



# Texas Farm Fresh Fridays

## Activity Inspiration with Resources



TEXAS DEPARTMENT OF AGRICULTURE | COMMISSIONER SID MILLER

### **Activities Appropriate for Students in Grades 6-12**

#### **Learn About Seasonality**

Ask students to come up with a creative way to display the seasonal produce information. Previous designs have been a wheel or a spreadsheet. Show them an example of each and see if they can come up with a new, creative way to display the information.

Materials needed:

- Spreadsheet of when fruits and vegetables are in season
- Paper
- Markers, crayons or colored pencils

#### **Think Like a Farmer**

Give students an annual budget and seed catalogue, and ask them to do the math of agriculture. Let them create a plan that includes plant choices, season selection, and projected yields and profits. Then they can budget what they would buy and create a planting schedule. Students can also be taught how to write checks during this activity.

To make it more appropriate for older students, incrementally throw in natural disasters and other disruptions such as farm accidents that must be accounted for when planning yearly budgets.

Materials needed:

- Seed catalogues or access to online seed catalogues
- Fake checkbooks or fake checks

#### **Plan a Weekly Menu for Your Family with a \$250 Budget**

Best for high school aged children

Materials needed:

- Internet access or price sheet for produce and other whole food ingredients
- Sample recipes using 5 ingredients or less
- Calculator

#### **Texas Grown Fruits and Veggies Flashcard Activity**

The purpose of this activity is to familiarize students with a variety of fruits and vegetables grown across Texas, and inform them of their uses in foods, as well as benefits attained from eating them.

This activity is intended to be a group, individual, and/or class activity.

To prepare flashcards for students:

1. Print flashcard pages double-sided.
2. Cut pages in half to separate cards
3. Optional: laminate cards
4. Bind pages together (hole punch and binder ring)

### Keep a Food Diary

Have students begin a diary tracking the food they eat over the course of a week. This activity should include:

1. Students keeping a record of everything they eat and drink.
2. Provide an example of what the diary should look like, using different colored pens/highlighters to label which category of food each item belongs to: fruit, vegetable, grain, protein or dairy.
3. On the next school day, have students compare their diaries to the national recommendation guidelines.

The purpose of this activity is for students to be aware of the foods they eat, and to learn of any adjustments they make in their diets in order to be healthier. For even greater accuracy, consider recommending the students purchase/use a food-grade scale to measure their portions.

Materials needed:

- Writing utensils
- Colored pens/highlighters
- Paper/notebook
- Optional: food scale

Sample format:

	Breakfast	Lunch	Dinner	Snack
Sunday	1 egg 1/2 cup oatmeal 1 banana	2 slices whole wheat bread 1 ounce turkey breast 1/2 T. mustard 1 cup low fat milk 1 ounce tomato 1 ounce lettuce	2 ounces chicken breast 1 cup green beans 1/2 cup sweet potatoes 1 T. olive oil	1 cup blueberries
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

## Texas Grown Fruits and Veggies Crossword Activity

The purpose of this activity is to familiarize students with a variety of fruits and vegetables grown across Texas, and inform them of their uses in foods, as well as benefits attained from eating them.

Materials needed:

Pencil/pen

*See following page for print-ready format of activity.*

### Answer Key

#### Across

2. Celery
3. Bell Peppers
4. Spinach
7. Okra
8. Lettuce
12. Cauliflower
14. Cucumber
15. Grapefruit
16. Cabbage
17. Tomato
19. Watermelon
23. Strawberry
25. Grape
26. Cantaloupe
27. Corn
28. Pear
29. Peanuts
30. Blueberries

#### Down

1. Sweet Potato
2. Chickpea
5. Honeydew
6. Pomegranate
9. Fig
10. Broccoli
11. Beet
12. Carrot
13. Onion
18. Mushroom
20. Apple
21. Peach
22. Orange
24. Pumpkin



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA. This institution is an equal opportunity provider.

