by serving fresh, local favorites like berries, apples or melons. Sourcing fruits locally supports farmers and helps kids enjoy the taste of the season.



## Learn It

Fruits come in many colors, and each color gives children nutrients that help their bodies grow strong and stay healthy. For example, orange fruits help their eyes, red fruits support their heart and white or brown fruits help build strong bones!



## Eat It

### Snack Pairings

- » Apple slices and seed butter
- » Strawberries and graham crackers
- » Baked peaches with loose granola



## Read It

### *Go Go, Grapes* by April Pulley Sayre

Celebrate the variety of fruits with this book that makes healthy eating irresistibly fun for young readers.



## Encourage It

### Parent Tip

Use your local grocery ad or app and go through it with your child to see what fruits are on sale and learn what they like!



## Find It

Look up your local seasonal produce chart and see what is growing in your area. Plan your menu to include these seasonal fruits.



## Play It

### Blueberry, Blueberry, Peach!

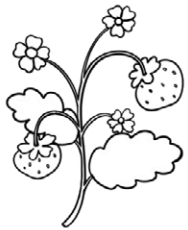
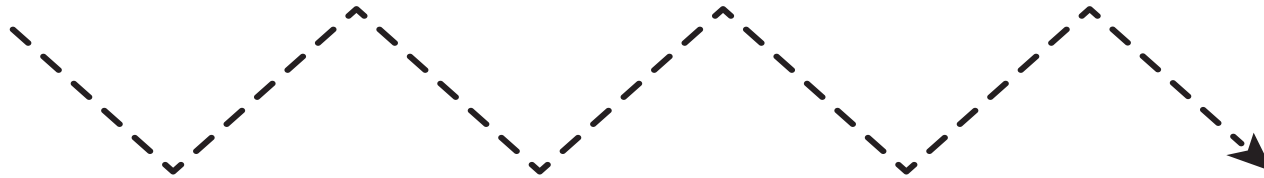
Try this twist on Duck, Duck, Goose! Have children sit in a circle. One child is "it" and walks around the circle, touching each child on the shoulder and saying "blueberry." They will choose one child and say "peach" and start running around the circle as the "peach" tries to tag them before they can sit in the open spot. The "peach" then becomes "it." If the "it" child gets tagged, they sit in the middle until someone takes their place.



Name \_\_\_\_\_

# Fruit Harvest

Help harvest the fruit by tracing the path from where it grows to its basket.



# Vegetables



Vegetables are a colorful and creditable way to get started with Farm to CACFP! Packed with vitamins, minerals and fiber, locally grown veggies help support healthy development in children. Whether they're from your garden, a farmers market, or a CSA box, serving seasonal vegetables connects kids to where their food comes from.



## Learn It

Vegetables are like superhero foods! When children eat carrots, broccoli or peas, it helps their body stay healthy and full of energy. Vegetables help their gut stay healthy and the nutrients keep them from getting sick.



## Eat It

### Snack Pairings

- » Cucumber sticks and cottage cheese
- » Baby carrots and whole grain crackers
- » Cherry tomatoes and mozzarella pearls



## Read It

### *Up, Down, and Around* by Katherine Ayres

Explore the wonder of gardens and nature by reading this playful, rhyming picture book about how different vegetables grow.



## Encourage It

### Parent Tip

Many children go through a phase of picky eating. It can take many tries before they like a new food. Offer vegetables often and role model by eating the same vegetable with them.



## Find It

Visit your local farmers market and see what is in season. Talk to the farmer to find out next season's vegetables to help you menu plan.



