Farm to Table

Local milk is available 365 days a year.

Dear Educator,

Teaching students where their food comes from is a fundamental step in the development of healthy eating habits. The Florida Dairy Farmers and the Dairy Council of Florida and the award-winning curriculum specialists at Young Minds Inspired (YMI) are pleased to provide you with these free standards-based teaching materials that will engage your students in exploring the connections between good nutrition and the role local farmers play in providing our food and helping to protect our environment.

We hope that you will share this program with other teachers in your school, and with your School Nutrition Director as well. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. Please comment online at ymiclassroom.com/feedback-fdf to provide feedback.

We depend on your input to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Michele Cooper
CEO
Florida Dairy Farmers and the Dairy Council of Florida

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

FLORIDA DAIRY FARMERS

For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

Target Audience

Students in grades 2-4.

Program Objectives

- Educate students about local agriculture and its importance to their community.
- Teach students about the many benefits of consuming locally produced dairy products and other foods.
- Reinforce the USDA MyPlate nutrition guidelines for healthy eating.
- Inspire students to grow their own food in a school or home garden.

Program Components

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- A colorful wall poster for display in your classroom.

How to Use This Program

Download the teacher's guide, activity sheets, and poster. Make photocopies of the activity sheets for your students. Display the poster prominently in your classroom. Introduce the program by having students view the Dairy Farming Today Virtual Tour accessible at **ymiclassroom.com/fdf**. Plan to have students complete Activity 2 in the afternoon, after lunch. Send each activity sheet home for students to share with parents. Please visit **ymiclassroom.com/fdf** to review the program's alignment with Common Core Standards.

How to Use the Wall Poster

Before beginning the program, review the poster with students. Have older students work in groups to research and present reports featuring more details about each step in the journey of milk.

Please visit **Floridamilk.com** to learn more about the Dairy Council of Florida and its services to the community.

Activity 1
From Farm to Table—A Local Journey

Have students complete the quiz independently or in groups. ***Answers:*** 1-C; 2-B; 3-C; 4-D; 5-C; 6-all but D and E.

Next, have students fill in the letters to complete the paragraph. ***Answers:*** animals, environment, recycling, machine, waste, electricity, fertilize, fruits, vegetables, grains, healthy, lunches.

As an extension, have students illustrate their choice of one of the statements about eating locally grown food, then combine their sketches to create posters for display in the classroom, hall, or cafeteria.

Activity 2
My School, My Food

Review the MyPlate icon with students. Remind them that although many of their meals often include processed foods, plants and animals are still the original source and we are dependent on them and the farmers who care for them for all of our food.

If necessary, help students identify their food sources with hints such as: Where would the turkey, cheese, bread, and lettuce come from if you had eaten a turkey sandwich? (***Answers:*** a turkey farm, a dairy farm, a wheat farm, and a produce farm.) Send the activity sheet home with students to share with parents.

Activity 3
Homegrown!

Help students, if necessary, to unscramble the words and use the chart to record yields. ***Answers:*** carrots-10 lbs.; potatoes-20 lbs.; cabbage-20 lbs.; cucumbers-10 lbs.; tomatoes-25 lbs.; peppers-15 lbs. Total yield-100 lbs.

Have students share their ideas about how the connections in *Planting Power!* point out the environmental benefit of gardening. Challenge them to think of more benefits. ***Answers:*** 1-C; 2-D; 3-A; 4-E; 5-B.

After students have used the back of their paper to record items needed to plan a garden (tools, tool storage, soil, containers or space to plant, seeds and/or seedlings, a water source, irrigation, watering cans, etc.) and sketched their ideas, you might want to extend this activity by starting a garden at your school (see **kidsgardening.org** for ideas).

Program Site
- Young Minds Inspired, **ymiclassroom.com/fdf**

Dairy
- Florida Dairy Farmers and the Dairy Council of Florida, **FloridaMilk.com**
- Dairy Good, **DairyGood.org**

Farm to School
- National Farm to School, **farmtoschool.org**
- Farm to School Resources, **fns.usda.gov/sbp/school-breakfast-program-sbp**

Local Agriculture
- The Edible Backyard, **pbs.org/america-revealed/teachers/lesson-plan/5**
- The Florida organization for Agriculture in the Classroom, **faitc.org**

