



FLORIDA AGRICULTURE:

Growing Up Healthy with Food from Florida

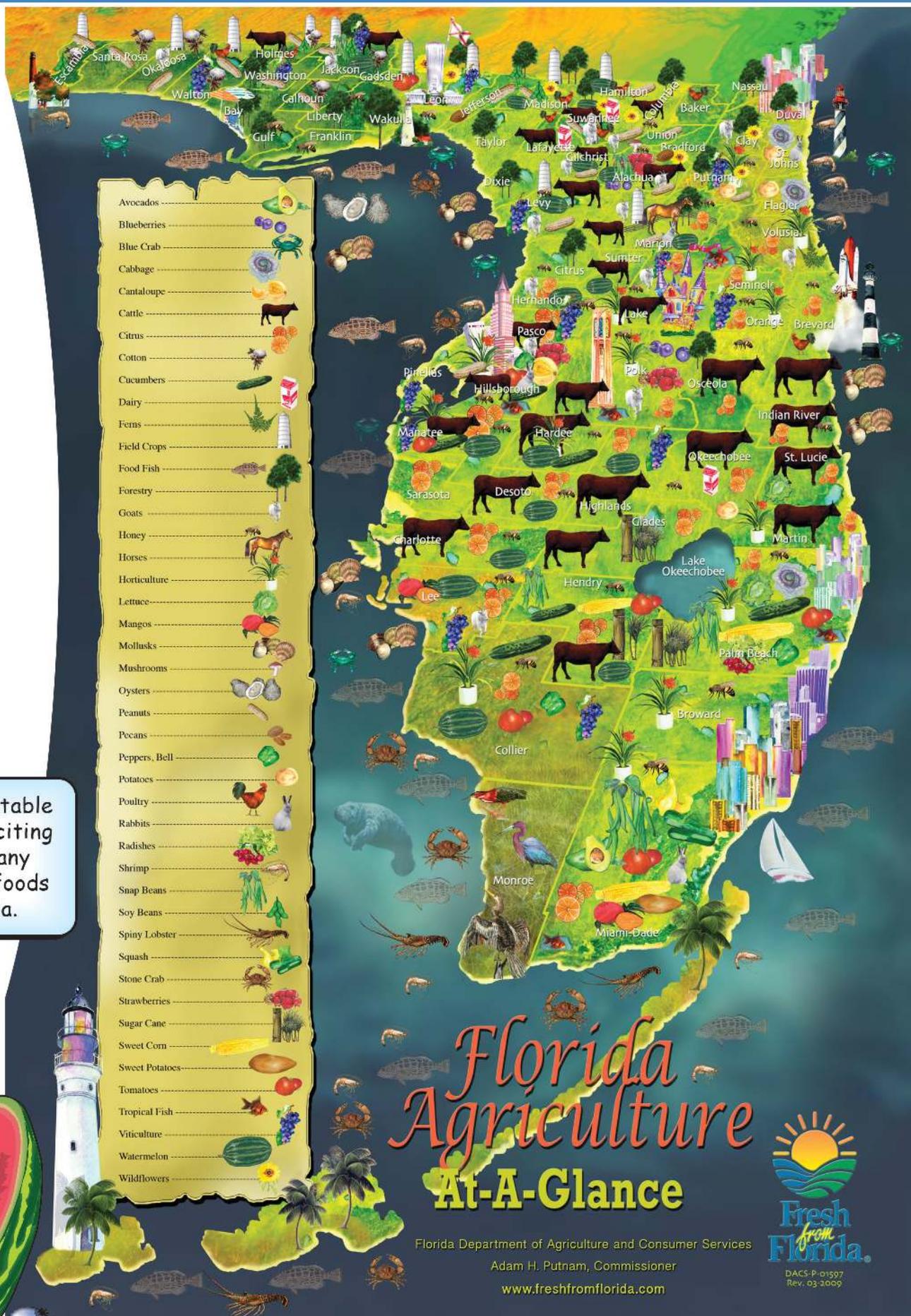
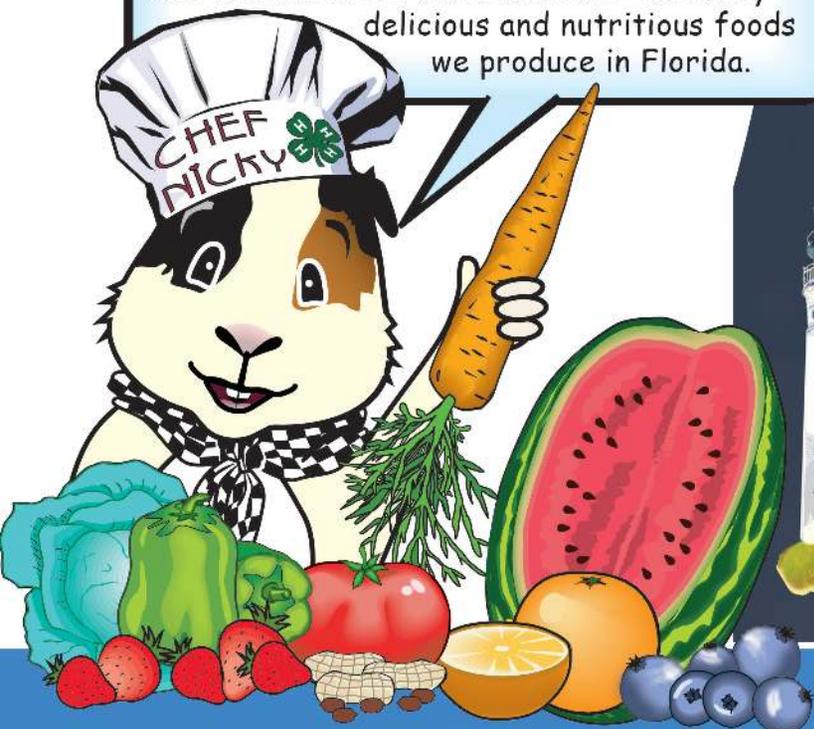
Fun, informational activity guide for kids based on USDA MyPlate guidelines.