## Play It

### Veggie Village Market Day

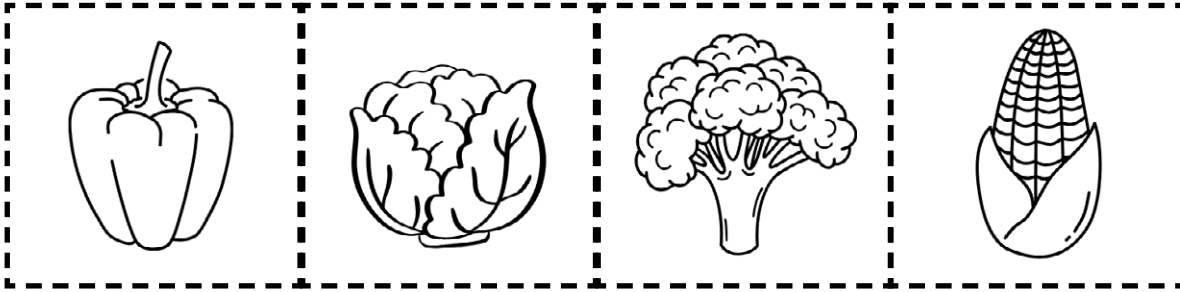
Have children create their own make believe farmers market using tables, baskets, food toys, tote bags, etc. Some children will sell local foods, while other children will be buying them. What ingredients can children buy at the market and what can they make with it?























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# What Comes Next? Root Out the Pattern

Look at the order of the food below and figure out the pattern by identifying what comes next. Instruct children to cut and glue the vegetable that comes next in the pattern.



					_____
					_____
					_____
					_____

# Grains



Grains give CACFP meals the energy boost kids need to learn and grow. Through Farm to CACFP, you can highlight local options like whole grain bread, rice or corn products made nearby. Choosing locally sourced grains supports farmers and introduces children to the roots of their favorite foods.



## Learn It

Grains grow in fields harvested by farmers and then are made into foods like bread, pasta, noodles and cereal. Grains give children's bodies the energy they need to run, jump and play!



## Encourage It Parent Tip

Whole grains provide fiber for a healthy gut. Start by adding whole grains like whole wheat bread or pasta, brown rice or oatmeal to your family meals at least once per week.



## Read It

*Who Made My Lunch? From Wheat to Bread* by Bridget Heos

Follow the journey of wheat from farm to factory to table, introducing the people and processes behind making bread.



## Eat It Snack Pairings

- » Pasta salad and diced chicken
- » Bagel and scrambled egg
- » Brown rice cake and seed butter



## Find It

Check your local grocery store shelves to see if there are grain items that are made locally by looking on the label to see where it is made.



## Play It Baker's Oven

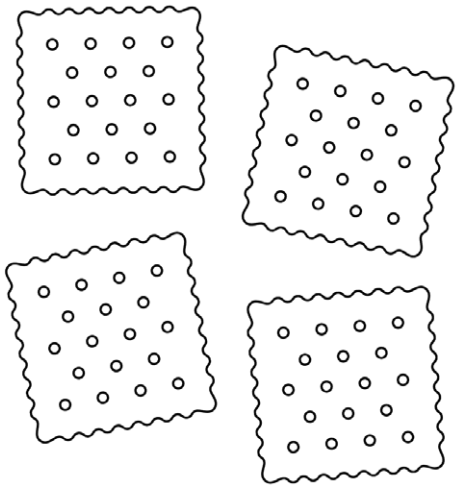
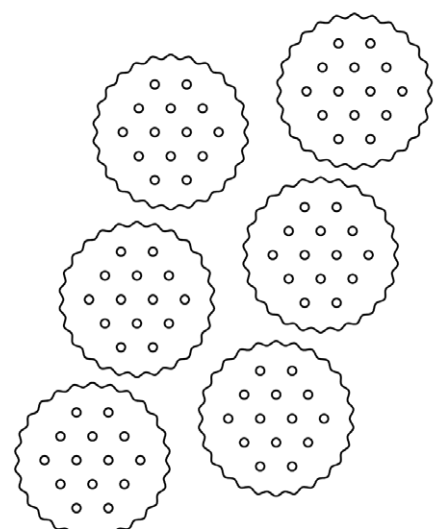
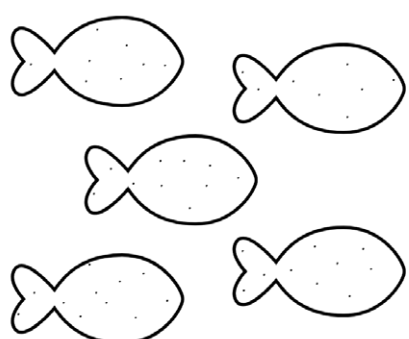
Create a sensory bin. Fill a bin halfway with sand. Provide cups filled with water. Instruct children to make "bread" of various shapes and sizes. By adding water to the sand, the sand takes shape, just like when water is added to flour while making bread. Children can "bake" their loaves of bread, cut it up and even sprinkle it with other "ingredients."


