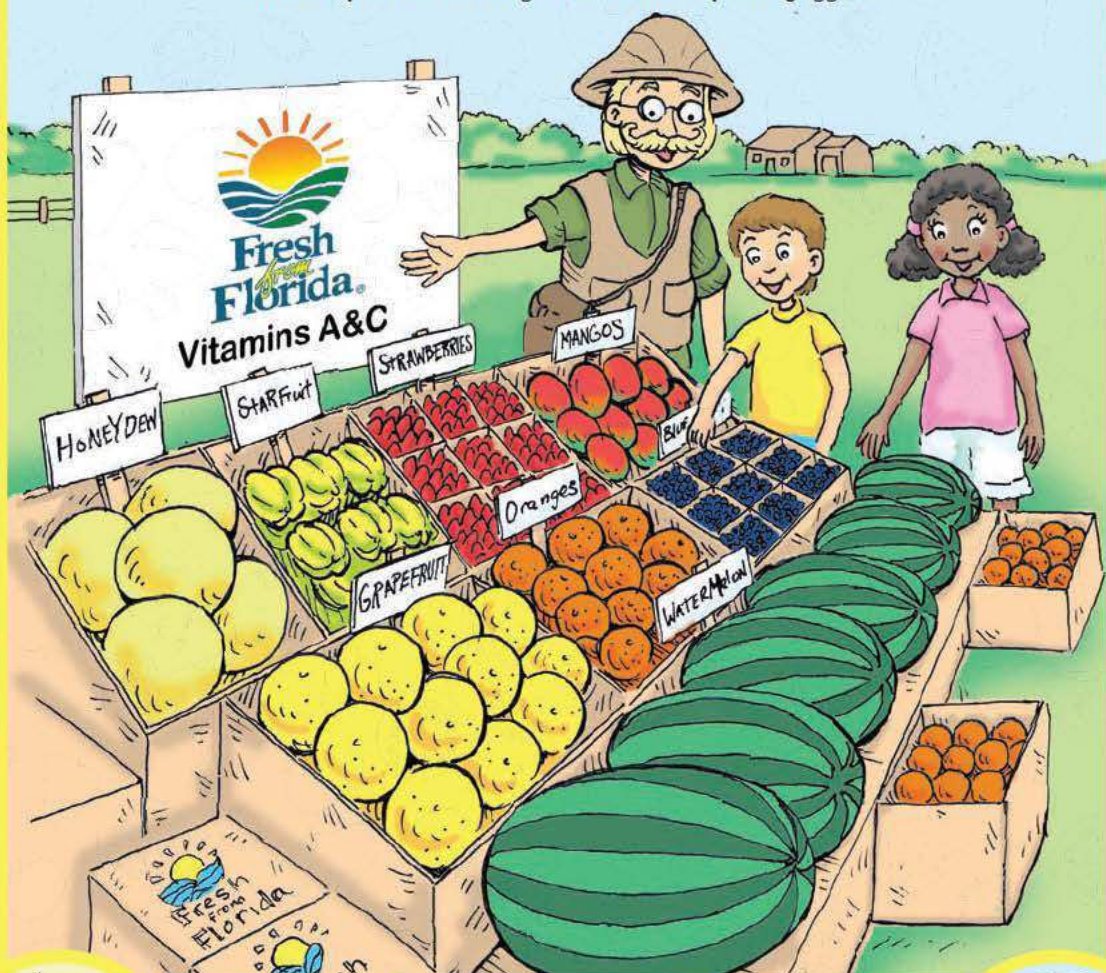




Healthy Florida Farms

Written by Arlette Roberge Illustrated By Rick Joggerst



A Florida Agriculture
Literacy Day Book



Florida Agriculture Literacy Day

is an annual event held each spring in which hundreds of agriculture industry representatives read a designated children's book about agriculture in elementary classrooms around the Sunshine State.

The event is a partnership between Florida Agriculture in the Classroom, Inc. and the Florida Department of Agriculture and Consumer Services.

Florida Agriculture in the Classroom

is a non-profit association charged with educating Florida students and teachers about the importance of Florida agriculture. It is funded by sales of the agriculture specialty license plate known as the "Ag Tag."

Florida Agriculture in the Classroom is able to provide Agriculture Literacy Day books and other related items free of charge because of the funding it receives from the Ag Tag.



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Florida Department of Agriculture
and Consumer Services
www.freshfromflorida.com



"Educate Students About Florida Agriculture"
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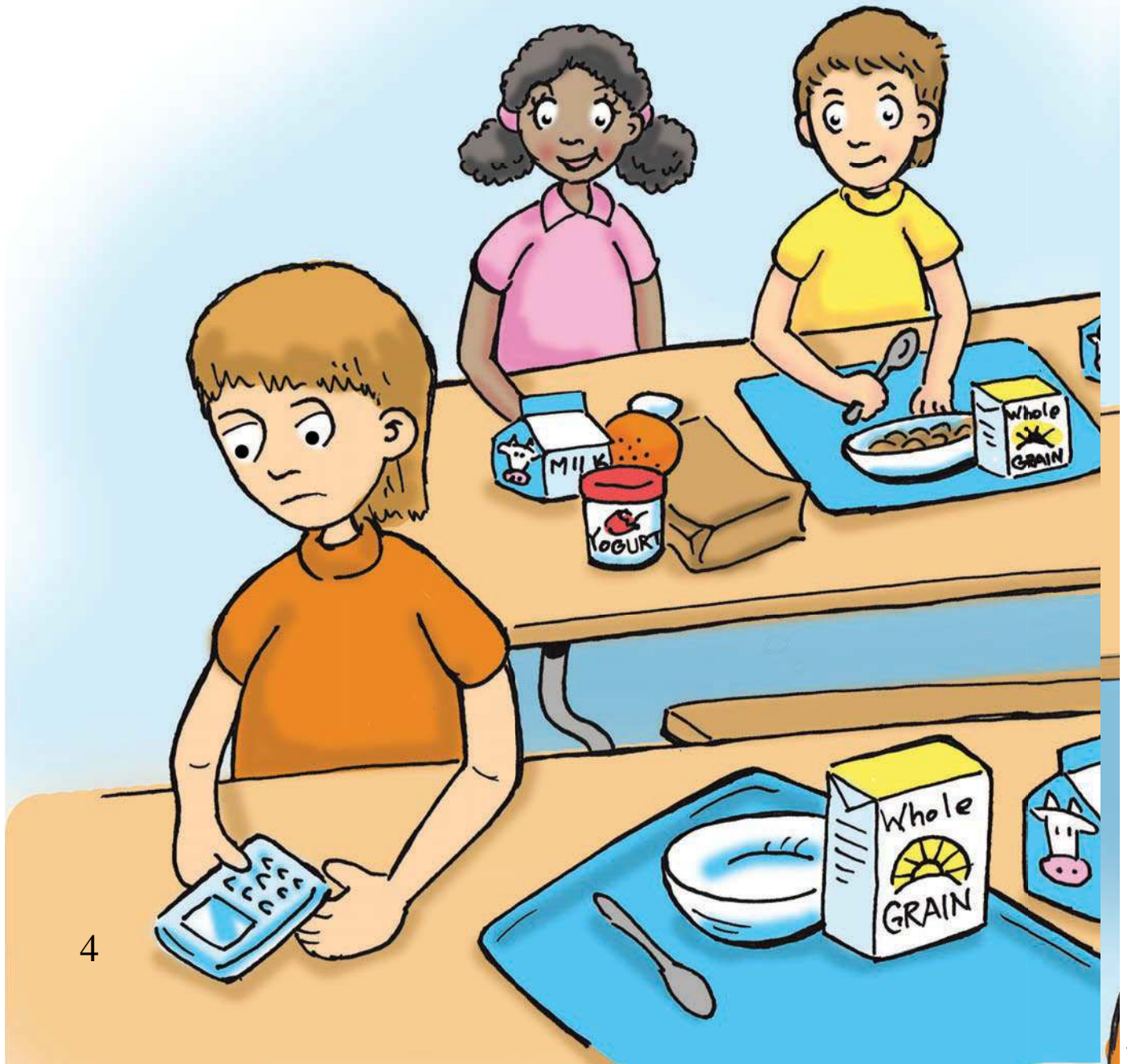
This book is dedicated to Florida farmers who provide healthy foods for students to enjoy every day.