MyPlate is an easy guide to help create healthy meals. It shows how to make your own plate by choosing healthful foods from the five food groups.

Each of the five sections of MyPlate represents a different food group. The sections are different sizes to show how much of each food group should be on your plate. For instance, vegetables should take up more space on your plate than protein, and half your plate should be filled with fruits and vegetables.

Foods on MyPlate are grouped together by similar nutrients. For example, foods in the dairy group are excellent sources of protein, calcium, potassium, and vitamin D. It is important to eat a variety of foods from each food group every day to get all the nutrients you need to grow strong and healthy.

Hi! I'm Chef Nicky, the fruit and vegetable loving guinea pig. Join me on an exciting nutrition adventure and discover the many delicious and nutritious foods we produce in Florida.



Florida Agriculture At-A-Glance

Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner
www.freshfromflorida.com



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NUTRITION FACTS



Did you know there are over 50 different nutrients you need every day to stay healthy?

NUTRIENTS FROM FLORIDA-GROWN FOODS

Nutrition is the study of how food provides energy and special substances called nutrients that help you grow properly, stay active and healthy. There are six nutrient classes found in food: protein, fat, carbohydrate, vitamins, minerals and water. You need all of these nutrients every day to stay healthy. Foods containing many nutrients and low amounts of fat and added sugars are called nutritious or healthy. You can find nutritious foods in all the food groups. Fat-free or low-fat dairy, lean meat, poultry, seafood, eggs, legumes, vegetables, fruits and whole grains can be nutritious choices when prepared in healthy ways.

DISCOVERING THE FOOD LABEL

All food packages have a *Nutrition Facts* label showing the amount of nutrients in one serving. Answer the questions below from the sample label for macaroni and cheese.

- How many servings are in this package? _____
- How many packages would you need to serve a family of eight? _____
- How many grams of protein are in one serving? _____
- What percentage of calcium is in one serving? _____
- Is the macaroni and cheese a high source of calcium? _____
- Macaroni and cheese is a combination food because it contains foods from more than one food group. What food groups does it contain? _____

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.

	Keeps eyes and skin healthy	
	Helps red blood cells carry oxygen to all parts of the body	
	Builds strong bones and teeth	
	Helps with growth and repair of body tissues	
	Is a source of energy and protects internal organs	
	Provides energy to live, grow and reproduce	

SAMPLE LABEL FOR MACARONI & CHEESE

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 12g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 Start Here →

2 Check Fuel →

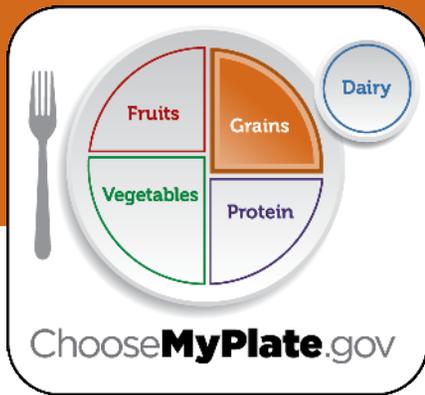
3 Limit these →

4 Get enough of these →

5 Footnote →

6 Quick Guide to Daily Value (DV) Percent (%) → helps to determine if a serving of food is high or low in a nutrient. 5%DV or less is a low source, 20%DV or more is a high source of the nutrient.

