

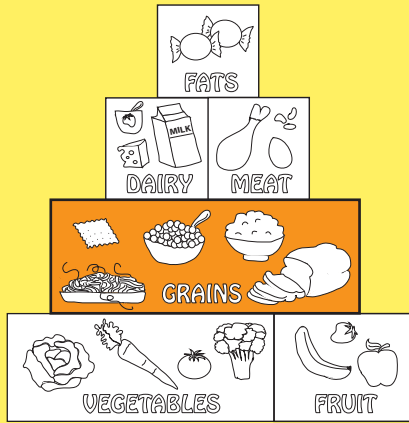


junior farm hands

Activity Booklet



Grains Group

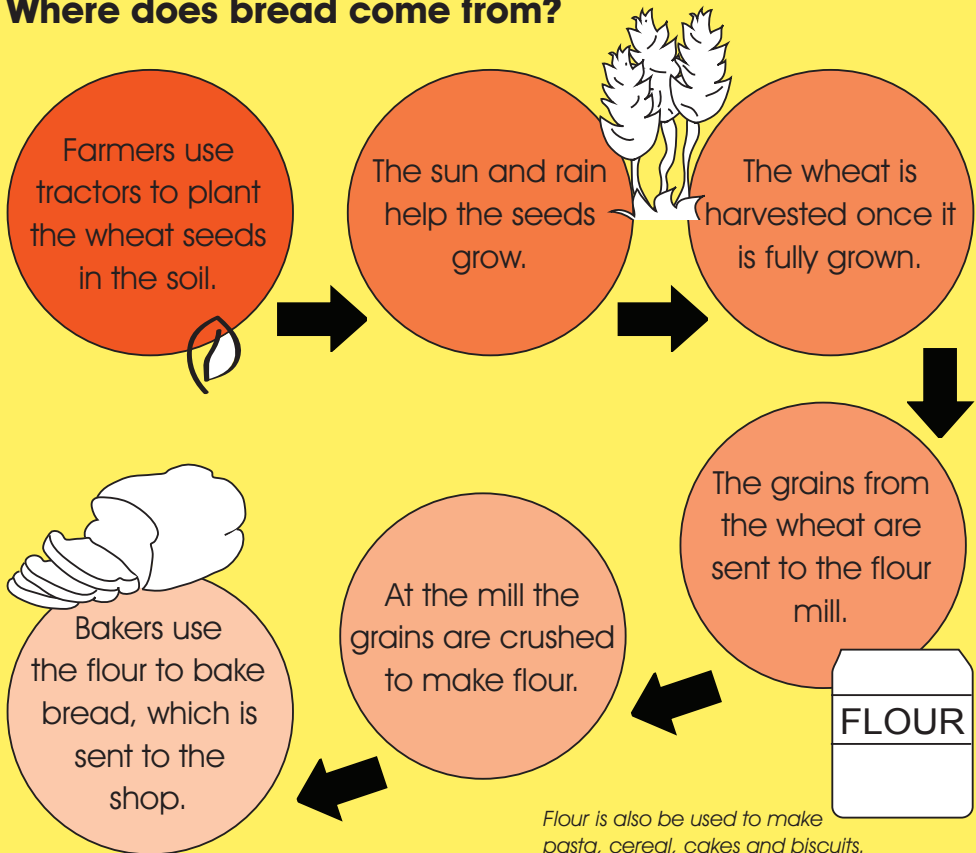


Grains are a food group made up of **wheat, rice, barely and oats.**

Grains are full of carbohydrates which help you **concentrate** and give you **energy.**

