



# APPENDIX

The following materials are designed to help make hosting your event easy. Each of the reproducible handouts can be copied directly from this booklet and used in your activities; the customizable materials can be repurposed with your school's information and used to share your events with family, the media, and other schools.



[Photo] A group of students in Fairfax County, VA, brainstorm how to design a car built from fresh produce.



# Appendix

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# Try-Day Taste-Testing Ballot

Copy, cut out, and distribute the ballots to elementary school students so they can share their thoughts on new foods they have tried.



## Make Today a Try-Day!



**It's fun to find new favorite foods!**

Write the name of the food you tried and then circle the faces below to tell us how you feel about it.

The food I tried: \_\_\_\_\_

The food looked:

The food tasted:

The food smelled:

The food made me feel:

## Make Today a Try-Day!



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# Farmers Market Salsa Recipe

Eat smart to play hard. Power up with fruit and vegetable snacks! The ingredients you discovered during your *Food Explorer* scavenger hunt mix together to make this delicious, healthy salsa.

## INGREDIENTS

½ cup corn

1 can black beans (15-ounce, drained and rinsed)

1 cup tomatoes (diced)

½ cup onion (diced)

½ cup green bell pepper (diced)

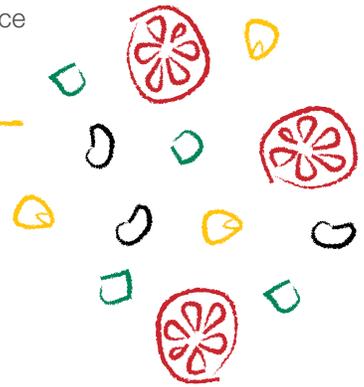
2 tablespoons lime juice

2 garlic cloves (finely chopped)

½ cup picante sauce

## INSTRUCTIONS

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with whole-grain pita chips, baked tortilla chips, or fresh vegetables.



Salsa recipe adapted from Kansas Family Nutrition Program, by way of the SNAP-ED Recipe Finder Database, National Agricultural Library, United States Department of Agriculture.

# Food Explorer Clue Sheet

Clues based on the recipe for USDA's Farmers Market Salsa (see appendix, page 82)

## Station 1

I'm a vegetable and a protein food. My dark color is part of my name. People enjoy me with rice, in soups, or in burritos.



## Station 2

I'm a-MAIZE-ing. My golden kernels are eaten on a cob or off.

## Station 3

You can find me on a salad bar, in pizza and pasta sauce, or growing on a vine. Sometimes I squirt juice and seeds when you take a bite!

## Station 4

The first half of my name sounds like something that rings between classes or in a church. The second half of my name can be confusing, since I'm not hot or spicy.



## Station 5

I make some cooks cry when they peel and slice me. I am a vegetable that adds flavor to many foods.

## Station 6

You can separate me into cloves. In stories, I'm used to ward off vampires.

## Station 7

I'm a type of bread with a pocket. My whole grains make me look tan or brown.





# Healthy Food Heritages Interview Questions

Hello, my name is \_\_\_\_\_ and I'm a student at \_\_\_\_\_. I am learning about healthy food choices from other cultures and regions. I would like to ask you a few questions about food traditions that are special to you and your family.

1. What is a traditional cultural or regional meal that you enjoy?

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2. Does your favorite traditional meal include vegetables? Fruits? Whole grains? Low-fat dairy? Protein foods?

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3. How is your favorite meal prepared?

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4. What is a popular vegetable dish in your culture or region? What are the ingredients?

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5. What are popular protein dishes in your culture or region? Do they include nuts, seeds, beans, seafood, eggs, chicken, turkey, or lean cuts of beef, pork, or lamb?

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6. Does your family use whole grains such as whole cornmeal, whole-wheat flour, or barley to prepare any traditional dishes?

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7. Are there any fruits or vegetables that are eaten widely in your culture or region?

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8. Is breakfast customary in your culture or region? What do you most often eat for breakfast?

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9. Are there foods available in your culture or region that aren't available or common here? What do they taste like?

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# You Control the School Menu: Vote for Your Favorite

Fill in a box in each row below to tell us how you feel about the food you tasted today. Then tell us whether or not you would like to see this food on the school menu and why.

Food name: \_\_\_\_\_

	Bad	Fair	Good	Great
How did the food look?				
How did the food taste?				
How was the food's texture?				
How did it feel in your mouth?				
How did the food smell?				
How did you like the food overall?				

Was the food served at the right temperature?

YES

NO

Would you like to see this food on the school menu? Why? Why not?

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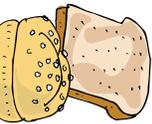


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# MyPlate Grocery Store Treasure Hunt



Make at least half of your grains whole grains.

## GRAINS

Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.

Check the box and name the cereal \_\_\_\_\_

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

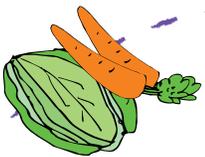
Check the box and name the bread \_\_\_\_\_

## VEGETABLES

Look for a dark green and a red or orange vegetable.

Check the box and name the red or orange vegetable \_\_\_\_\_

Check the box and name the dark green vegetable \_\_\_\_\_



Color your plate with great tasting veggies.

