



RIO SCHOOL DISTRICT CHILD NUTRITION
DEPARTMENT

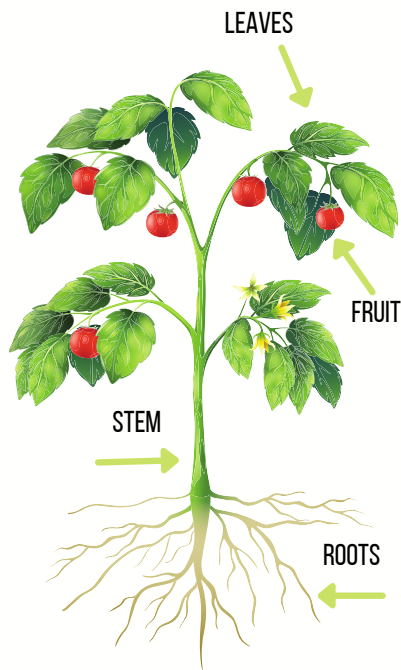
Activity Book

GRADES 3RD-5TH GRADE

What do you eat?

INSTRUCTIONS: WHAT PART OF A PLANT DO YOU EAT? BRAINSTORM, DRAW AND LABEL EDIBLE EXAMPLES FOR EACH OF THE FOLLOWING PARTS OF A PLANT.

EDIBLE ROOTS OF PLANTS:



EDIBLE STEMS OF PLANTS:

EDIBLE LEAVES OF PLANTS:

EDIBLE SEEDS OF PLANTS:

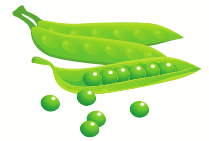
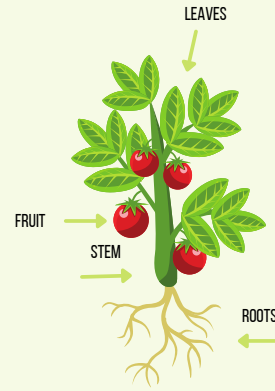
EDIBLE FRUITS OF PLANTS:

What are you eating?

INQUIRY QUESTION: HOW DO HUMANS USE PLANTS AND ANIMALS?

INSTRUCTIONS:
HUMANS EAT MANY PARTS OF
PLANTS. IDENTIFY WHICH PART OF
THE PLANT THE FOLLOWING FOOD
ITEMS COME FROM, AND CORRECTLY
LABEL USING THESE TERMS:

STEM
SEED
FRUIT
ROOTS
LEAVES





Fun Fact Find!



MATCH THE PRODUCE WITH THEIR FUN FACT



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- They contain more vitamin C than oranges

- They were first used as food for the Aztecs

- They belong to the berry family

- They come in orange, purple, yellow, and white

- California produced 75% of this crop in the US

- They are the largest citrus fruit trees in the world

**SEASONAL
PRODUCE TO
CHOOSE FROM:**

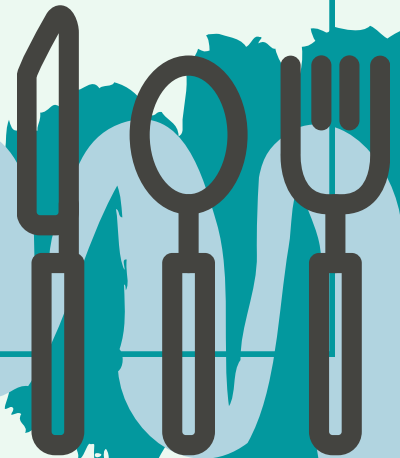
- BEETS/LA REMOLACHA
- BRUSSELLS SPROUTS/LA COL DE BRUSELAS
- GRAPEFRUIT/LA TORONJA
- KIWI/EL KIVI
- LEEKS/EL PUERRO
- LEMONS/EL LIMÓN
- ORANGES/LA NARANJA
- PARSNIPS/LA CHIRIVÍA
- PEARS/LA PERA
- POTATOES/LAS PAPAS
- PUMPKIN/LA CALABAZA
- SWEET POTATOES/LA BONIATO
- WINTER SQUASH/LA CALABAZA DE INVIERNO

winter recipe

TITLE:

DIRECTIONS

INGREDIENTS:



**SEASONAL
PRODUCE TO
CHOOSE FROM:**

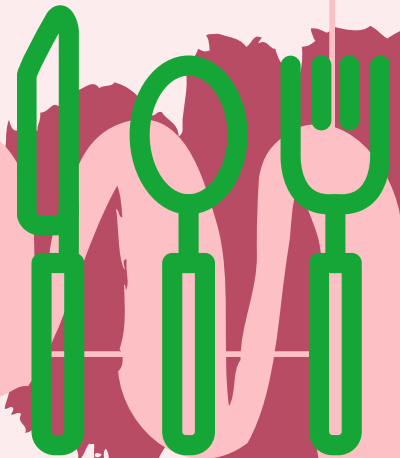
- APRIOTS/EL ALBARICOQUE
- ASPARAGUS/EL ESPÁRRAGO
- BROCCOLI/EL BRÓCOLI
- GREEN BEANS/EL FRIJOL VERDE
- MANGOES/EL MANGO
- MUSHROOMS/EL CHAMPIÑONES
- PEAS/LAS ARVEJAS
- RADISHES/EL RÁBANO
- RHUBARB/EL RUIBARBO
- SPINACH/LA ESPINACA
- STRAWBERRIES/LA FRESA

spring recipe

TITLE:

DIRECTIONS

INGREDIENTS:



**SEASONAL
PRODUCE TO
CHOOSE FROM:**

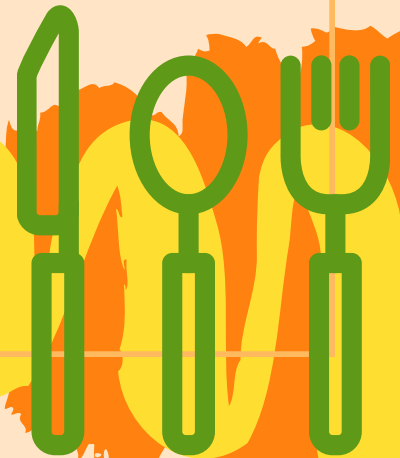
- AVOCADOES/EL AGUACATE
- BELL PEPPERS/EL PIMIENTO
- CANTELOPE/EL MELÓN
- CHERRIES/LAS CEREZAS
- CORN/EL MAÍZ
- CUCUMBERS/EL PEPINO
- EGGPLANT/LA BERENJENA
- HONEYDEW MELON/EL MELÓN
- KIWI/EL KIWI
- OKRA/LA OCRA
- PEACHES/EL DURAZNO
- PLUMS/LA CIRUELA
- TOMATOES/EL TOMATE
- WATERMELON/LA SANDÍA

summer recipe

TITLE:

DIRECTIONS

INGREDIENTS:



**SEASONAL
PRODUCE TO
CHOOSE FROM:**

- APPLE/LA MANZANA
- BEETS/LA REMOLACHA
- BROCCOLI/EL BRÓCOLI
- CAULIFLOWER/EL COLIFLOR
- CRANBERRIES/EL ARÁNDANOS
- GRAPES/LAS UVAS
- KALE/LA COL RIZADA
- MUSHROOMS/EL CHAMPIÑONES

fall recipe

TITLE:

DIRECTIONS

INGREDIENTS:



Photosynthesis



Photosynthesis is the process where plants transform light energy into chemical energy. Plants use this energy to make their own food. The light energy they captured is used to convert carbon dioxide, water, and minerals into oxygen.

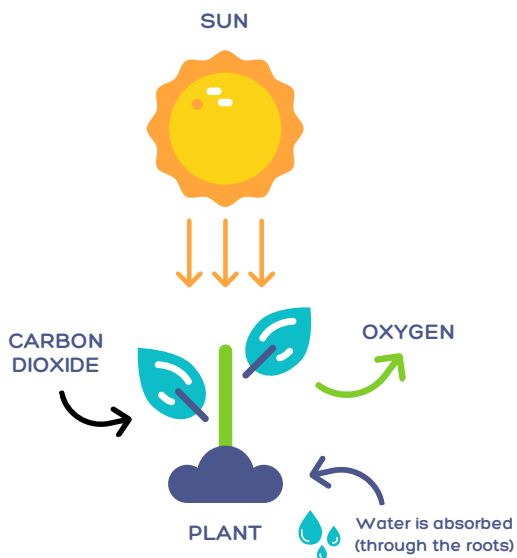
Chlorophyll

The pigment that gives plants their green color and helps in the process of photosynthesis.

Did you know?

There are organisms other than plants that can undergo photosynthesis. These include algae and the emerald green sea slug.

The Photosynthesis Process



Plants take in water and carbon dioxide and use energy from the sun to turn them into food.

Within the plant cell, water is oxidized, loses electrons, and is changed into oxygen. Carbon dioxide is reduced, gains electrons, and turns into glucose.

Oxygen is released, and glucose is stored within the plant as energy.

The Photosynthesis Formula



SAVE THE BEES!

Honey bees are pollinators, which means they travel from plant to plant to spread pollen and helps plants reproduce.

Honey bees are responsible for every 1 out of 3 bites of food we eat

The bee population is going down because of parasites, toxins, and loss of habitat.

Don't kill bees! Save the bees instead by planting native plants!

If a honeybee approaches you, be still as she checks to see if you have any nectar. Once she knows you're not a flower, she'll leave