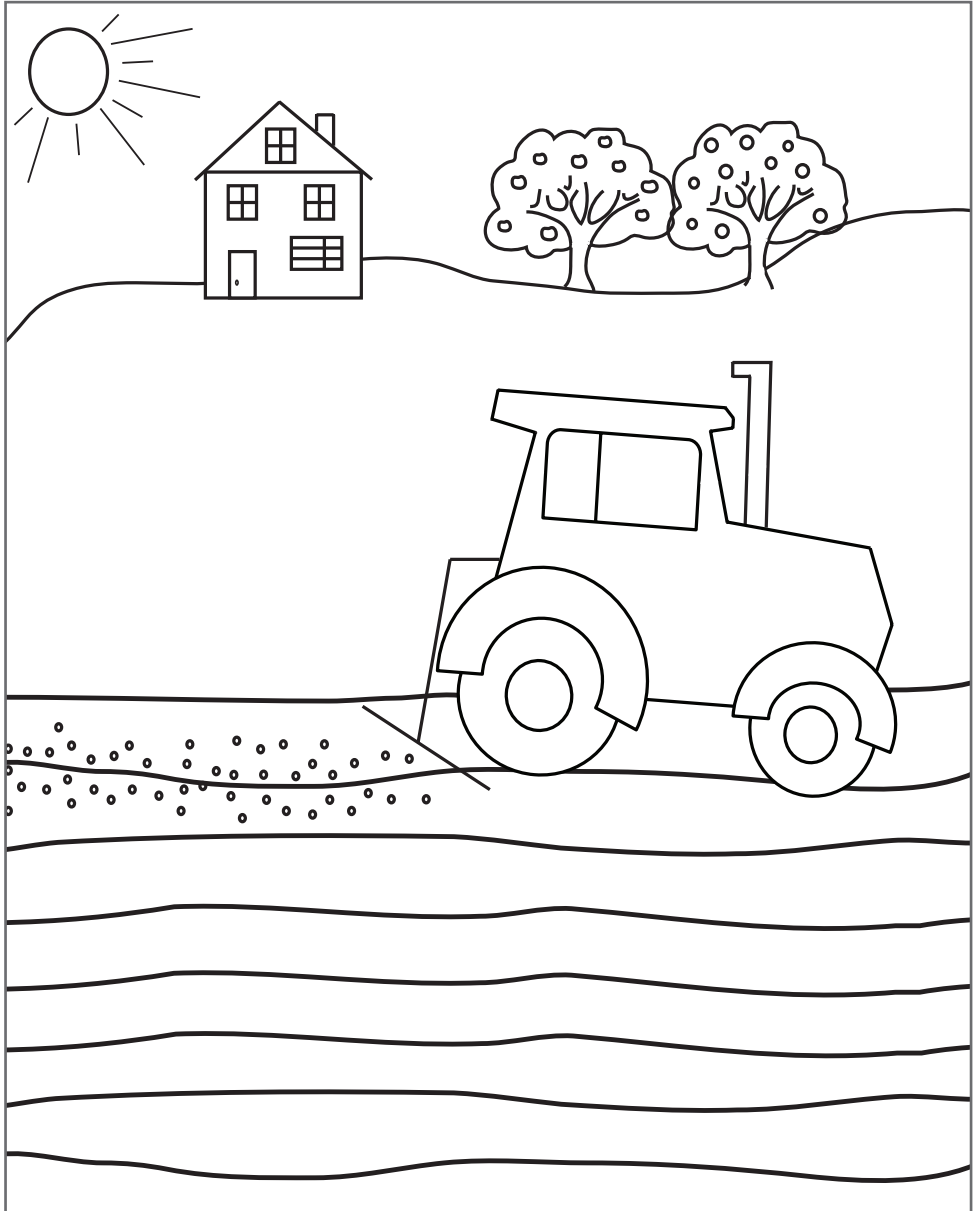
They are the **largest group** on the food pyramid because you should eat lots of them.

Where does bread come from?

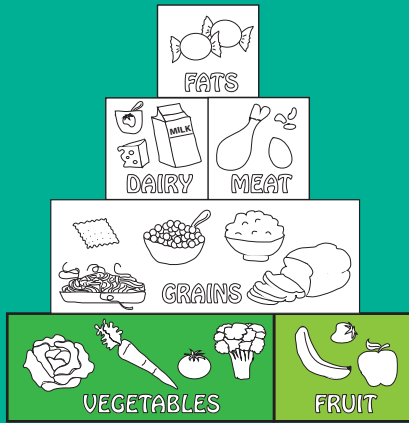


Planting Wheat

Can you draw any other crops or animals you could find on a farm? Colour me in.