Mom packed this healthy meal for me;
I won't get tired in school.

This school breakfast helps me think well.
My teacher says "food is our fuel."



If he won't eat the breakfast
That's good for our bodies,
He will tire as the day goes along.
We need meals for energy
All through the day.
It's the food that helps us grow strong.



You're so right young man, he *will* lose his strength!
Nutrition should come from our food.
Let's look at the food our farmers provide,
To be healthy, grow strong and feel good.

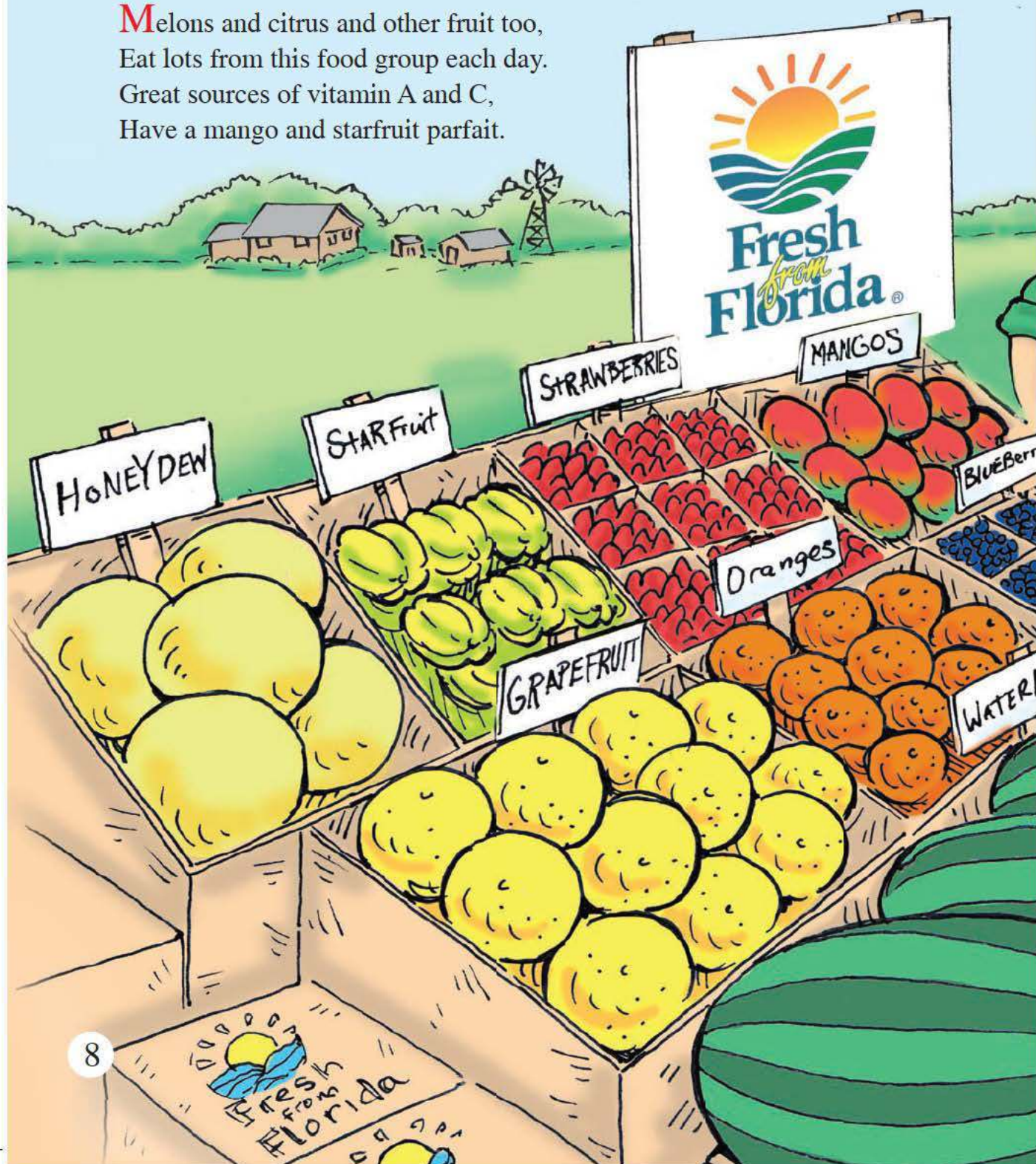


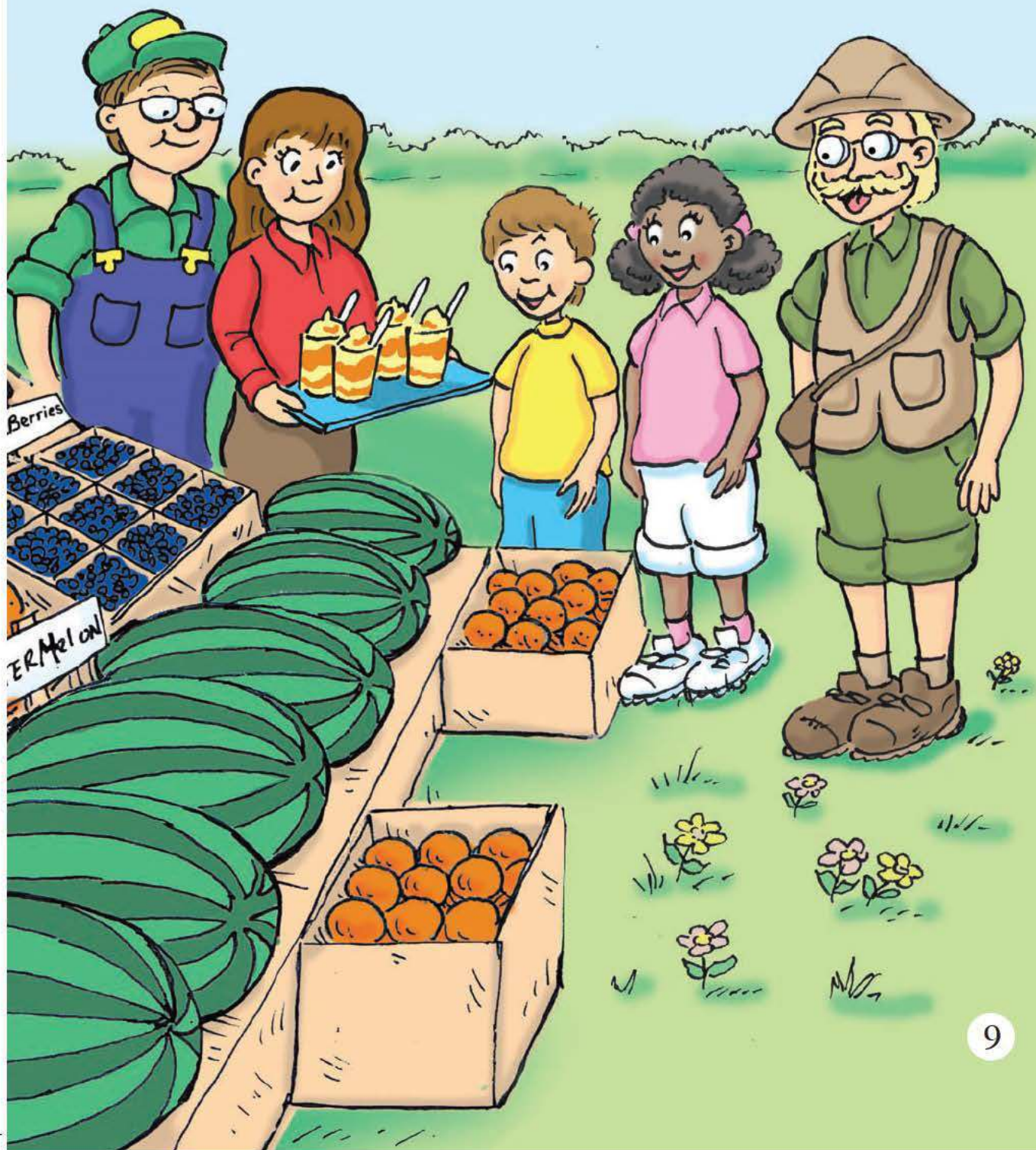
Florida farmers sell so much fresh food,
It fills our nutritional need.
Some of it's grown, and some of it's raised.
Can you believe all the people they feed?



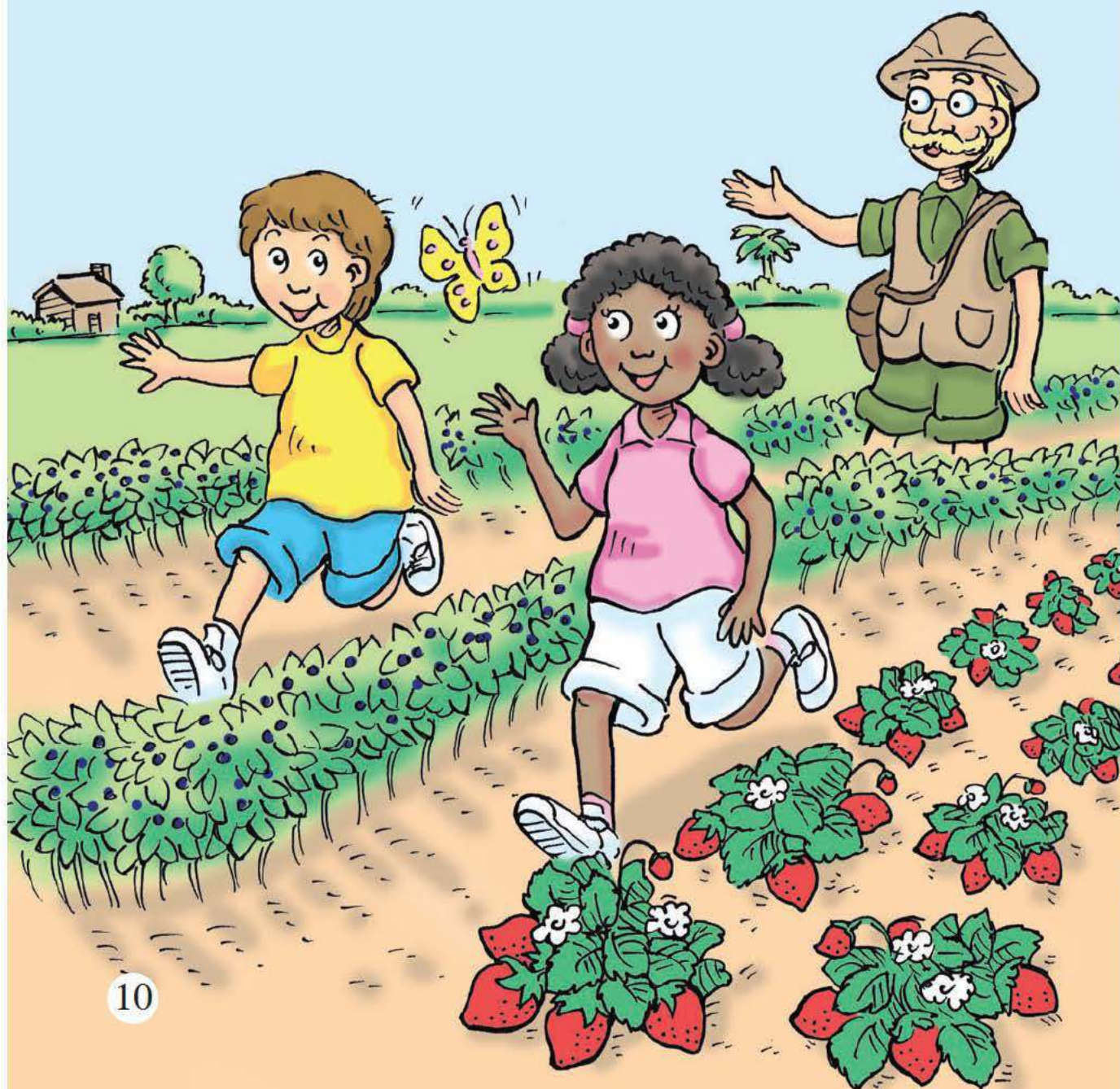


Melons and citrus and other fruit too,
Eat lots from this food group each day.
Great sources of vitamin A and C,
Have a mango and starfruit parfait.