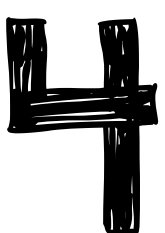



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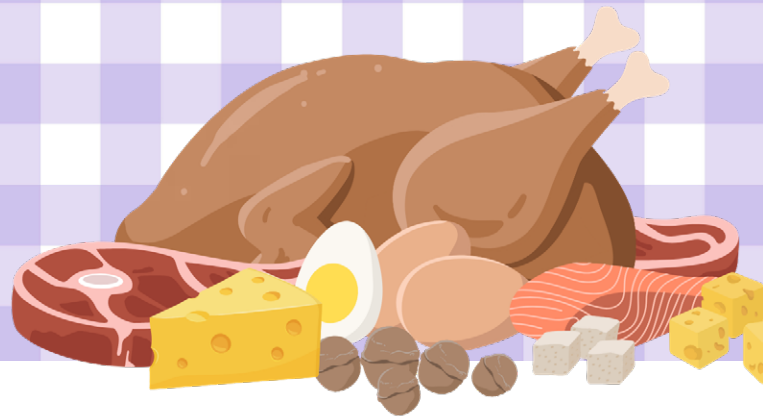
# Counting Crackers

Count the number of square, round and fish-shaped crackers. Cut the number from the bottom of the page and paste it under the cracker shape.

		
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# Meats/Meat Alternates



Meats and meat alternates help power up CACFP meals through Farm to CACFP! From farm-fresh eggs and poultry to locally-grown beans, nuts and seeds, these foods provide essential protein for growing bodies. Highlighting local sources supports your community and teaches children about the variety of foods that help keep them strong and healthy.



## Learn It

Protein foods help children build strong muscles and stay active. Protein comes from animals like chicken, beef, fish and eggs, as well as from plants like beans, peas, tofu and lentils.



## Read It

*How Did That Get in My Lunchbox?: The Story of Food* by Chris Butterworth

Take children on an imaginative trip to learn about everyday foods, where they come from and how they end up in a child's lunchbox.



## Encourage It

### Parent Tip

Children love dips! Try one of these protein-rich pairings: yogurt dip with fruit or hummus with carrot sticks.



## Eat It

### Snack Pairings

- » Yogurt and raspberries
- » Bean dip and pita bread
- » Ham cubes and orange slices



## Find It

Understand the inspection requirements for meat, poultry, fish and egg products when purchasing local meats/meat alternates. Consult your State agency or sponsoring organization for guidance.



## Play It

### Grow Strong Frog Hop

Cut out paper circles and lay them out on the floor. These will be lily pads. Each circle will have a picture of a protein or other non-protein food. Have children hop like frogs onto each lily pad. Instruct them to yell "protein strong" if it is a protein food and "not protein" if the image is from another food group. Children keep hopping to each green circle until they have hopped to all the lily pads.

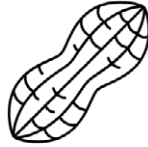
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# Protein Power Match

Have children learn about foods that contain protein by matching the food to the animal or plant it comes from. Cut the cards from the activity page to start learning where the foods comes from.