Fruit Group

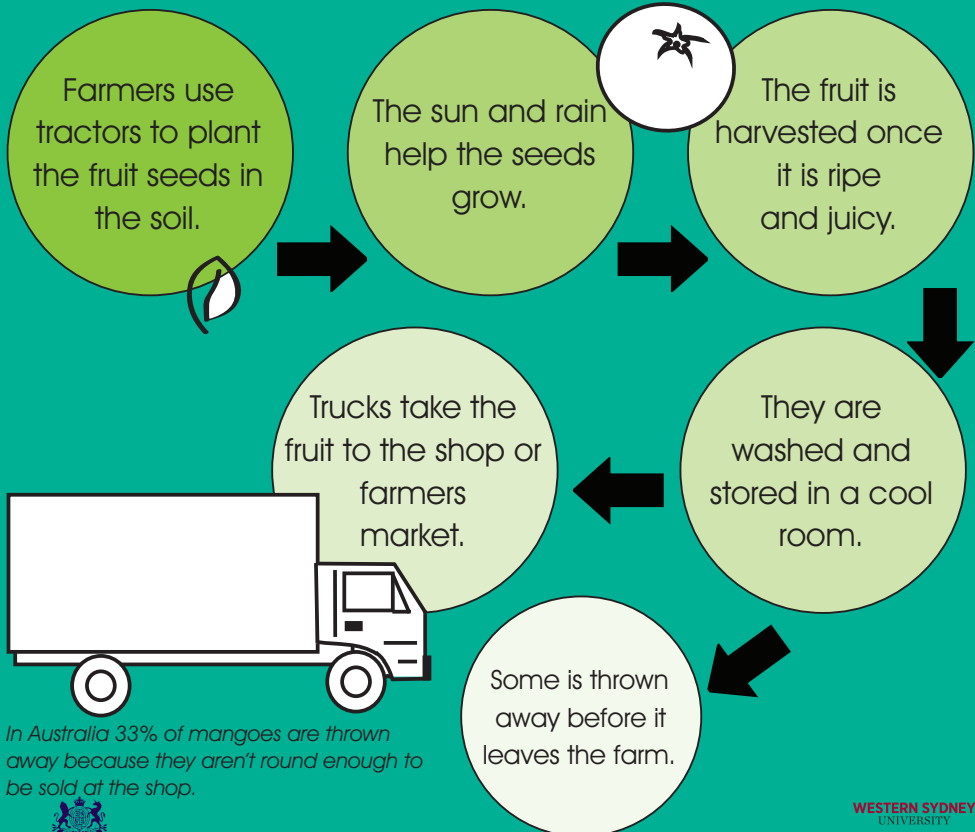


There are **hundreds** of different fruits in the world.

Fruits are full of vitamins and fibre which helps your **immune system** fight off germs.

Fruit and vegetables are the **second largest group** on the food pyramid.

Where does fruit come from?

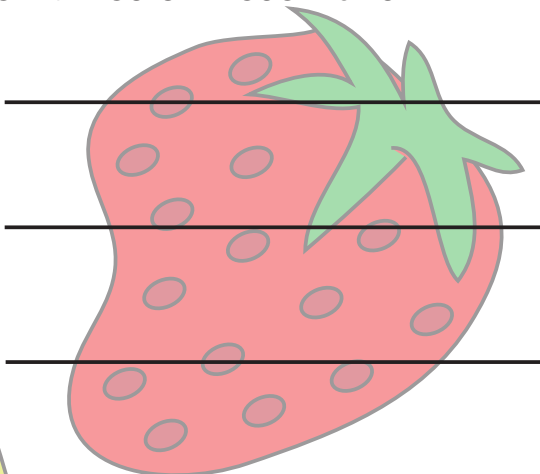


In Australia 33% of mangoes are thrown away because they aren't round enough to be sold at the shop.

Word Scramble

Can you unscramble the names of these fruits?

rtwsearbry



epalp

omgna



mlpu



ritcapo



lertnowaem



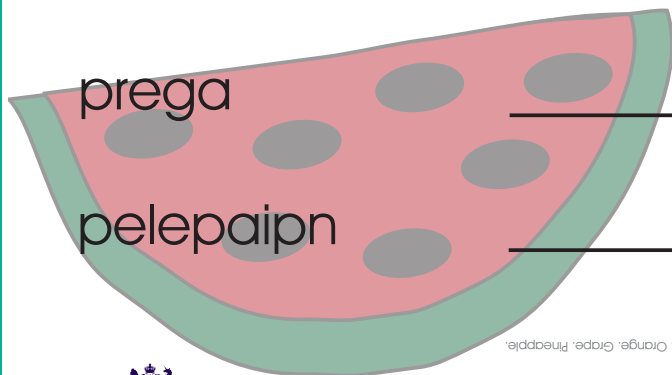
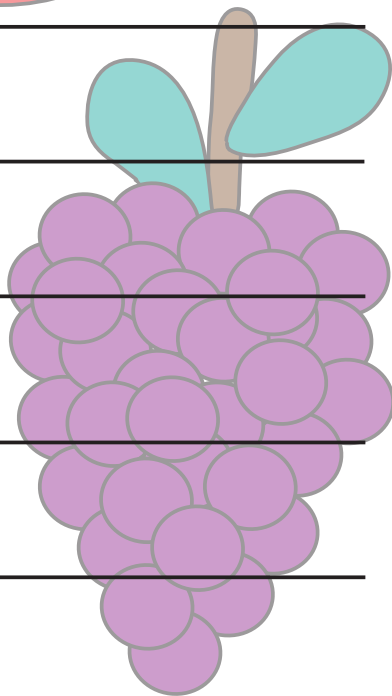
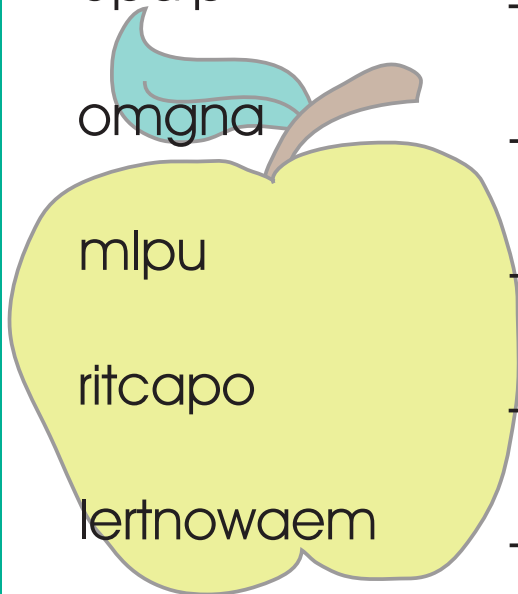
argnoe



prega

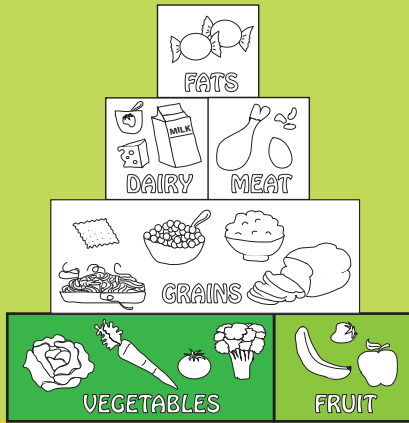


pelepaipn



Answers: Strawberry, Apple, Mango, Plum, Apricot, Watermelon, Orange, Grape, Pineapple.