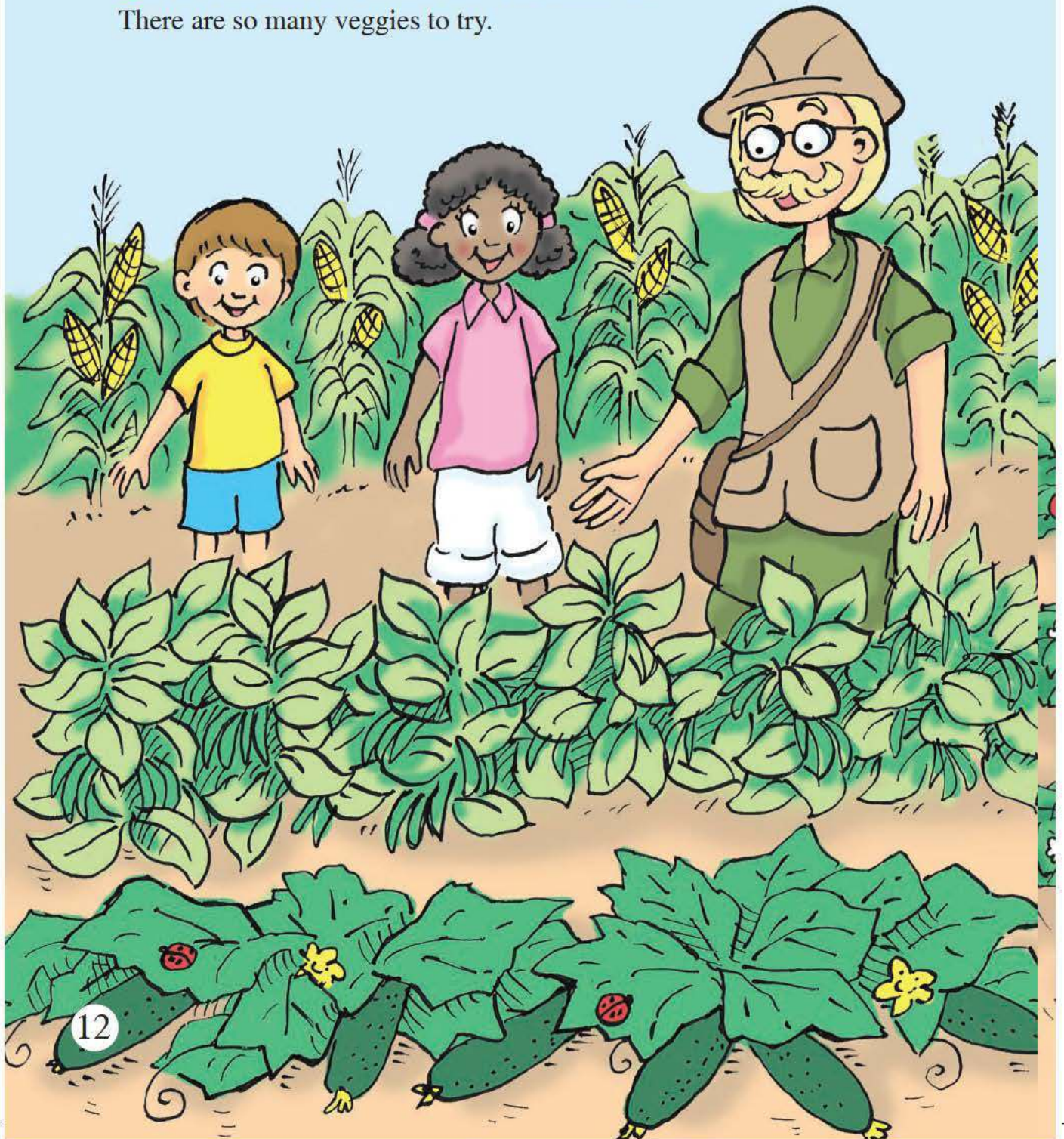
Blueberries! Strawberries!
Keep your mind sharp!
Eat them and you will go far.

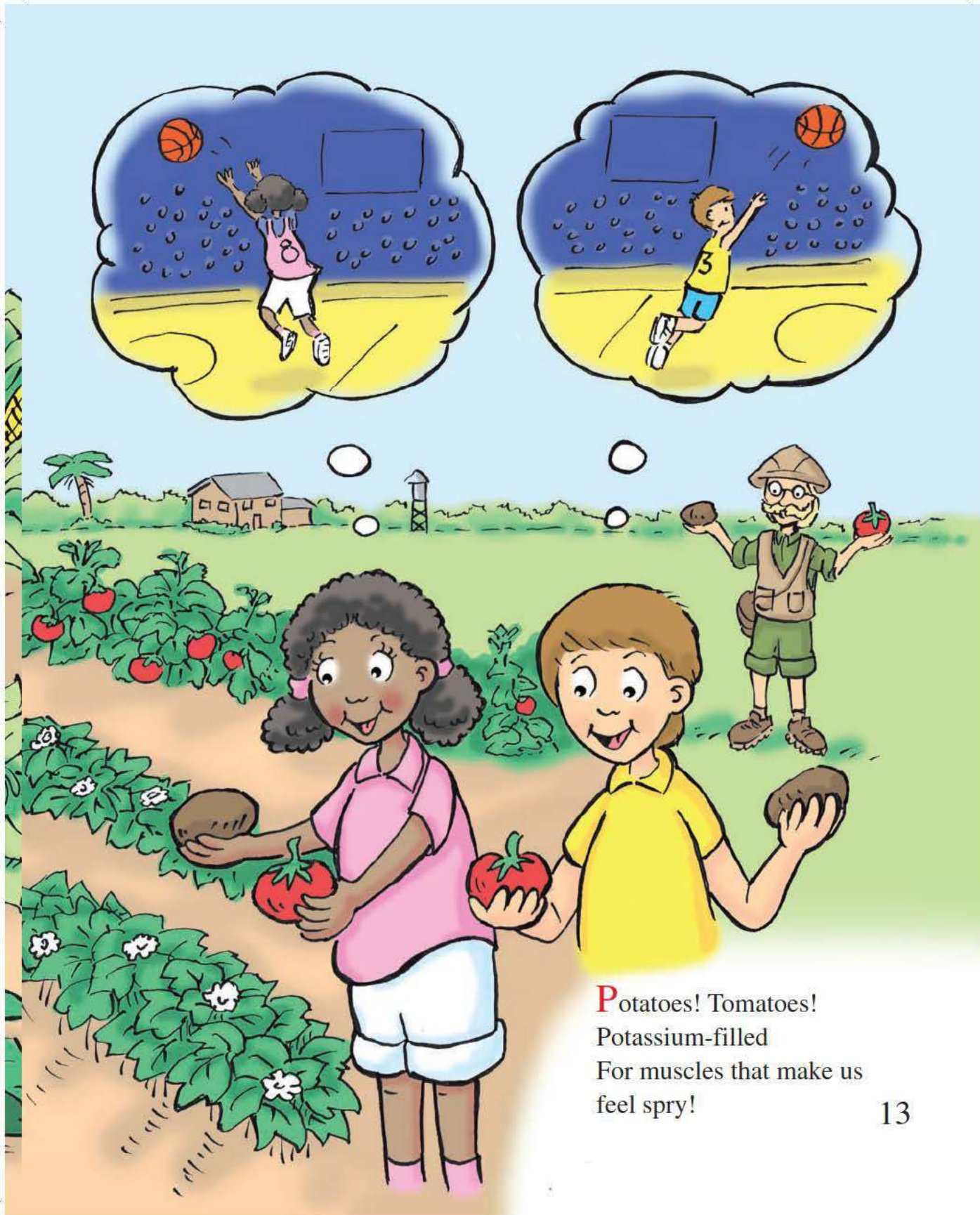


They help us to focus
And make our brains think.
Her essay just earned a gold star!

