

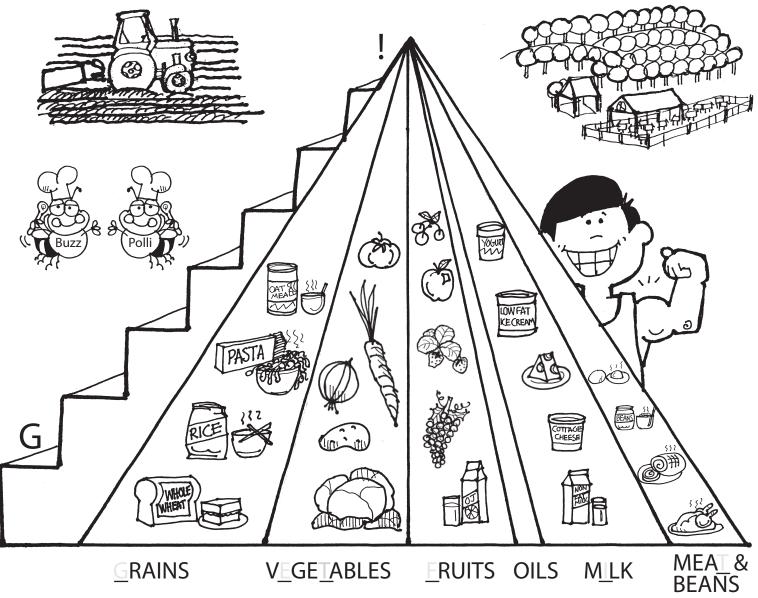
California farmers produce food, fiber, flowers and forest products for your family. Try the activity above. Place the shape around the plant or animal to show the basic need it fulfills.

Hint: some plants & animals fill many needs.



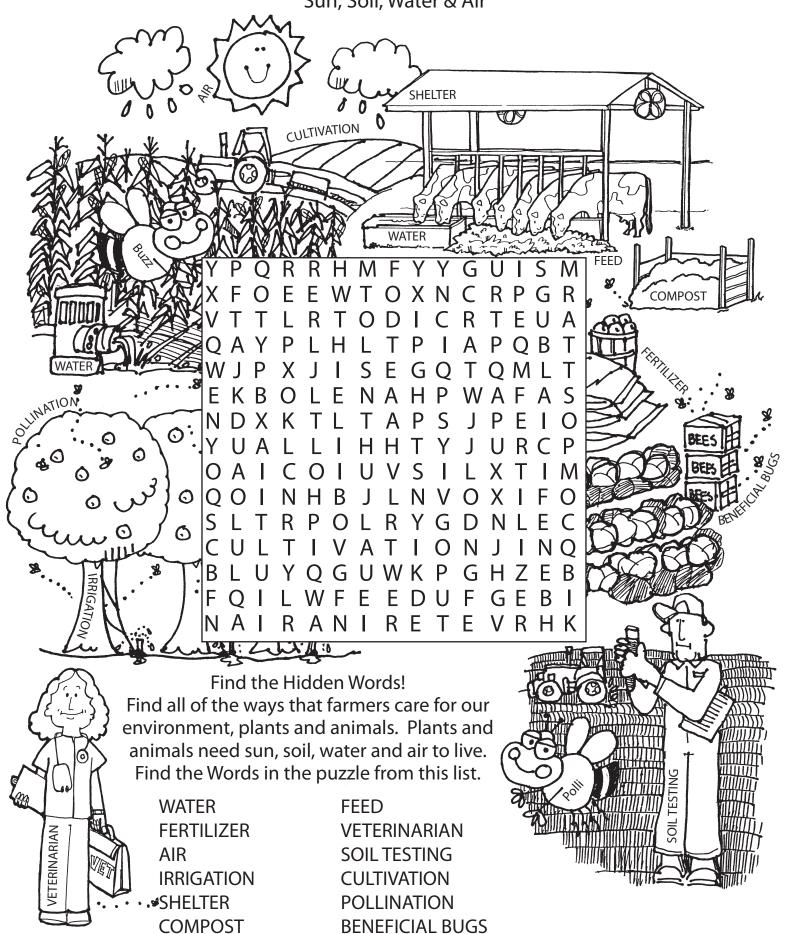
From Farms to Food Pyramid

Farmers produce fresh, nutritious food products. The Food Guide Pyramid shows how to take steps to become a healthier you. Place the missing letter from the words below on the Pyramid steps and unscramble the secret message.



| | DL/ (I 1) |
|--|------------|
| Circle your favorite foods above, then draw your favorite activity below | to GET FIT |
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Buy Local!

Where do you buy your food? If you shop at your local farmer's market you will find seasonal products grown near your home. If you shop in grocery stores, look for the "California Grown" logo on your favorite products to ensure you are buying food grown in the golden state. Buying California products provides jobs, preserves farmland, and creates productive landscapes. Use the secret code below to decipher the season to buy California Grown products. Circle your favorites in each season. Post it on your refrigerator!

25 15 18 14

Almonds, aquaculture (fish, shells and seafood), beef, black olives, carrots, chicken, cling peaches, cotton, fresh flowers, dairy products, wood products, garden plants, garlic, oranges, raisins, salmon, sheep, strawberries, turkey, walnuts, and wild rice.

23 14 5 20 18 Figs and kiwifruit.

18

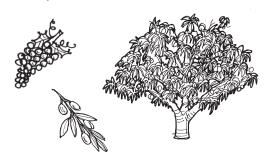
Asparagus, avocados, broccoli, cauliflower, and cherries.

19 21 13 13 5 18

Peaches, peppers, plums, nectarines, and tomatoes.

12 12

Apples, beans, lettuce, pears and potatoes.



16

5

19

A GROV





1 = A2 = B

3 = C

4 = D

5 = E

6 = F

7 = G

B = H9 = 110=J

12 = L13 = M

14 = N

15 = 0

Secret Code:

11 = K

17 = Q18 = R

20 = T

16 = P

19 = S

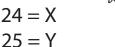
18

24 = X

21 = U

22 = V

23 = W



Support Agriculture! www.farmology.com, www.cawomen4ag.com & www.californiagrown.org. Booklet created by:



