



# Florida Agriculture: Growing Up Healthy with Food from Florida Answer Key

## Nutrition Facts

### Discovering the Food Label

How many servings are in this package? 2

How many packages would you need to serve a family of eight? 4

How many grams of protein are in one serving? 5g

What percentage of calcium is in one serving? 20%

Is the macaroni and cheese a high source of calcium? Yes

Macaroni and cheese is a combination food because it contains foods from more than one food group. What food groups does it contain? Dairy and Grains

**CONNECT THE NUTRIENT**

Review the chart to the right. Draw a line from the foods shown below to the function(s) of the nutrients they provide.















|         |   |              |
|---------|---|--------------|
| Milk    | Keeps eyes and skin healthy                                 | Peanut Oil   |
| Pumpkin | Helps red blood cells carry oxygen to all parts of the body | Meat         |
| Eggs    | Builds strong bones and teeth                               | Citrus fruit |
|         | Helps with growth and repair of body tissues                |              |
|         | Is a source of energy and protects internal organs          |              |
|         | Provides energy to live, grow and reproduce                 |              |

## Florida Vegetables

If Florida produces 80% of the fresh vegetables eaten during January through March each year, what percent did the other states combined produce? 20%

According to the chart below, which vegetable was grown on the largest amount of land in Florida? Sweet Corn

**WHO AM I?** Match the statement with the correct fruit or vegetable on the right by writing the corresponding numbers in the boxes on the left.

|   |  |   |   |
|---|--|---|---|
| 5 | I provide fiber, vitamin A and potassium. I can be prepared in a 'snap'. <b>Snap Bean</b>                          |     |    |
| 3 | I am a good source of potassium, and can be eaten raw in salads or pickled. <b>Cucumber</b>                        |    |    |
| 2 | I am an excellent source of vitamin C and am available in red, green and yellow colors. <b>Bell Pepper</b>         |   |  |
| 4 | I provide vitamin C and potassium and can be baked, fried or mashed. <b>Potato</b>                                 |  |   |
| 6 | I am a source of fiber and carbohydrates, and when I get hot, I pop. <b>Corn</b>                                   |  |   |
| 7 | I am high in fiber and vitamin A, a type of winter squash, and popular around Halloween. <b>Pumpkin</b>            |   |     |
| 1 | I am a good source of vitamins A and C and am available in round, field, grape and cherry varieties. <b>Tomato</b> |     |   |

## Florida Fruits

What do you think?

Compare the first ingredients listed on each food label. Which one contains 100 percent fresh orange juice? Orange Juice

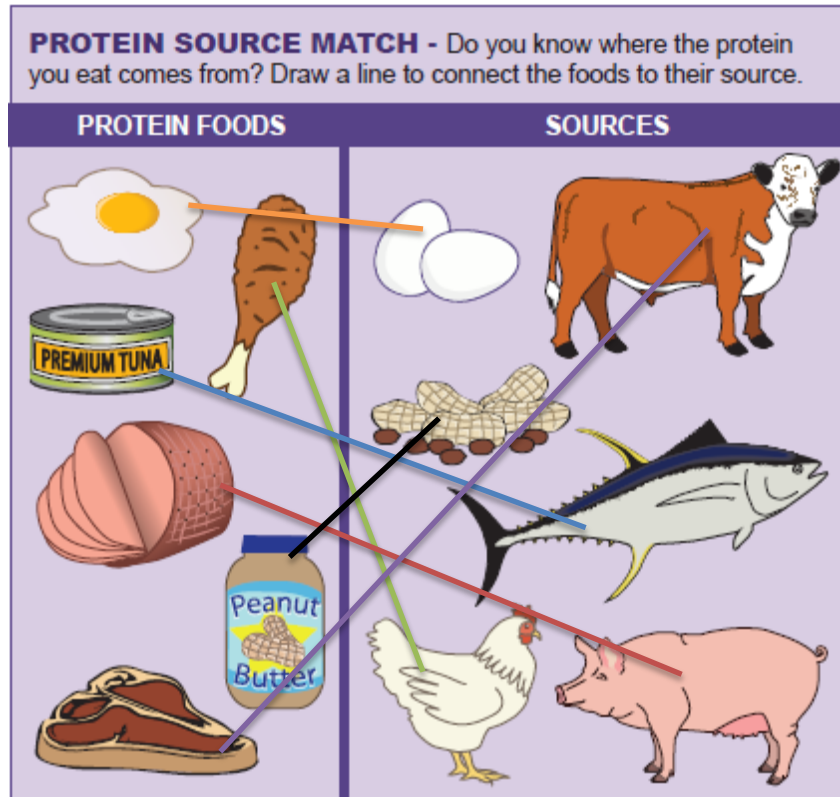
Which food label has the most vitamins and minerals? Orange Juice

Which one is the healthier choice? Why? The healthier choice would be 100% pure orange juice. Pure orange juice is a natural product providing a number of vitamins and minerals not found in fruit drinks. 100% pure orange juice contains no added sugars (such as high fructose corn syrup) and no artificial colors or flavors. Because it is a 100% juice, 100% pure orange juice counts as a fruit serving to help meet fruit intake recommendations.

How many berries?

How many  $\frac{1}{4}$  cups do you need? 6

### Florida Protein



Egg – Egg (orange)

Drumstick – Chicken (green)

Canned Tuna – Tuna (blue)

Ham – Pig (red)

Peanut Butter – Peanuts (black)

Steak – Cattle (purple)

### Florida Dairy

#### “Cow” Culations

Mary’s dairy farm has 10 cows. How many gallons of milk does Mary’s farm produce in a day?  
60 to 80 gallons

This equals about how many squirts of the cows’ teats? 20,700 to 27,600 squirts

## Milk Math

How much calcium did Joe have for the day? **1,385mg**

Did he meet his daily calcium needs? **Yes**

\* Answer provided by:

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Answer Key Provided by:

UF/IFAS Extension Marion County

Foundation for the Gator Nation  
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2013



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