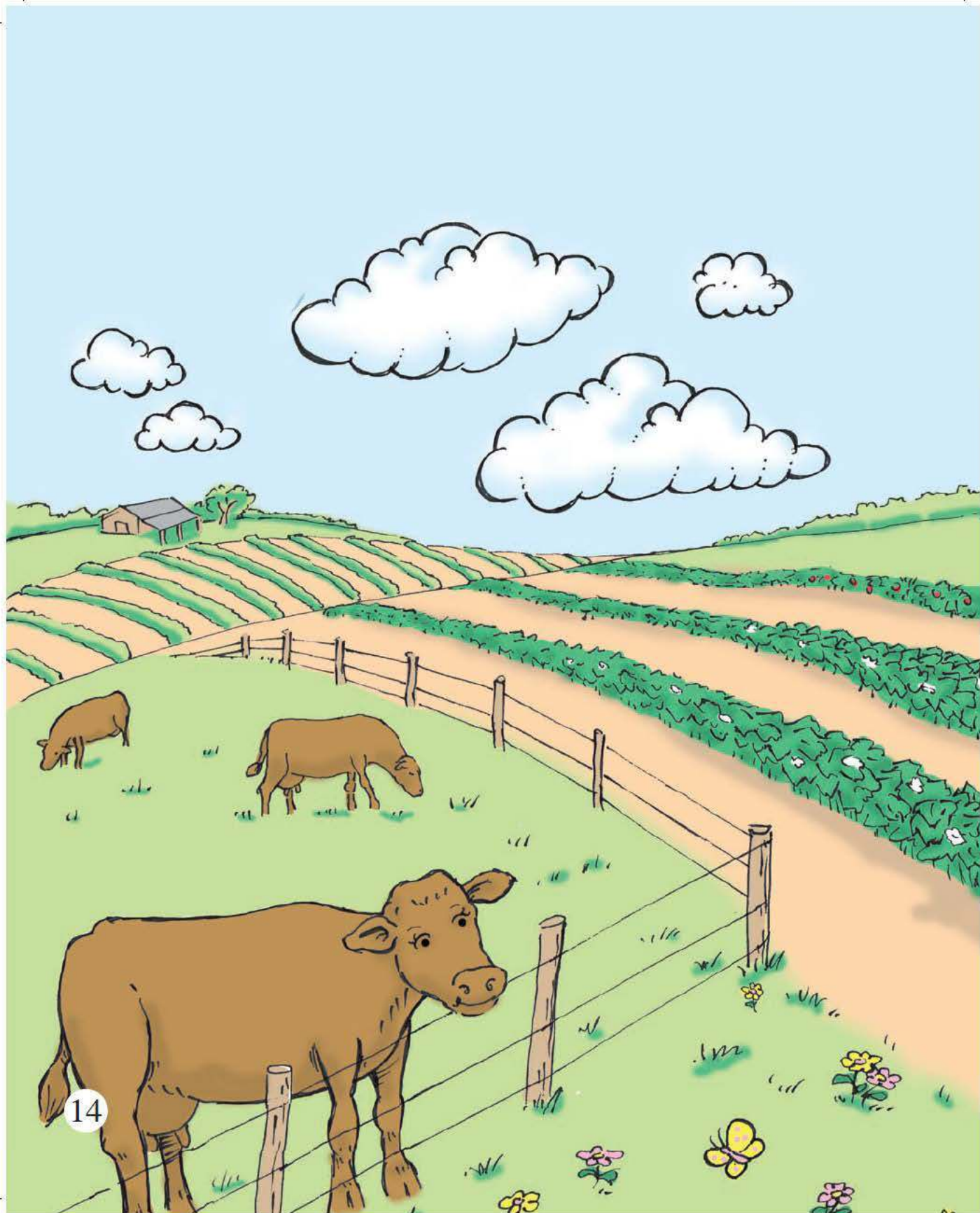


Eat green beans, sweet corn and cucumbers too!
There are so many veggies to try.

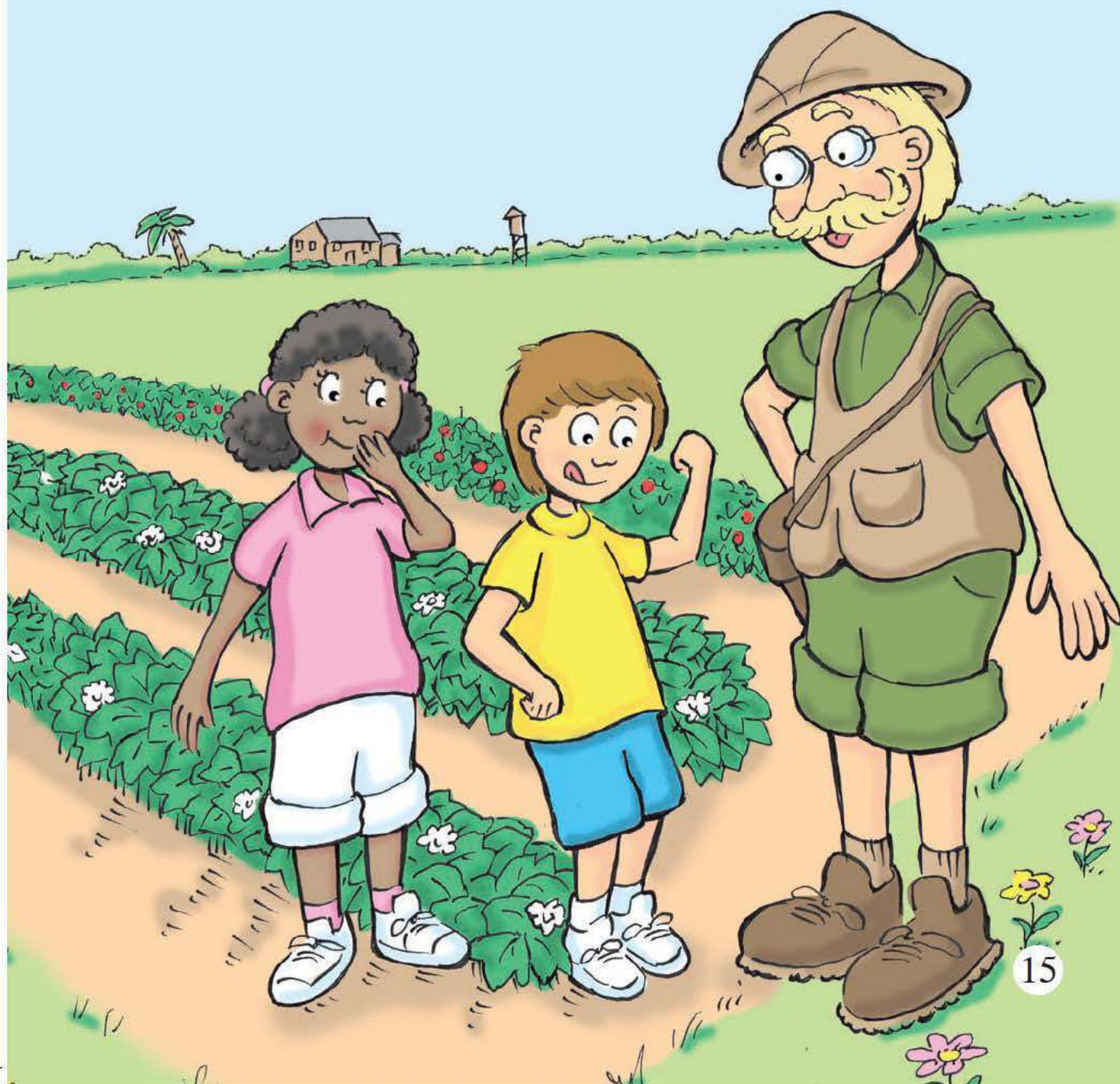




Potatoes! Tomatoes!
Potassium-filled
For muscles that make us
feel spry!