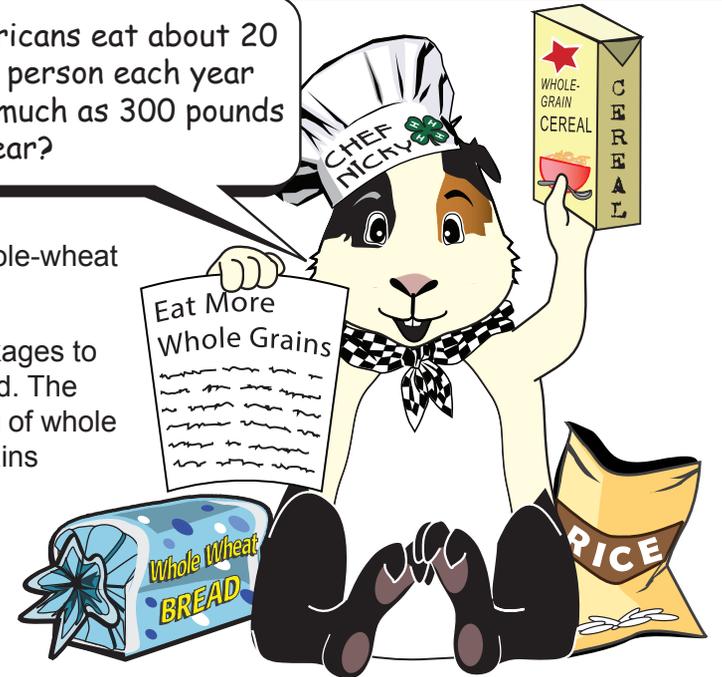
NUTRIENT	WHAT IT DOES	FLORIDA FOODS
Carbohydrates	Main source of fuel or energy	Breads, milk, rice, cereal, fruits including citrus and blueberries, and vegetables including potatoes and corn
Fats	Regulates body temperature, protects internal organs, helps use vitamins A, D, E, and K, and is a source of energy	Butter, margarine, peanut and soybean oils, and avocados
Proteins	Building blocks necessary for growth and healing	Beef, poultry, pork, fish, peanuts, soybeans, and milk products
Calcium	Builds strong bones and teeth	Milk and other dairy foods like yogurt and cheese, and dark green vegetables like broccoli
Iron	Helps red blood cells carry oxygen to all parts of the body	Red meat, poultry, soybeans, enriched rice, and green leafy vegetables like collard greens and spinach
Vitamin A	Keeps eyes and skin healthy and is necessary for growth	Milk, eggs, dark-colored orange and green vegetables like carrots, pumpkin, broccoli, and fruits like cantaloupe, watermelon and blueberries
Vitamin C	Builds healthy bones, teeth, gums, blood vessels, and growth and repair of tissues	Citrus, blueberries, strawberries, bell peppers, tomatoes, broccoli, and spinach
Phosphorus	Provides energy to live, grow and reproduce, helps make bones and teeth strong	Peanuts, milk, wheat bread, and sweet corn



FLORIDA GRAINS & PHYSICAL ACTIVITY

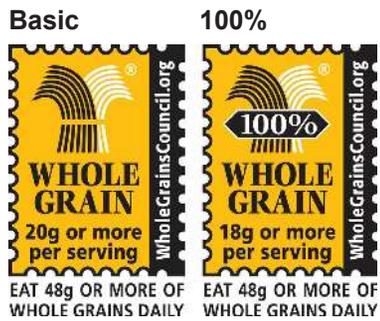
One serving = 1 slice bread = 1 cup ready-to-eat cereal = 3 cups popped popcorn = ½ cup cooked pasta, rice, oatmeal

Did you know Americans eat about 20 pounds of rice per person each year and Asians eat as much as 300 pounds per person each year?



GRAINS

Make at least half your grains whole grains. Some examples of whole grains include whole-wheat bread, oatmeal, whole wheat pasta, brown rice and popcorn.



There are two different stamps that are printed on food packages to show the amount of whole grains in each serving of that food. The Basic Stamp means the food contains at least a half serving of whole grains. The 100% Stamp means all the grains are whole grains and the food must have at least 16 grams of whole grain.

North Florida grows more than 360,000 bushels of wheat in the spring.

Enriched rice is a good source of B-vitamins like thiamin, riboflavin and niacin. These vitamins help body cells make energy. Rice also is a good source of iron, which helps carry oxygen in the blood to body cells. **In 2012, South Florida produced at least 35,860 tons of rice.** Now, if you put these Florida rice bags end-to-end on the ground, they would stretch 1,679 miles, from New York City to Denver.

PHYSICAL ACTIVITY

Being physically active every day for at least 60 minutes will help you stay healthy and grow properly. There are several ways to be active including walking, biking, jump roping, and swimming just to name a few. Why not take a trip with your family to one of Florida's many public parks for some fun outdoors activities? *Below is a map highlighting just a few of Florida's parks.*

ACTIVITY/HEART RATE JOURNAL

Your heart pumps blood throughout your body. It works harder when you are physically active. Your heart rate or pulse is a measurement of how fast your heart is beating. Your heart rate is slower when you are inactive (resting) and faster when you are active.

Measure your heart rate by gently placing two fingers on your neck under your ear and jawbone to find your pulse. Count the number of times your heart beats in 15 seconds. Multiply this number by 4. Write your resting heart rate per minute here: _____

Do the following activities for 20 seconds each: 1) march around the room, 2) jumping jacks, 3) dance. After each activity, measure your heart rate and record below. Let your heart return to its resting rate before you start the next activity.

