

# Parent Guide: Agriculture / Food Sources

## The Food Journey, Healthy Food Rainbow, To My Tummy

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### The Food Journey

Have you ever wondered how much work and how many products go into just one food that you eat? The process is usually lengthy, even if your food is fresh and whole...but especially when it's processed and/or preserved.

#### Supplies Needed:

- a food item from your kitchen
- questions and examples from parent supplement (on our website)

Join us on our Facebook page for instructions!

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### Healthy Food Rainbow

Foods can be beautiful in shape and color. Eating a "rainbow" of foods can ensure that you get all the vitamins and nutrients that a healthy body needs.

#### Supplies Needed:

- grocery ads
- scissors
- glue stick
- crayons
- 2 cotton balls
- rainbow template (linked in supplement)
- graph template (linked in supplement)

Join us on our Facebook page for instructions!

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### To My Tummy

Field, farm, truck, packaging/processing plant, another truck, grocery store, grocery bag, your car, your home, your refrigerator, your oven, your plate, your fork, and your tummy. Whew, now that was a long journey! Pretend you are a food making that trek and explain/act out your adventure to Kazoo and Gus (Nebraska Farm Bureau Foundation bovine). Were you hot in the field, bounced around in the truck, cold in the fridge, and scared on the fork?

Printable versions of Kazoo and Gus can be found on our website!