Vegetable Group

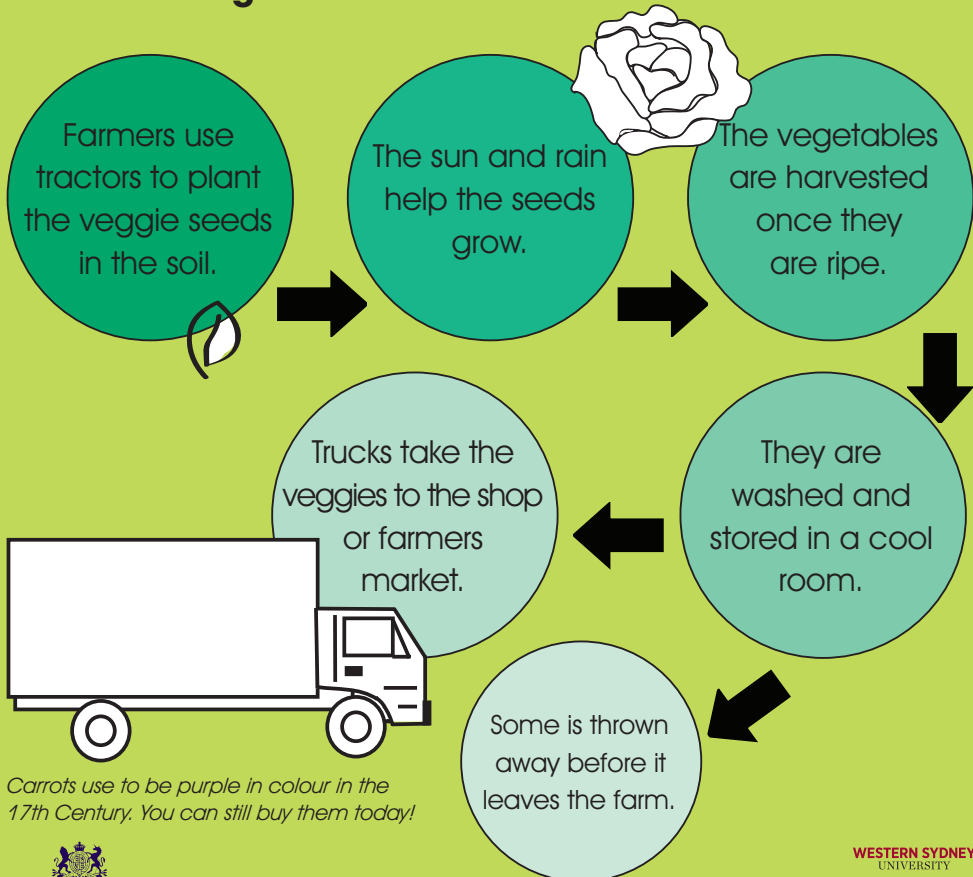


There are **hundreds** of different vegetables around the world.

Veggies are full of vitamins, minerals and fibre which helps your tummy to stay happy.

Fruit and vegetables are the **second largest group** on the food pyramid.

Where do vegetables come from?



Carrots use to be purple in colour in the 17th Century. You can still buy them today!

Where do I grow?

Draw a line between the food and where it grows.



Celery



Potatoes



Lettuce



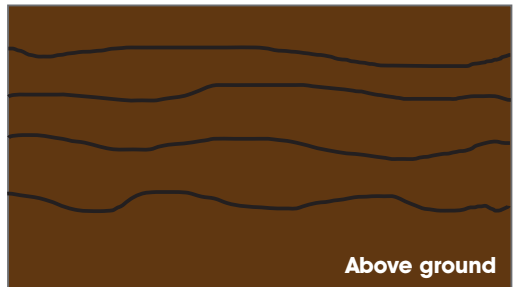
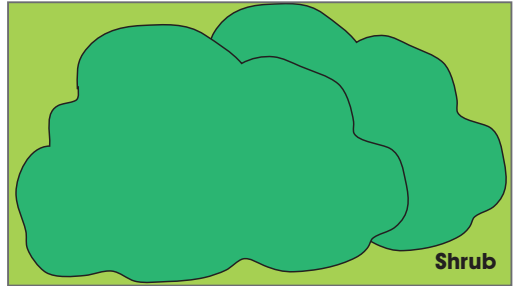
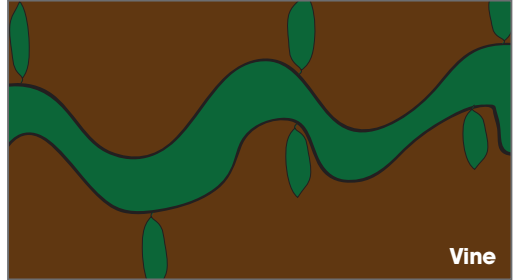
Carrots