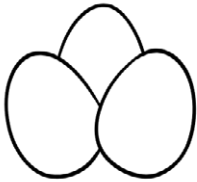
**Cheese**



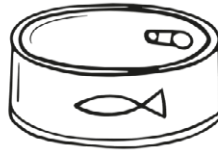
**Peanut**



**Beans**



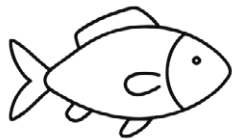
**Eggs**



**Canned Fish**



**Peanut Butter**



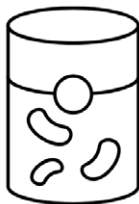
**Fish**



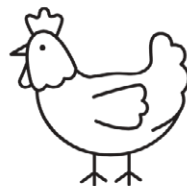
**Soy Beans**



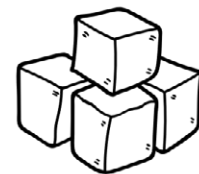
**Cow**



**Canned Beans**

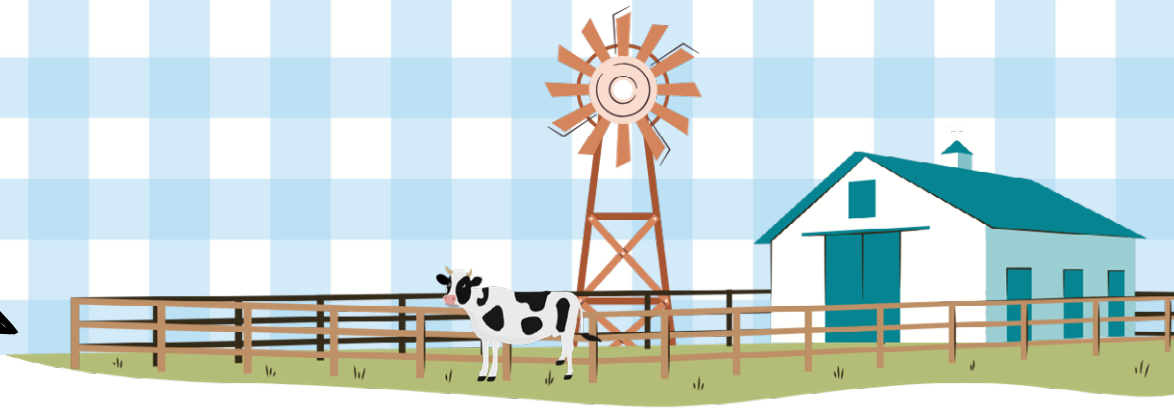


**Chicken**



**Tofu**

# Milk



From the farm to the table, milk supports healthy growth and development in children. Milk is required to be served at breakfast, lunch and supper in the CACFP and is a great example of a local food! Get started with Farm to CACFP by highlighting where your milk comes from—whether it’s a nearby dairy farm or local co-op!



## Learn It

Milk comes from mother cows, also known as dairy cows. Farmers collect the milk and heat it to kill germs through a process known as pasteurization. This makes milk safe to drink. Milk provides protein, calcium, vitamin A and vitamin D, which are important for bone health.



## Eat It Snack Pairings

- » Milk and pumpkin bread
- » Milk and pear slices
- » Milk and whole grain toast



## Read It

*Cows Can Moo! Can You? All About Farms* by Bonnie Worth

Take a trip to Greenbean family farm to learn about farm animals, tractors, harvesting local foods and so much more!



## Encourage It Parent Tip

Encourage children to drink more milk by having them pour the milk into special cups or use fun straws only for milk.



## Find It

Find a local dairy farmer to purchase milk. Make sure it is pasteurized.



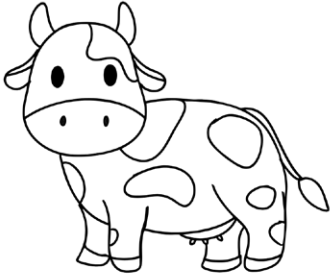
## Play It “Moo”sic Freeze

Instruct the children to get on their hands and knees and pretend to be cows in the pasture. While the music is playing, have them move around the room like cows by crawling, mooing, or pretending to munch grass. Once the music stops, they must freeze in place. If a child is caught moving after the music stops, the “farmer” (you or a helper) guides them back to the barn (a designated spot) for a pretend nap.

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# Moo-ve Along the Dots!

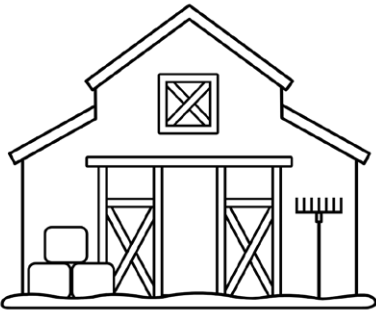
Trace the dotted letters with a pencil, crayon or marker to spell the words below.



COW



MILK



BARN



FARMER