Heart Rate: 1) _____ 2) _____ 3) _____

When was your heart rate the fastest? _____
Why? _____

FLORIDA STATE PARK MAP KEY

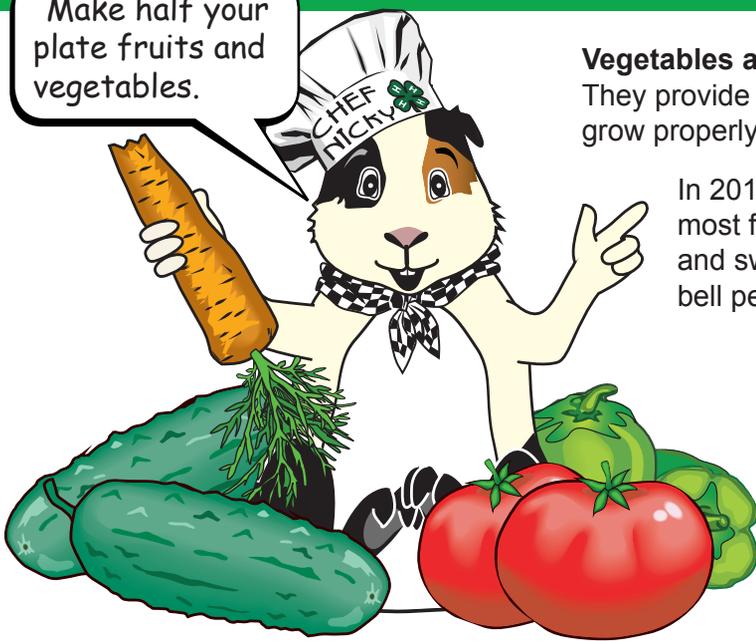
For more information on Florida's state parks, go to www.floridastateparks.org



FLORIDA VEGETABLES

One serving = ½ cup raw or cooked vegetables = 1 cup raw leafy greens

Make half your plate fruits and vegetables.



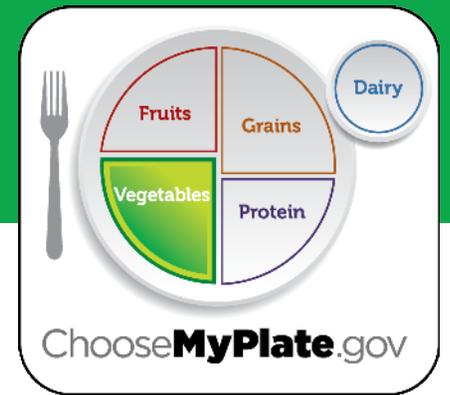
Vegetables are an important part of your daily diet.

They provide vitamins, minerals, fiber, water and energy for you to grow properly.

In 2012, Florida had 47,500 commercial farms producing the most fresh market squash, tomatoes, cucumbers, snap beans, and sweet corn in the United States. Florida is ranked second nationally in production of bell peppers.

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

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



VEGETABLE PRODUCTION IN FLORIDA 2012

Vegetable	# of Acres	Vegetable	# of Acres
Snap Beans	46,000	Cabbage	9,900
Sweet Corn	49,000	Cucumbers	11,200
Bell Peppers	18,800	Squash	10,000
Tomatoes	30,000	Potatoes	36,400

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.

- I provide fiber, vitamin A and potassium. I can be prepared in a 'snap'.
- I am a good source of potassium, and can be eaten raw in salads or pickled.
- I am an excellent source of vitamin C and am available in red, green and yellow colors.
- I provide vitamin C and potassium and can be baked, fried or mashed.
- I am a source of fiber and carbohydrates, and when I get hot, I pop.
- I am high in fiber and vitamin A, a type of winter squash, and popular around Halloween.
- I am a good source of vitamins A and C and am available in round, field, grape and cherry varieties.



FLORIDA SWEET POTATOES O'BRIEN - A twist on the classic Potatoes O'Brien

Ingredients:

- 2 small sweet potatoes, cut into ½ inch cubes
- 2 tablespoons olive oil
- 1 large sweet onion, cut medium dice
- 1 large red bell pepper, cut medium dice
- 1 large green bell pepper, cut medium dice
- salt and pepper to taste

Directions:

Heat a sauté pan to medium heat; add the olive oil and sweet potatoes. Sauté the potatoes until they start to brown (about 10-15 minutes); add the onions and peppers and sauté for another 3-6 minutes. Season with salt and pepper and enjoy! Makes 4 servings.



CARBOHYDRATES

Florida produces many foods rich in carbohydrates. Some of these foods are fruits, vegetables, grains, legumes, and milk.

Did you know that carbohydrates:

- are the number one source of energy for your body
- provide fiber for healthy digestion

TESTING FOR VITAMIN C

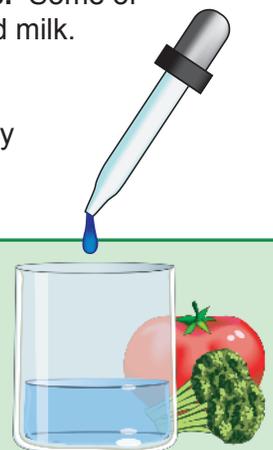
Here's a simple test to determine which vegetables contain higher levels of vitamin C.