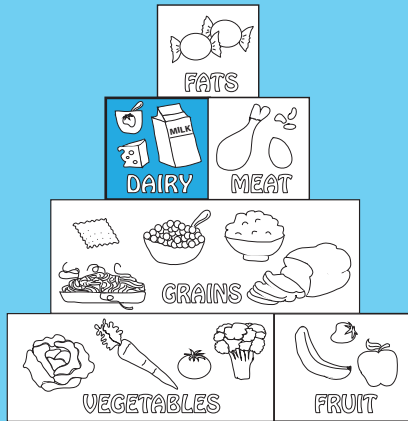
Eggplant



Pumpkin



Dairy Group

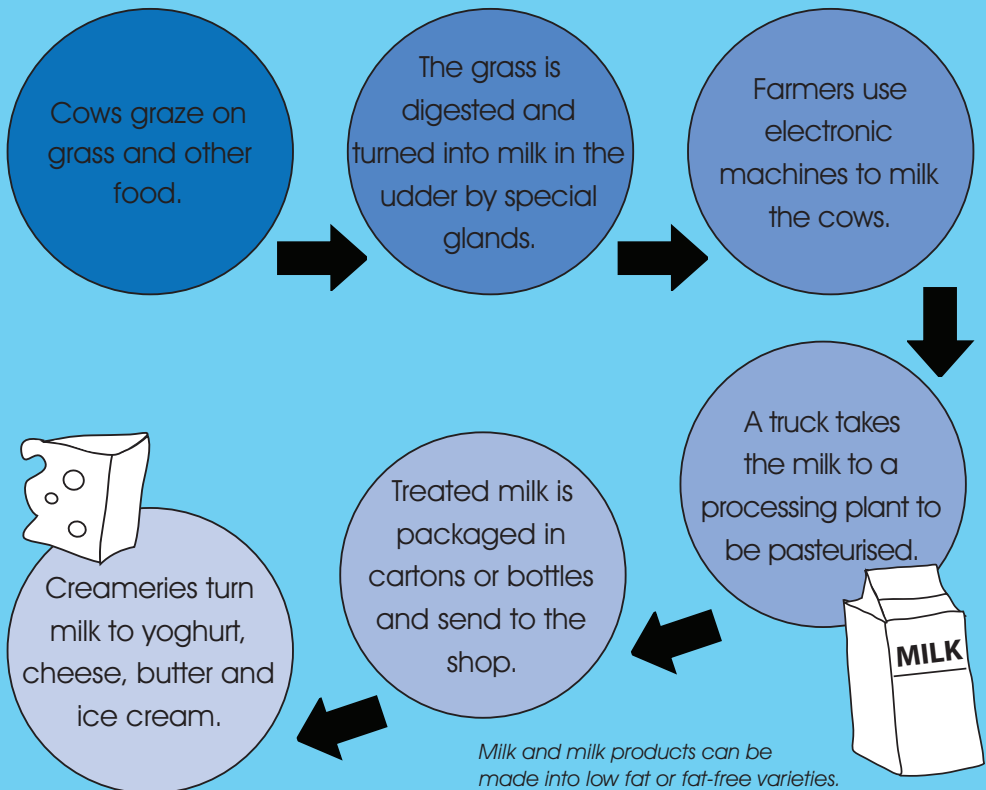


Dairy is a food group made up of **milk, yoghurt and cheese**.