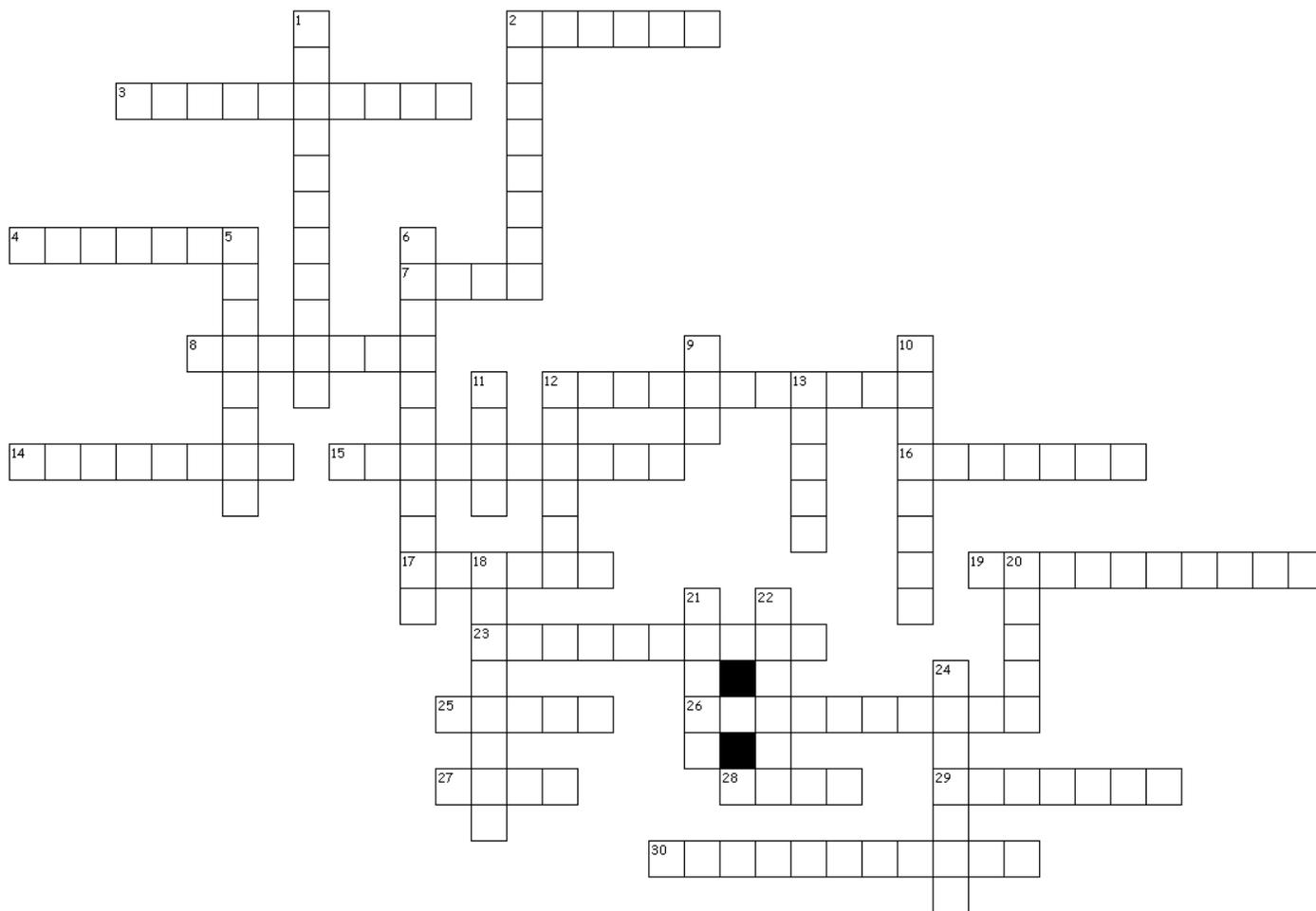
P.O. Box 12847 | Austin, TX 78711 | Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)  
SquareMeals.org



Name: \_\_\_\_\_

## Texas Grown Fruits and Veggies Cross Word Puzzle

Complete this crossword to learn all about the fruits and vegetables grown by Texan farmers!



### Across

2. This long, green veggie is the "log" in "ants on a log"!
3. These large peppers don't pack much spice, but are packed with flavor and vitamin C!
4. This "super green" is known as the fuel for sailors worldwide!
7. This veggie is common in southern cuisine, and is notable for its green, five-pointed-star appearance.
8. As one of the most versatile veggies, you have probably had this in your salad or on a sandwich.
12. This veggie is typically a large, white head and goes great in salads!
14. This long, green veggie has a refreshing, cool flavor and is a common salad ingredient.
15. This citrus resembles a large, pink-fleshed orange, and has a distinctive tart flavor.
16. This large, bulbous veggie might be mistaken for lettuce, but is much crunchier and often cooked.
17. This fruit is commonly thought of as a vegetable, and its red, round body is a staple for salads.
19. This giant green and red fruit is actually a berry!
23. This red berry is known for its many seeds and pointed shape.
25. This vined fruit is a very common healthy snack, and is also a popular juice.
26. This large, orange-fleshed melon is a common ingredient in fruit salads.
27. This husky grain is usually yellow and grows tall with green husks.

28. This odd-shaped fruit has a mild, sweet taste and is commonly a light green color.
29. These common nuts are actually not nuts at all! They belong to the legume family, which includes beans and peas.
30. These berries are some of the most antioxidant-dense foods in the world!

**Down**

1. This vitamin A powerhouse is a root vegetable commonly served at Thanksgiving dinner.
2. This legume is also called a garbanzo bean, and can be the base of the dip hummus.
5. This large, sweet, green melon is a staple in Texas summers!
6. This Mediterranean fruit grows well in Texas! It is notable for its large, round, red body and its edible red seeds.
9. This fruit grows on small trees, has lots of tiny, edible seeds, and is a common fruit preserve.
10. This veggie resembles a small, green tree!
11. This maroon, earthy root is found in borscht, a cold, Eastern European soup.
12. This root vegetable is commonly orange, but can also be found in purple, white, yellow, and red. Rabbits everywhere beware!
13. This veggie grows under the ground, has multiple layers, and is notorious for making its friends cry!
18. This funky fungus can be a great addition to just about any dish!
20. This fruit is full of fiber and "keeps the doctor away".
21. This tasty fruit is notable for its large pit inside and its fuzzy outer skin.
22. If you know the color of this sweet, tangy, Texas citrus fruit, you also know its name!
24. This large, orange gourd is the poster child for Halloween!