## Families and Friends:

Take this sheet along with you the next time you go to the supermarket, and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child!

## FRUITS

Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

Check the box and name the fruit \_\_\_\_\_

## DAIRY

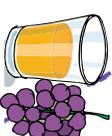
Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

Check the box and name the dairy food \_\_\_\_\_

## MEAT AND BEANS

Try fish, shellfish, beans, and peas more often. Find a bag of dry beans.

Check the box and name the beans \_\_\_\_\_



Fuel up with fruit.



Get your calcium-rich foods.

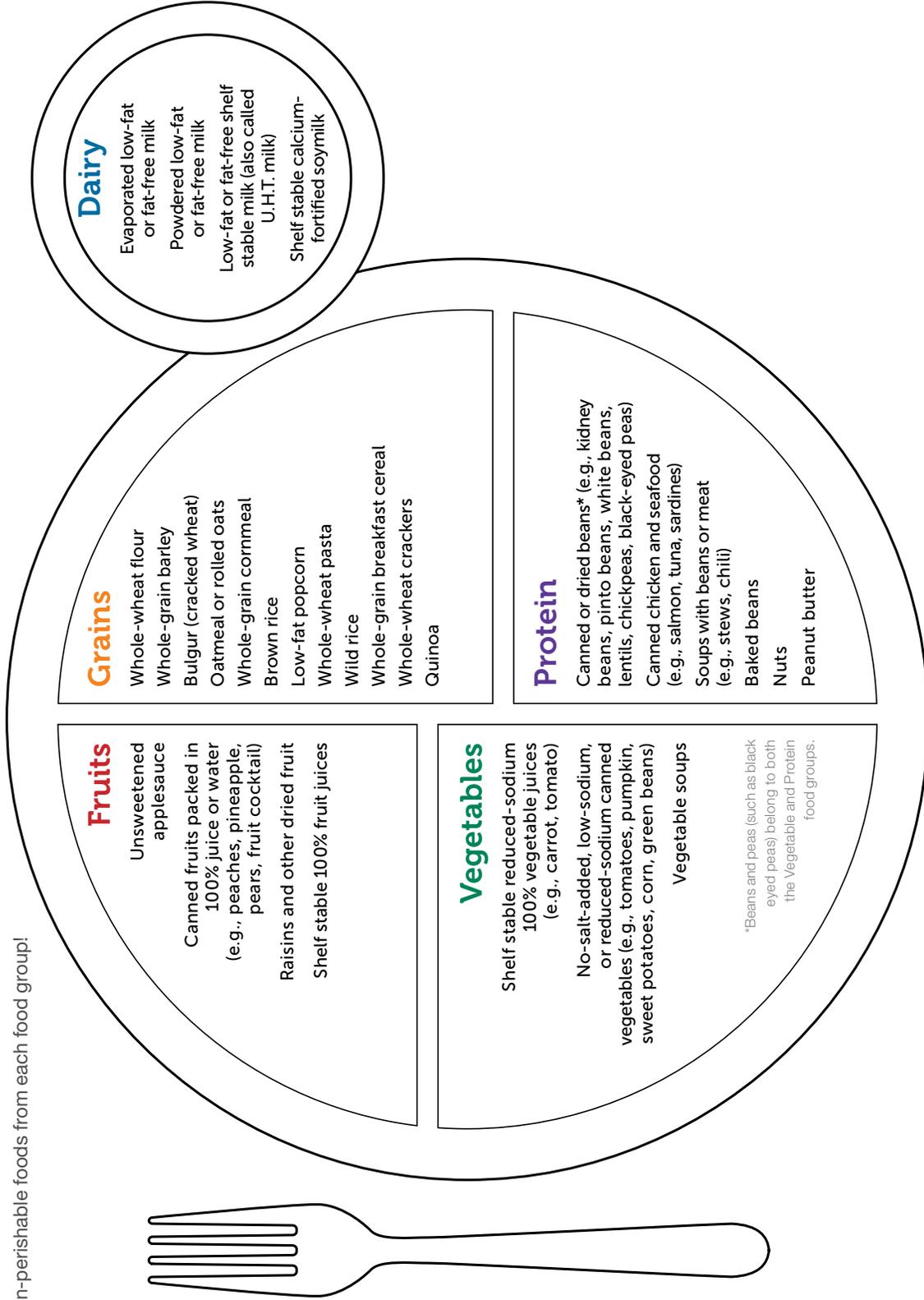


Vary your proteins.



# MyPlate Food Drive Wishlist

Help us collect non-perishable foods from each food group!



# ChooseMyPlate.gov



# Food Explorer Ingredient Coupons

Write the name of each ingredient from your *Food Explorer* hunt on the coupons below. Copy and cut out the coupons, making sure there are enough for all students to have one of each ingredient. You may wish to copy coupons for different ingredients on different colors of paper. Hand out coupons at each ingredient station as described on page 30.



*Food Explorer* Ingredient Coupon

tomato

*Food Explorer* Ingredient Coupon

\_\_\_\_\_

*Food Explorer* Ingredient Coupon

\_\_\_\_\_