Materials:

- 3 Vegetables
- Dropper
- Colander
- Pot
- Measuring Cup
- Cornstarch
- Teaspoon
- Water
- 5 (8 oz.) Glasses
- Tablespoon
- Microwave
- Gloves
- Juicer or Blender
- Iodine

Directions: Juice and strain vegetables. Mix 1 tbsp. of cornstarch with 1 cup of water. Put the mixture into the microwave for 3 min. or until it boils and stir. In a separate glass, add 1/2 tsp. of starch mixture to 5 tsp. of water. Using the dropper, add iodine slowly, until it reaches a dark blue color to make your testing solution. Take 1 tbsp. of your testing solution and put it in a clean glass. Put 10 drops of vegetable juice into the solution and wait to see the color change.

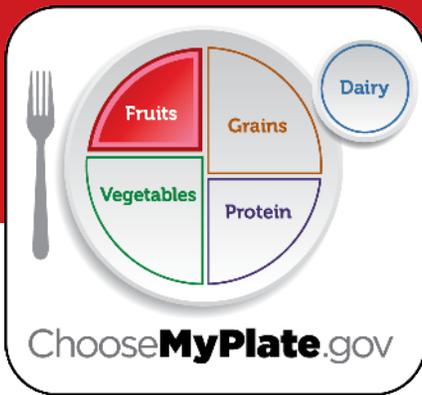
Observations: The lighter the liquid the higher the amount of vitamin C.



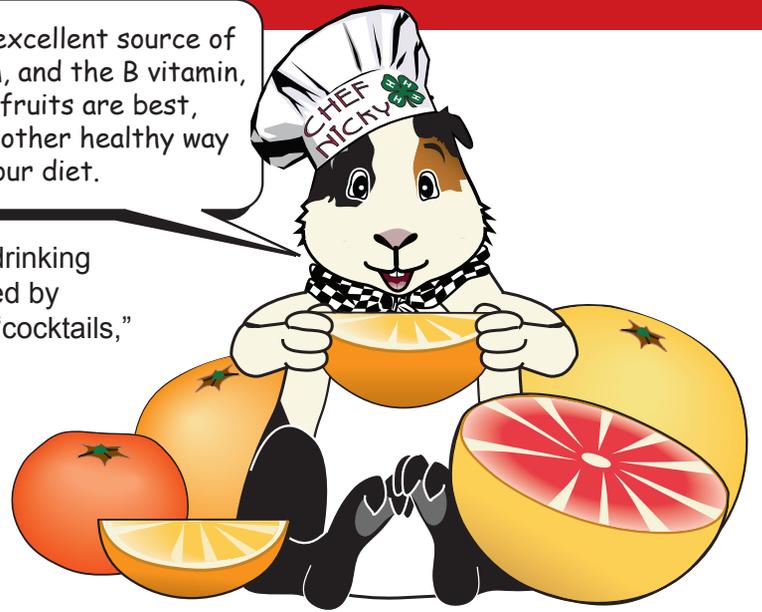
FLORIDA FRUITS

PACKED WITH
VITAMINS, MINERALS,
FIBER & WATER

One serving = 1 fresh fruit = 1 cup 100% fruit juice = ½ cup dried fruit



Florida citrus is an excellent source of vitamin C, potassium, and the B vitamin, folate. Fresh whole fruits are best, but 100% juice is another healthy way to include fruit in your diet.



Enjoy fruits fresh as well as frozen, canned and dried. How do you know if you are drinking real orange juice? The food label will show you. Some labels are tricky, so don't be fooled by beverages with little natural fruit, such as those labeled as "drinks," "-ades," "punches," "cocktails," or "beverages." These often have a lot of added sugar and little or no real fruit juice!

CITRUS PRODUCTION

Florida ranked #1 in the production of oranges and grapefruit in the United States in 2011. Citrus grown for fresh eating is hauled to packinghouses where it is washed, graded and packaged. Citrus produced for juice is transported to processing plants where it is squeezed into juice. Citrus juice can be sold fresh, frozen or canned. There are about 42 citrus packinghouses and 20 citrus processing plants in Florida.

WHAT DO YOU THINK?

Use the sample food labels on the right to answer the questions below.

1. Compare the first ingredient listed on each food label. Which one contains 100 percent fresh orange juice?
2. Which food label has the most vitamins and minerals?
3. Which one is the healthier choice? Why?

Orange Juice*

100% Pure Orange Juice

Nutrition Facts	
Serving Size 8 fl oz (1 cup)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Potassium 473mg	14%
Total Carbohydrate 25g	8%
Dietary Fiber 0.5g	2%
Sugars 21g	
Protein 2g	
Vitamin C 137%	Calcium 3%
Thiamin 18%	Vitamin B6 7%
Niacin 3%	Magnesium 7%
Folate 11%	

INGREDIENTS: 100% pure squeezed pasteurized orange juice

*Food labels source: Florida Department of Citrus. Typical nutrition values shown may vary based on the variety of citrus fruit used for the juice, brand of juice, and form of the juice (e.g., not from concentrate versus from concentrate).