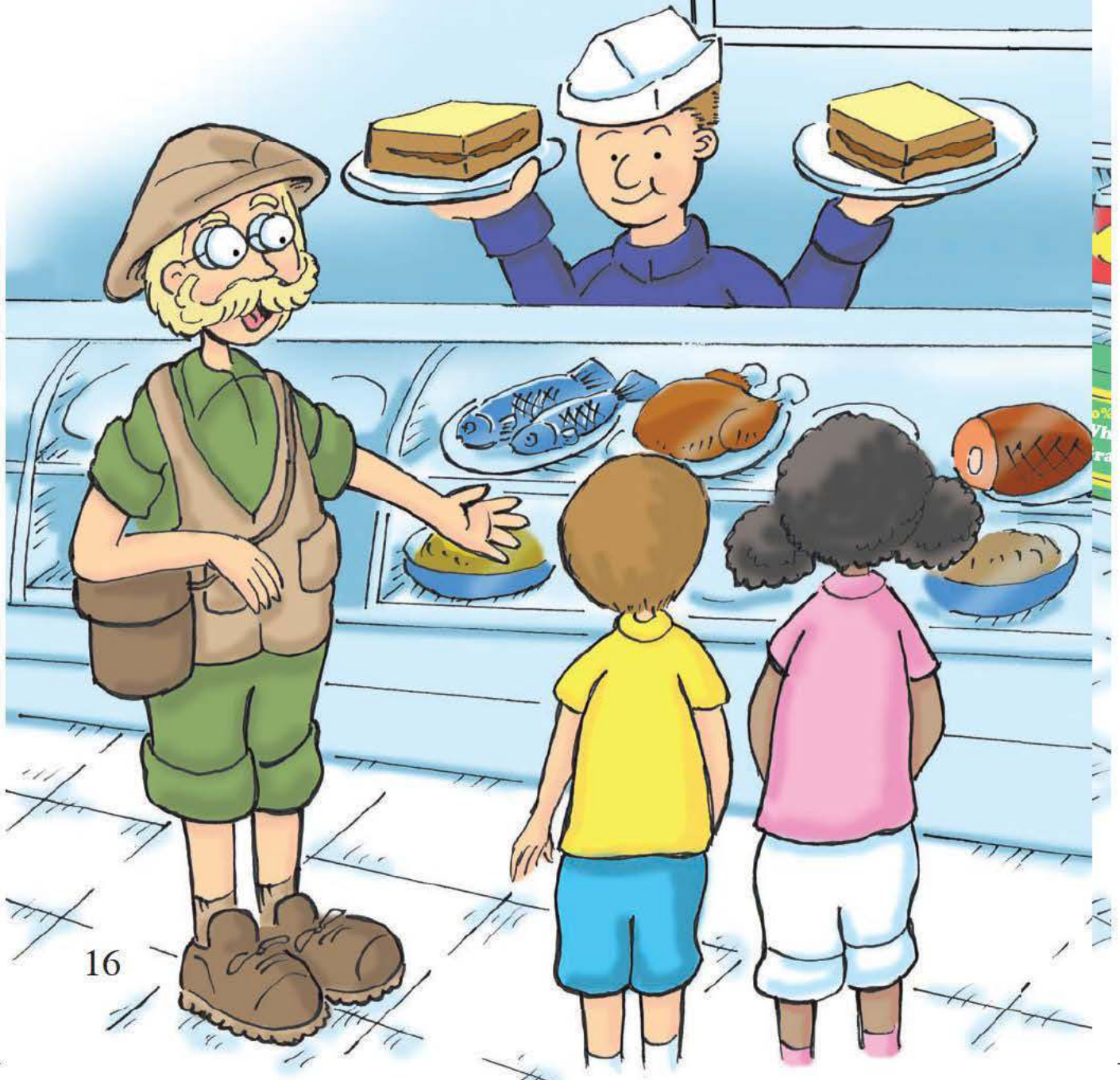


Muscles stay strong with a food group called protein.
It helps us grow nails, hair and skin.

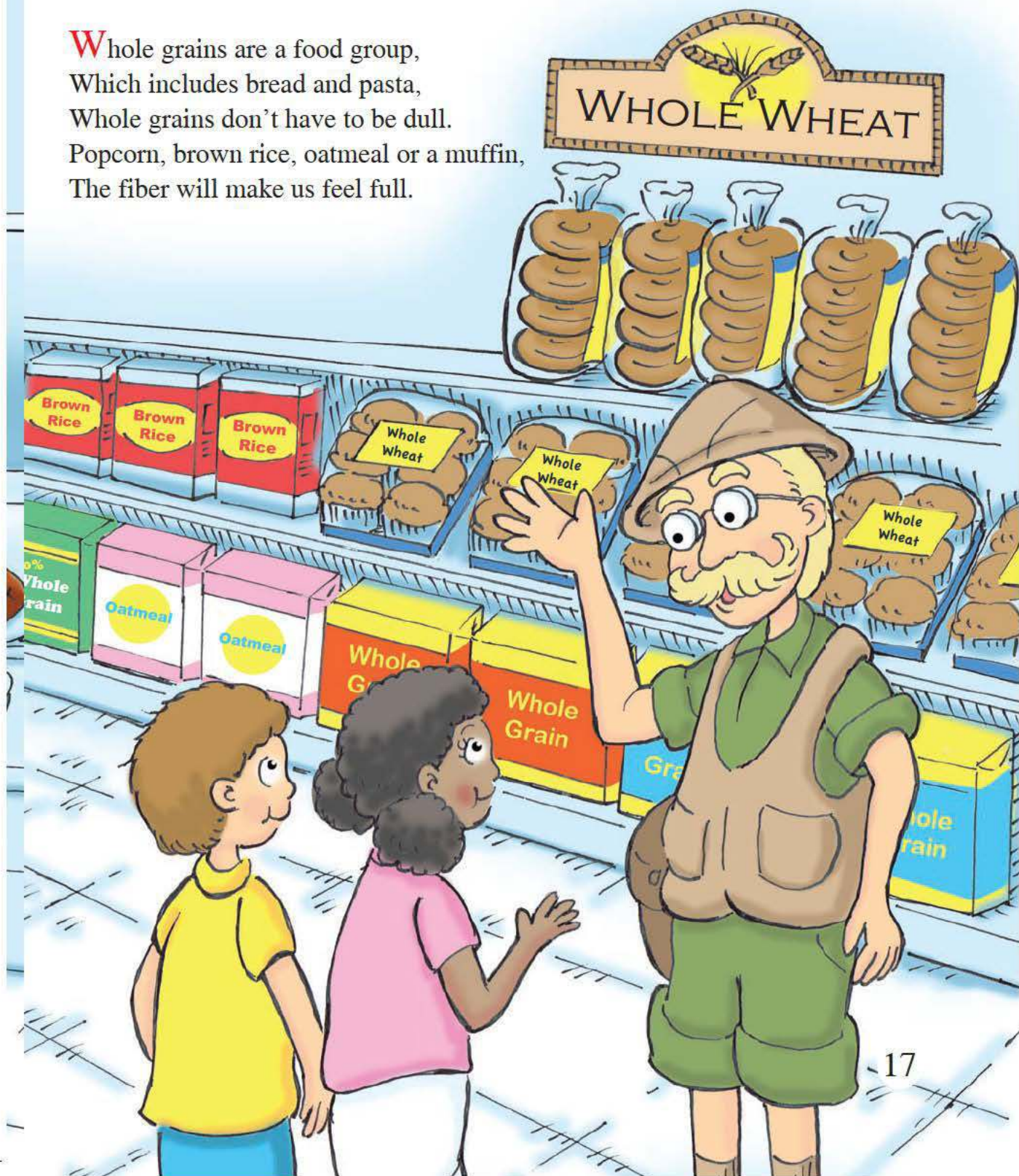


Protein tastes great as fish, chicken or steak,
Or a sandwich of peanuts within.