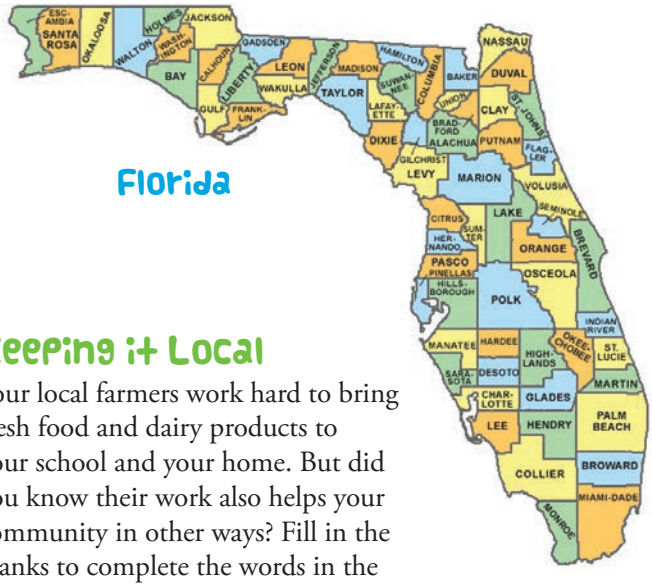
MyPlate
- USDA MyPlate, **choosemyplate.gov**

School Gardening
- Edible Schoolyard Project, **edibleschoolyard.org**
- Kids Gardening, **kidsgardening.org**
- Gardening for Grades, **faitc.org/teachers/gardening-for-grades/**
- Gardening for Nutrition, **faitc.org/teachers/gardening-for-nutrition/**

Activity 1

From Farm to Table–A Local Journey

Reproducible Master



Do you know where the food you eat comes from? How about the milk you drink at lunch? You might be surprised to learn that most of the dairy products in your school cafeteria and in your kitchen at home come from local dairy farms—even if you live in a city! Take this quiz to learn more. Just circle the letter of each correct answer:

1. Approximately how many family dairy farms are there in Florida?

A. 75 B. 100 C. 130 D. 250

2. If you were in Disney World, how far would you have to travel to find a dairy farm?

A. 200 miles C. 20 miles
B. 50 miles D. 400 miles

3. On average, how long does it take fresh milk to travel from a dairy farm to a school in Orlando?

A. one hour C. 48 hours
B. 10 days D. one month

4. An average dairy cow can produce about how many school milk cartons of milk a day?

A. 10 C. 200
B. 90 D. 160

5. How much does a typical Holstein cow (the black and white ones) weigh?

A. 500 pounds C. 1,400 pounds
B. 850 pounds D. 6,000 pounds

6. Which of these are locally grown fruits used in dairy products like yogurt and ice cream? (Choose all that apply.)

A. oranges D. cherries
B. bananas E. cranberries
C. blueberries F. strawberries

Keeping it Local

Your local farmers work hard to bring fresh food and dairy products to your school and your home. But did you know their work also helps your community in other ways? Fill in the blanks to complete the words in the following paragraph.

Farmers help take care of a__i__als and the land. Some dairy farmers help the en__iron__ent by re__yc__ __ng the waste from dairy cows with a ma__ __ine called a methane digester. This machine turns the w__st__ into energy to produce elec__ __icity. The liquids and solids from the digester can be used to fe__tili__e plants, which helps produce the f__uits, ve__eta__ __es, and __ __ains we eat along with dairy products to stay h__alt__y. These foods go into the school lun__ __es you eat each day.

Why Eat Locally?

- **It Tastes Great!** Locally grown foods do not have to travel far, so they can be harvested later, when they are ripe and their flavor is at its best, meaning tastier eating.
- **It's Good for the Environment.** Buying foods grown by local farmers helps preserve farmland and open space.
- **It Keeps Your Community Strong.** The money earned by local farmers stays in your community instead of going to food producers in another city, state, or country.
- **It Keeps You Connected.** Even if you live in a city, you can visit your local farmer's market and meet the farmers who have grown the food you eat.

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Activity 2

Reproducible Master

My School, My Food

The MyPlate guide helps you remember to include food from all five food groups in your meals each day. These food groups are building blocks to a healthy diet. What did you eat for your school lunch today? List each item under its food group. List items that combine food groups (like pizza) under all the food groups that apply.

Fruits	Vegetables	Grains	Protein	Dairy

Now choose two of your lunch items. Write the farm source for each after the arrow (for example, a carton of milk comes from a dairy farm). Remember, food isn't grown at the store!

1. _____ → _____
2. _____ → _____

Parents! If your child participates in your school's meal program, it's very likely that his or her lunch may have come from a local food source. Many school meal programs in our region use dairy products from local farms that are members of the Florida Dairy Farmers and Dairy Council of Florida. Locally produced foods come to your table at their peak flavor and nutritional value. Eating locally also boosts your community economically by supporting the agricultural connections between farmers, businesses, and consumers like you.