Common Fruit Drink*

Contains 10% Juice

Nutrition Facts	
Serving Size 8 fl oz (1 cup)	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 192mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 29g	
Protein 0g	
Vitamin C 100%	
Thiamin 15%	

INGREDIENTS: Water, high fructose corn syrup, and 2% or less of each of the following: concentrated juices (orange, tangerine, apple, lime, grapefruit, citric acid, ascorbic acid (vitamin C), thiamin hydrochloride (vitamin B1), natural flavors, modified cornstarch, canola oil, sodium citrate, cellulose gum, xanthan gum, sodium hexametaphosphate, sodium benzoate (to protect flavor), Yellow #5, Yellow #6

Vitamins/Minerals

WATERMELON

Florida ranked #1 in the production of watermelon in the U.S. in 2012. Did you know that watermelon is about 92% water? This makes watermelon a great way to meet part of your daily water needs. Before cutting the melon, remind your mom or dad to wash the outside of the watermelon with clean water!

STRAWBERRIES

Florida ranked #2 in the production of strawberries in the U.S. in 2011, and is known as the "Winter Strawberry Capital of the World." Florida strawberries are available from November to April. Strawberries taste best at room temperature.

BLUEBERRIES

Florida produced 22 million pounds of blueberries in 2011. A half-cup serving has about 40 calories and contains antioxidants that may help protect your body from certain diseases.

HOW MANY BERRIES?

A blueberry cobbler recipe calls for 1½ cups of fresh blueberries. You only have a ¼ cup measuring cup. How many ¼ cups do you need? _____



TIPS TO EATING MORE FRUIT

- Top cereal or yogurt with strawberries or blueberries for extra flavor.
- Add sliced oranges, watermelon or strawberries to vegetable salads for a refreshing sweetness.
- Make fruit kabobs by putting pieces of citrus fruits, strawberries, watermelon and/or blueberries on skewers. Cover the kabobs in yogurt and then freeze for a fruity frozen treat!



FLORIDA BERRY AND MELON PARFAIT

Ingredients:

- 4 cups watermelon (¾ inch cubes)
- 1 pint blueberries
- 1 cup low-fat vanilla yogurt
- mint leaves (garnish)
- 1 pint strawberries (quarter cut and stems removed)

Directions:

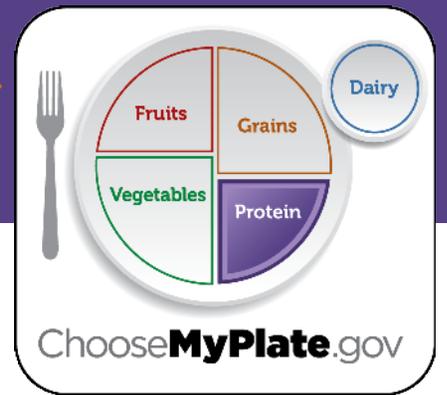
Combine everything together and serve in parfait cups or if you like, remove the edible part from the watermelon, leaving the melon intact for the serving bowl. Garnish with fresh mint leaves. Makes 10 servings. (Add a cup of granola to give the parfait a nice crunch.)



FLORIDA PROTEIN

A SERVING OF BEEF IS THE SIZE OF A DECK OF CARDS

One serving = 1 ounce meat, poultry, or fish = ½ ounce nuts or seeds = 1 tablespoon peanut butter = ¼ cup cooked beans, peas, or lentils = 1 egg



Did you know the Spanish explorer Ponce de Leon brought cattle to Florida in 1521, making Florida the oldest cattle-raising state in the country?

The Protein Foods group includes meat, poultry, seafood, eggs, legumes, soy, and nuts and seeds. These foods contain a lot of protein, which is necessary to grow and repair muscles and tissues in your body. Try eating a variety of protein foods to get all the protein, vitamins and minerals your body needs. Protein foods come from animals and plants.

ANIMAL PROTEIN

Meat, poultry, seafood and eggs are examples of animal protein foods. They supply energy and important nutrients that help power up your body and brain. For example, lean beef is full of zinc and iron. Zinc helps power your brain and keeps your immune system healthy. Iron gives you energy by carrying oxygen in your blood to your body and brain. There were more than 1.66 million head of cattle and calves on Florida farms in 2012. In 2011, Florida's poultry farmers produced 2.7 billion eggs.

Seafood is a great source of protein and healthy fats. Certain healthy fats, called omega-3 fatty acids, help keep your heart healthy. Florida has over 1,000 miles of coastline where fishermen catch seafood, bringing in about 90 million pounds per year.

DID YOU KNOW:

- Florida harvests and raises 98 different kinds of seafood.
- Florida raises tilapia, bass, clams, shrimp, catfish and alligator.
- Aquaculture is a big industry in Florida and involves the growing of plants, marine and freshwater species in water.

PLANT PROTEIN

Some plant foods are good sources of protein, iron, zinc and other nutrients, so they also belong in the protein food group. Plant protein foods include beans, peas, lentils, nuts and seeds. Beans, peas, and lentils are special protein foods called legumes.

Soybeans and peanuts are grown in the northern and central part of the state. Both peanuts and soybeans are considered legumes and are sources of oils that can be used in cooking or baking.

Florida peanut production has increased 14% from 2010 to 2011.

Most of the peanuts produced in Florida are used to make peanut butter. Peanuts have the type of fat that is healthy for your heart. Soybeans are used to make other food products like soy milk and tofu.