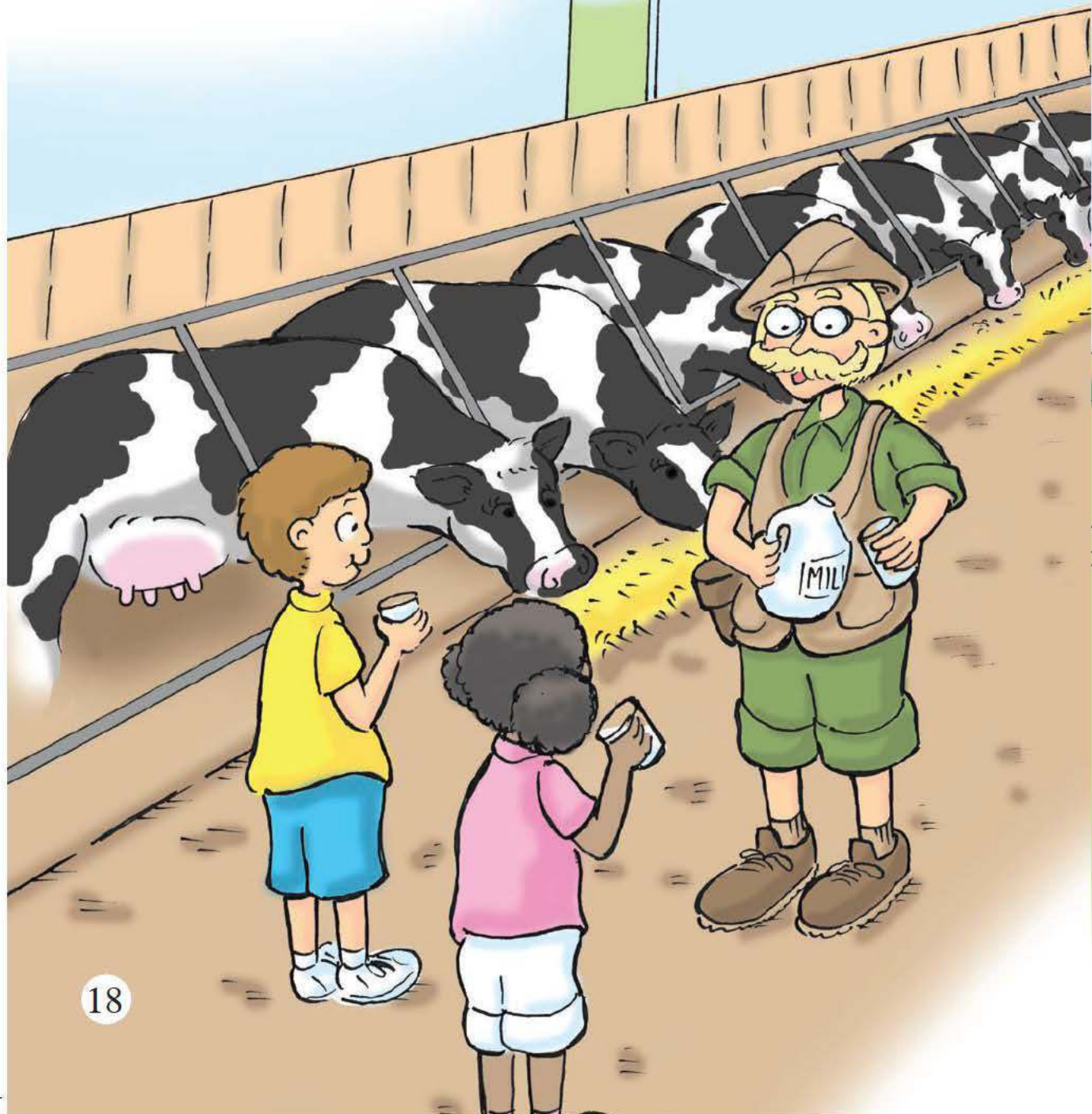
"Today's Specials"
Fish Sandwich
Chicken Sandwich
Steak Sandwich
Peanut Butter Sandwich
"Made Fresh"

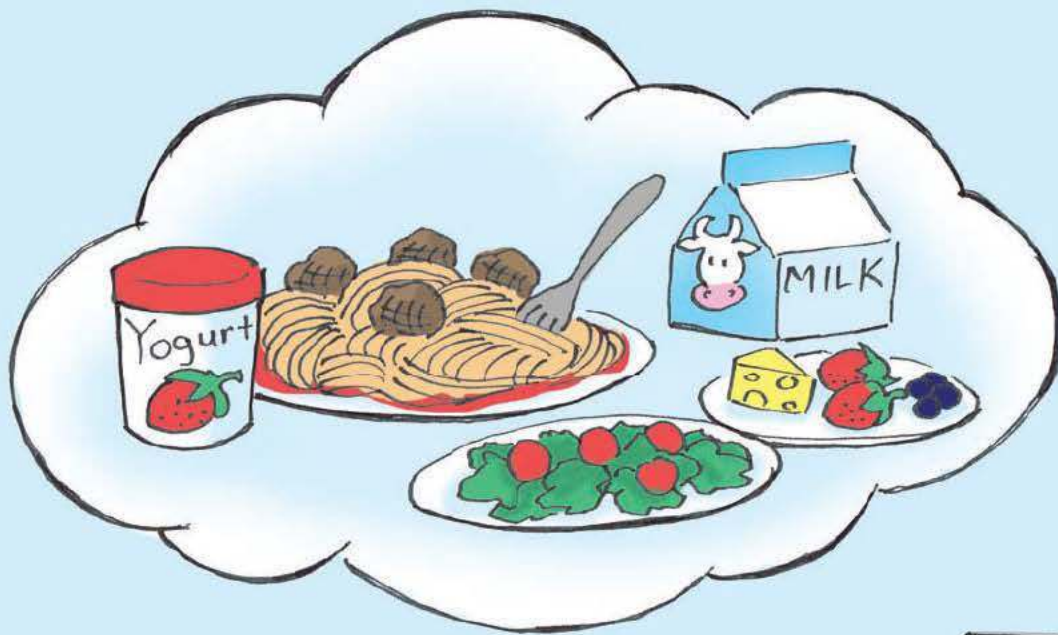


Whole grains are a food group,
Which includes bread and pasta,
Whole grains don't have to be dull.
Popcorn, brown rice, oatmeal or a muffin,
The fiber will make us feel full.