Eat locally by serving this tasty pizza with a fresh salad using greens and vegetables from your nearby farm or your school or home garden, along with milk from your local dairy.

Tasty Garden Pizza

Cooking time: 30 minutes. Serves 4 (2 slices each). Experiment by adding garlic, a flavored vinegar combined with the oil, and other homegrown veggies of your choice!

Ingredients

1 10-ounce can refrigerated pizza crust dough
Cooking spray
2 tsp. olive oil, divided
3 small tomatoes, sliced thin
1 medium pepper, sliced thin
1 cup (4 oz.) shredded mozzarella cheese
2 Tb. Parmesan cheese
½ cup basil, chopped thin
salt and pepper to taste

Preparation

1. Preheat oven to 400°.
2. Coat a pizza pan with cooking spray. Unroll crust dough into the pan shape. Bake at 400° for 8 minutes. Brush with 1 tsp. oil.
3. Place tomato and pepper slices on crust, leaving ½ inch around all edges. Mix cheeses together and sprinkle evenly on top. Bake at 400° for 12 minutes. Dough is done when cheese melts and crust is golden.
4. Sprinkle pizza evenly with chopped basil, salt, and pepper. Drizzle the remaining oil evenly over the surface. Garnish with whole basil leaves if desired. Cut into 8 slices, and enjoy!

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Tips for Shopping Local

- Most products include "grown in" information directly on the product or its packaging. Or ask your grocer which foods and dairy products are from local sources.
- Shop local farms for everything from dairy products to vegetables and to experience farm tours. To find a farm tour in your region or county, visit **Floridamilk.com**.
- Find out if there is a Community Supported Agriculture (CSA) program for your area at **localharvest.org/csa**. CSAs supply boxes of fruits and vegetables on a weekly or monthly basis fresh from the farm to you.

Florida Dairy Farmers

Activity 3

Reproducible Master

Homegrown!

Growing a garden is a fun way to find out firsthand how food gets from the farm to your table. This activity will help you get started, and find out some of the good things that gardens do.

Plant a Row!

All farmers and gardeners need to know how much food they might harvest. Use the table below to calculate how much of each crop you could grow in this garden, which has 10-foot-long rows. Write the amounts in the "My Yield" column. But first, you need to unscramble the names of the crops!

Crop	Row Length		Yield
Cabbage	10 feet	X	2 pounds per foot
Carrots	10 feet	X	1 pound per foot
Cucumbers	10 feet	X	1 pound per foot
Potatoes	10 feet	X	2 pounds per foot
Peppers	10 feet	X	1.5 pounds per foot
Tomatoes	10 feet	X	2.5 pounds per foot

Crops | My Yield

arorstc: __ __ __ __ __ __ __ _____

toatepos: __ __ __ __ __ __ __ __ _____

gacbeba: __ __ __ __ __ __ __ _____

bmcuscuer: __ __ __ __ __ __ __ __ __ _____

motaoste: __ __ __ __ __ __ __ __ _____

sprpepe: __ __ __ __ __ __ __ _____

Total Harvest Yield: _____

Planting Power!

Farmers and gardeners help the environment in many ways, in both big cities and small communities. Match these Garden Facts with their impact on the environment by writing the correct letter in the space:

Garden Facts

_____ **1.** Gardens attract bees and butterflies.

_____ **2.** Gardens absorb rainwater.

_____ **3.** Gardens use manure and compost as fertilizer.

_____ **4.** Gardens make use of vacant lots.

_____ **5.** Garden plants absorb carbon dioxide and produce oxygen.

Impact on the Environment

A. Recycles waste that would go to a landfill.

B. Helps reduce greenhouse gases.

C. Increases pollinators needed to produce fruits and vegetables.

D. Helps protect lakes and rivers from runoff.

E. Creates urban green spaces.

Planning Time!

Now use the back of this paper to organize ideas for planting your own garden. List things you will need (tools, seeds, names of crops, etc.), then draw your dream garden and show what you will plant and where!

Gardening Tips

- You don't need a big piece of land to start a garden. In fact, it's best to start small—for example, with a few vegetables growing in container pots.
- Grow foods you like to eat, but first find out what will grow well in your region. Fruits and vegetables all have specific growing seasons that determine when they should be planted.
- Be creative! Plant a pizza garden with veggies you can use as pizza toppings. Or plant a salad bar garden where you can pick what you want for a fresh salad.

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