NACHO BEEF DIP

Ingredients:

- 1 pound lean ground beef
- 1 jar (15 to 16 ounces) cheese dip with salsa (like salsa con queso)
- ½ cup thick-and-chunky mild or medium salsa



Toppings: Diced red bell pepper, thinly sliced green onions, sliced ripe olives (optional)

Directions:

Heat nonstick skillet over medium heat until hot. Add ground beef and cook 8 to 10 minutes*, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings. Add cheese dip and salsa and cook and stir about 3 minutes or until mixture is heated through. Pour beef mixture into shallow serving dish. Garnish with toppings, if desired. Serve with blue, yellow and/or white corn tortilla chips for dipping. Makes 12 servings.

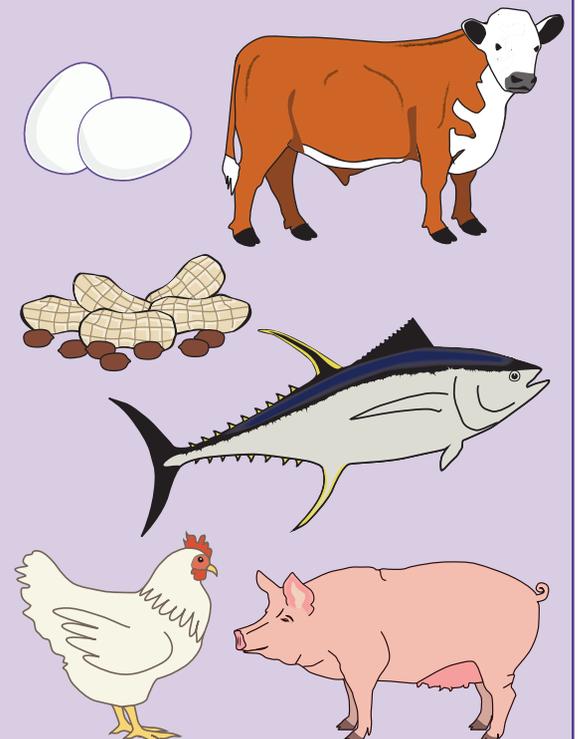
*Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

PROTEIN SOURCE MATCH - Do you know where the protein you eat comes from? Draw a line to connect the foods to their source.

PROTEIN FOODS



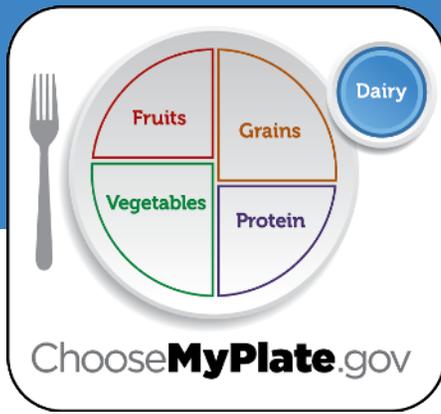
SOURCES



FLORIDA DAIRY

**CHOOSE 3
SERVINGS DAILY**

One serving = 1 cup milk, yogurt or pudding = 1/3 cup shredded cheese = 3 slices American processed cheese = 2 slices hard cheese (like cheddar or mozzarella)



Did you know that Florida has more than 130 family-owned dairy farms and 122,000 dairy cows?



Dairy foods provide essential nutrients that are an important part of a healthy diet. Nutrient-rich dairy foods provide calcium, protein, potassium, magnesium and other vitamins and minerals needed for a healthy, growing body. Calcium builds strong bones and teeth and helps your heart beat. Choose three servings from the dairy group each day for good health! The healthiest dairy choices are made from low-fat and fat-free milk.

FLORIDA DAIRY FARM FACTS

A Florida dairy cow produces about 6 to 8 gallons of milk a day. It takes about 345 squirts of the cow's teat to produce one gallon of milk.

"COW" CULATIONS

Mary's dairy farm has 10 cows. How many gallons of milk does Mary's farm produce in a day? _____ This equals about how many squirts of the cows' teats? _____

DAIRY FOOD CHART		
Dairy Foods	Calcium (mg)	Fat (g)
Plain, nonfat yogurt, 1 cup	450 mg	0 g
Swiss cheese, 1½ oz	410 mg	12 g
American processed cheese, 2 oz	345 mg	18 g
Fruit-flavored low-fat yogurt, 1 cup	345 mg	4 g
Ricotta cheese, part skim, ½ cup	335 mg	10 g
Fat-free milk, 1 cup	315 mg	0 g
1% low-fat milk, 1 cup	315 mg	2 g
1% low-fat chocolate milk, 1 cup	315 mg	3 g
Mozzarella cheese (part skim) 1½ oz	310 mg	7 g
Cheddar cheese, 1½ oz	310 mg	14 g
Frozen yogurt, vanilla, soft serve, ½ cup	105 mg	4 g
Ice cream, vanilla, ½ cup	85 mg	7 g
Pudding, chocolate, ½ cup	55 mg	5 g

DAILY DAIRY PLAN

Create your own dairy plan for the day. Use the chart on the right to find out your daily calcium requirements. Use the 'Dairy Food Chart' on the left to write all the dairy foods you plan to have that day. Remember that you want three servings of dairy every day. Try choosing fat-free and low-fat dairy foods to reach your goal!