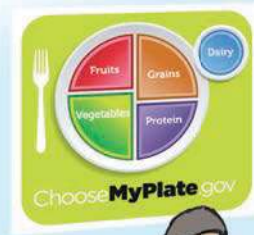
Milk from a dairy is part of this group.
It helps us to be fit and lean.
Zinc for our eyes, calcium for our bones,
And can you say ri-bo-fla-vin?





Three servings a day, at breakfast and more
Make it yogurt, milk or some cheese.
With whole wheat spaghetti, veggies and fruit,
These are meals that may help stop disease.

Farmers provide all the dairy and protein,
And whole grains to make us feel great.
Please don't forget fresh fruit and veggies,
Should fill at least half of MyPlate.



Florida farmers want us to be healthy,
And something else that's so cool;
They make sure their food is served in our meals,
And they call it "From Farm to School".



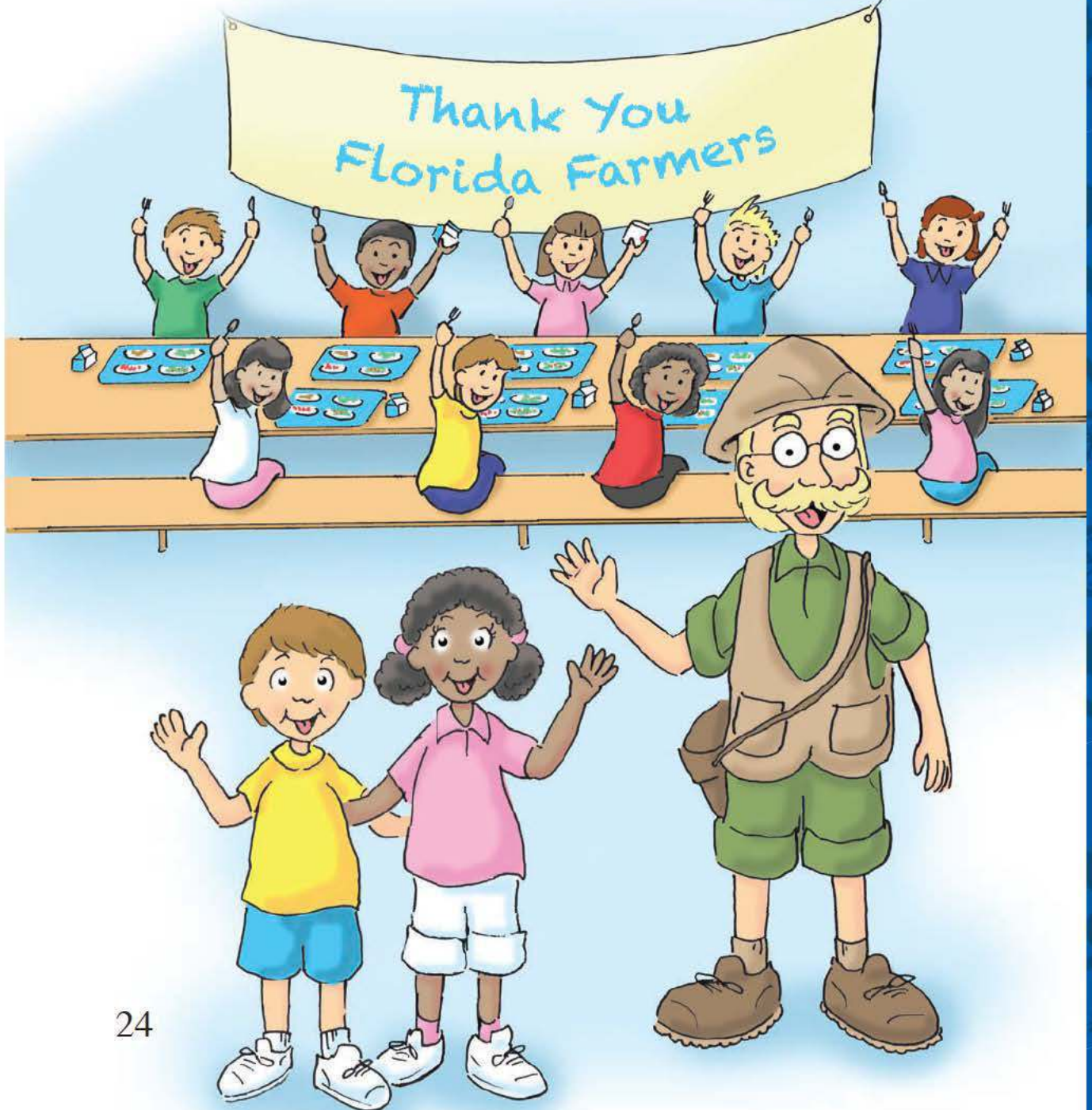
This farmer has taught us how to plant a school garden;
A delicious crop from a packet of seeds!
They grow from a sprout into leaves, stems and fruit,
Then we harvest the food that we need.



We all need nutrients; plants need them too.
Nutrients help us feel right.
We fertilize plants for a healthy growth boost,
Add plenty of water, soil and sunlight.



Nutrition is just a big word that means
Eat healthy to grow and have fun!
Florida farmers provide so much food that we need.
Let's thank them for all they have done!



Definitions

Calcium: A mineral that helps build strong bones and healthy teeth. Milk, cheese, yogurt, leafy greens and oranges have lots of calcium.

Fertilizer: A plant food substance added to enrich the soil to grow healthy plants.

Fiber: A substance in foods that provides bulk which makes digestion easier. Fiber also makes us feel full, so we eat less. The two types of fiber are soluble and insoluble. Soluble fiber is good for our hearts.

Food Group: A way to organize all food by the type of nourishment they supply to the body. For example, most foods with a lot of protein are in the meat group.

N-P-K: The chemical symbols of the the three primary plant nutrients in fertilizer, Nitrogen (N), Phosphorus (P) and Potassium (K).

Nutrition: The process of being nourished; the process in which an animal or plant uses food for growth, maintenance and continued life.

Potassium: A very important mineral found in many fruits and vegetables that allows human cells, tissues and bodily organs to work properly.

Protein: A molecule that contains nutrients called amino acids. These amino acids are obtained from plant and animal foods. Proteins are needed for healthy muscles, bones, blood, and body organs.

Riboflavin: A vitamin of the vitamin B complex, which helps growth. Foods such as milk, meats, mushrooms and eggs have lots of riboflavin.

Vitamin: Any of the substances that are necessary in balanced amounts for the nutrition of most animals and some plants. Vitamins are in many foods.

Vitamin A: A vitamin that helps fight infections and keeps you from getting sick. It is also good for vision. Orange or red fruits and vegetables, and dark leafy green vegetables have vitamin A.

Vitamin C: A vitamin that keeps your gums, muscles and other body tissues healthy, and helps you fight infections. Fruits such as strawberries, cantaloupe, citrus and vegetables like peppers and tomatoes have vitamin C.

Whole grains: A wheat, rice or corn product made from the entire grain of wheat, corn or rice. The endosperm and bran are not removed. There is more nutrition in whole grain foods.

Zinc: A mineral that helps prevent illnesses and infections. It also helps maintain healthy eyes and helps heal wounds. Animal products, peas and nuts are high in zinc.

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