Dairy is full of calcium and vitamin D which gives you **strong bones and teeth**.

Meat and dairy are the **second smallest group** on the food pyramid.

How do cows make milk?

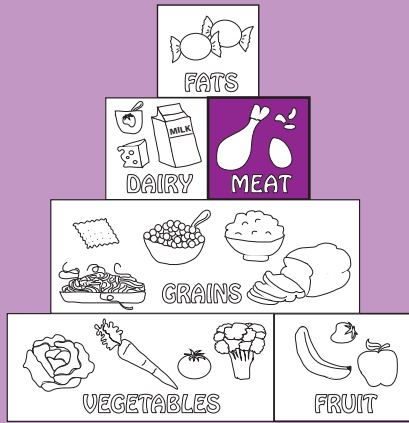


Dairy Cows

There are approximately 1.6 million dairy cows in Australia.
That's a lot of milk! Colour me in.



Meat Group



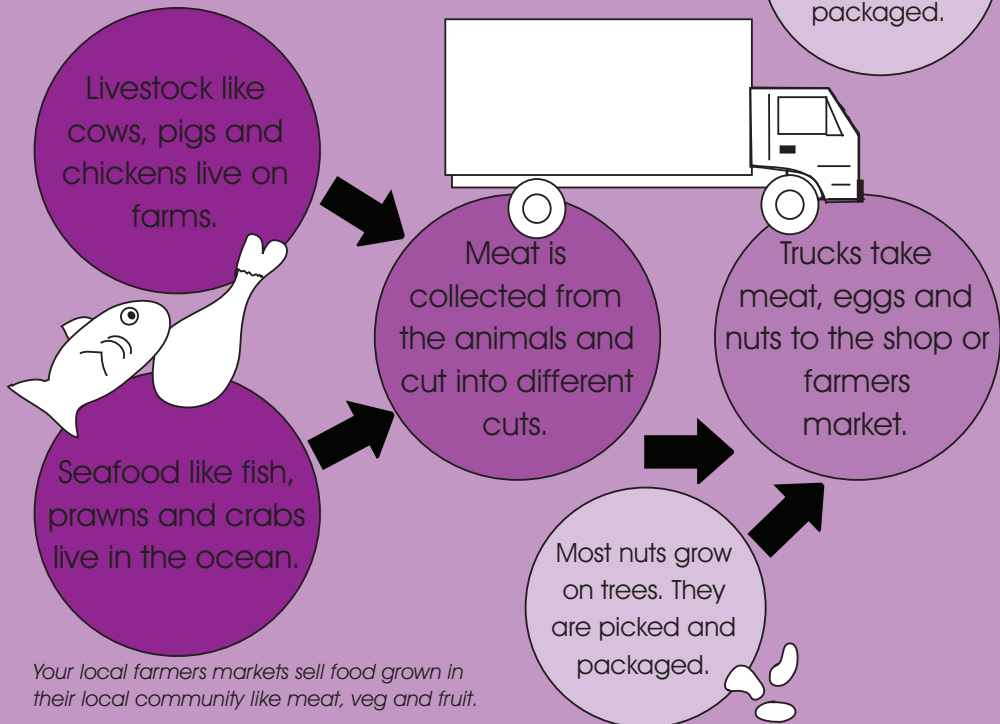
Meats are a food group made up of **meats, nuts and eggs**.

They are full of protein which helps to **build, maintain and repair muscle and organ tissues**.

Meat and dairy are the **second smallest group** on the food pyramid.

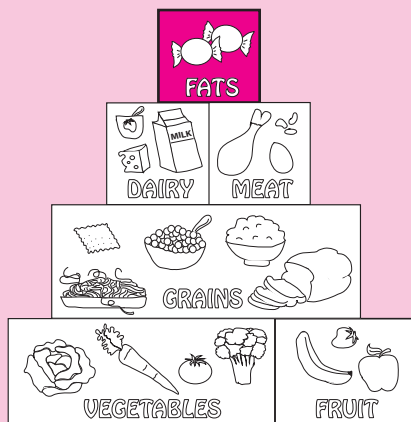
Where does meat come from?