DAILY CALCIUM REQUIREMENTS	
Age	Daily Calcium Needs (milligrams)
1 - 3	700 mg
4 - 8	1,000 mg
9 - 13	1,300 mg

Review:

- How much calcium is in your dairy plan? _____mg
- Did you meet your calcium requirement for the day? **Yes** **No**
- Which foods do you think had the highest fat content?

My Dairy Plan for the Day

Age: _____ Daily Calcium Needs: _____mg

Dairy Food	Amount	Calcium (mg)

MILK MATH: Joe is 10 years old. Add up the total amount of calcium he got today from his dairy food choices.

Joe's Dairy Foods for the Day:
 2 cups of 1% low-fat milk
 1 cup of low-fat strawberry yogurt
 1 ½ ounces of Swiss cheese

How much calcium did Joe have for the day? _____
 Did he meet his daily calcium needs? _____

Writing Prompt: Congratulations! You were just promoted to head chef of the Dairy Diner restaurant specializing in dairy foods. On a separate sheet of paper, create a menu that includes eight different foods containing dairy products. (example: stuffed ravioli with part-skim ricotta and low-fat mozzarella cheese)

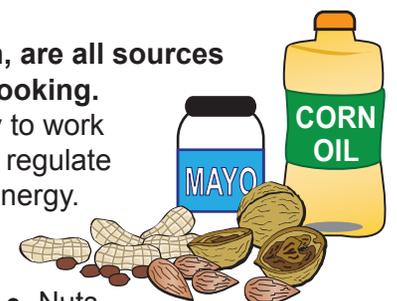
OILS

Florida produces corn, soybeans, and peanuts which, are all sources of oils that are used in many food products and for cooking.

Oils are not a food group, but are important for your body to work properly. They help your body to absorb certain vitamins, regulate body temperature, cushion organs, and are a source of energy.

Foods that contain oils:

- Salad dressings
- Avocados
- Mayonnaise
- Nuts



FLORIDA PLANTS

Did you know a nursery is a place where lots of plants are grown for sale?

Grass is grown on sod farms and once it is removed from the farm it is called turf, which is used for yards, golf courses and athletic fields.

Nursery crops are one of the largest agricultural commodity groups in Florida. Many of the plants in your home and garden probably came from a Florida nursery. A nursery can be outdoors or inside in a greenhouse, which is an enclosed area used for growing or protecting plants. Florida is the nation's number one producer of aquatic plants for aquariums and water gardens.

Florida's nursery, landscape and turfgrass industries have an economic impact of more than \$20 billion and provide more than 200,000 Florida jobs.

TERRARIUM ACTIVITY

Create your own miniature garden in a covered plastic container.

Materials needed:

- 2 liter soda bottle with narrow area removed
- Small stones
- Horticultural charcoal (optional)
- Potting soil
- Plants of your choice (spider plant, begonia, coleus, fern)
- Scissors
- Water
- Decorative rocks and figurines
- Plastic wrap
- Rubber band



Directions:

1. Wash the bottle in warm, soapy water. Rinse and dry completely.
2. Create a one-inch layer of stones on the bottom.
3. Add a half-inch of charcoal if you want to minimize odor.
4. Spoon in a 2 to 3 inch layer of potting soil.
5. Dig small holes for the roots.
6. Take plants out of their pots, remove extra soil from the roots, and trim damaged leaves.
7. While the roots are still moist, place the plants in the holes and pat soil over the roots.
8. A certain level of moisture is needed for your plants to thrive. You'll know that the terrarium contains the right amount of water if the sides and top get misty with water droplets when in bright light. If there is no moisture along the sides, then you need to add a small amount of water. Work with your teacher to find the right level for your plants given the specific lighting and temperature conditions. Terrariums recycle their moisture and demonstrate evaporation, condensation, and precipitation in a self-sustaining ecosystem.
9. Decorate with pretty rocks and figurines.
10. Cover with plastic wrap and secure with rubber band. Place in indirect sunlight. Add water when your terrarium gets dry.

Observe it each day for one week. Make notes and give reasons for the changes you see and discuss them with your teacher.



For more information on agriculture and healthy lifestyles for youth, visit:

www.solutionsforyourlife.ufl.edu



Florida Agriculture
in the Classroom, Inc.
AGRICULTURE KEEPS
FLORIDA GREEN

The mission of Florida Agriculture in the Classroom, Inc. is to expand youth awareness and understanding of Florida agriculture and natural resources by integrating agricultural concepts into core educational disciplines and FAITC supporting programs.

Please visit Florida Agriculture in the Classroom's website www.agtag.org/teachers/ for the answer key and additional support materials to this activity newspaper and for more information about the resources and grant money Florida Agriculture in the Classroom offers teachers.

This guide meets Florida Sunshine State Standards. Information can be found on www.faitc.org/teachers/.

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*Nacho Beef Dip recipe provided by the Beef Checkoff www.beefitswhatsfordinner.com.



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