There are different types of meats – the mince patty on your hamburger came from a cow, the bacon for breakfast came from a pig and the tuna on your sandwich came from a fish.



Your local farmers markets sell food grown in their local community like meat, veg and fruit.

Fats and Oils Group

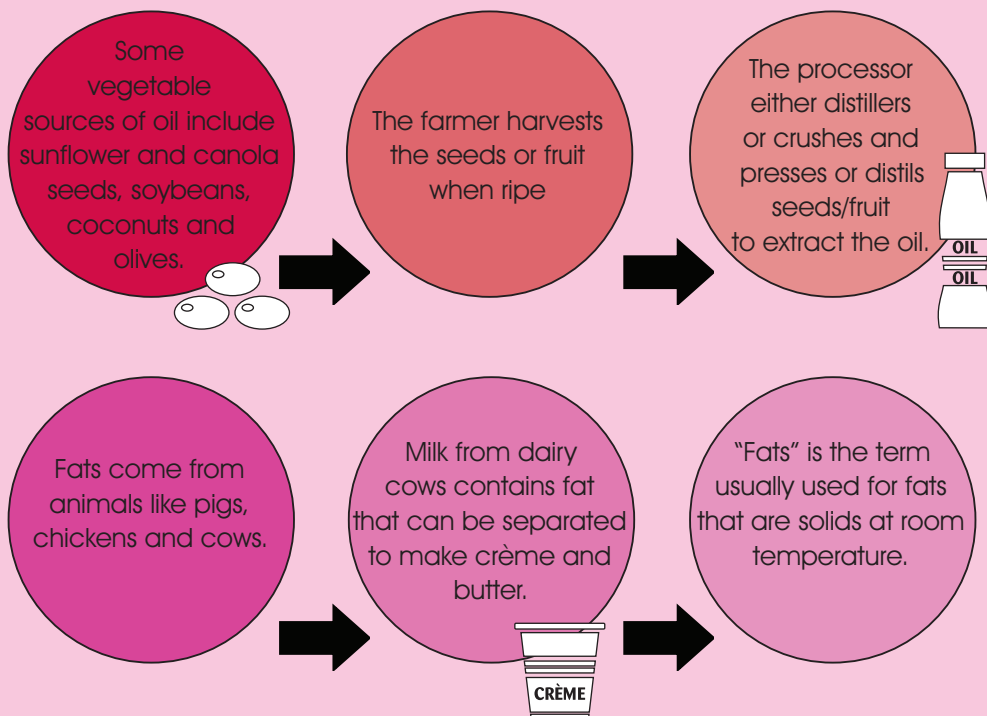


Fats and oils (F&O) can be **good and bad** for your body.

F&O are the **smallest group** on the food pyramid because you should eat these foods the least.

Keep reading to find out how much of each food group you should eat.

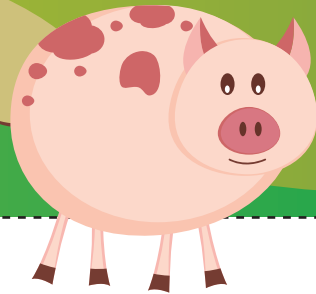
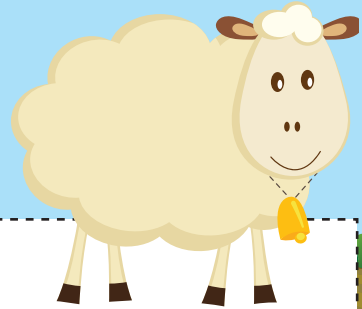
What is the difference between good and bad F&O?



After school opt for a healthy snack like a piece of fruit and a tub of yoghurt, instead of cake and soft drink.

Old McAussie had a farm!

1. Cut out each finger puppet.
2. Glue or tape the tabs together so that the puppet fits around your finger.



Royal Agricultural Society of NSW

www.rasnsw.com.au/education

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