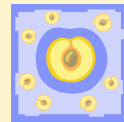




Harvest of the Month

Network for a Healthy California



Activity Workbook

2007-2008











Grade 6

Name:



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the Network for a Healthy California. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.

Harvest of the Month

Fruit or Vegetable	I liked it	I did not like it	I will try this again	Why it is good for me
Apple 				
Pear 				
Kiwi 				
Sweet Potato 				
Orange 				
Broccoli 				
Spinach 				
Carrot 				
Strawberry 				
Salad Greens 				



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.

Harvest of the Month

September

APPLES

Content Standard: Grade 6, Writing 1.0
Health Ed. Standards: Core Concepts,
Interpersonal Communication



Apple Descriptions

Practice with adjectives!



Draw a picture of an apple



Write six adjectives that describe apples.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Directions: Write a few sentences about apples and why they are good for you. Use two or more of the describing adjectives. Read these sentences to another student.



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the Network for a Healthy California. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.



Label Reading

Content Standard: Grade 6, Mathematical Reasoning 1.0, 2.0, 3.0, Algebra 2.0
Health Ed. Standard: Core Concepts, Accessing Information, Decision Making

Total Fat Grams

Low Fat = 3 Grams or Less Per Serving

Total Milligrams Cholesterol

Cholesterol is only found in animal products

Total Sodium

Low Sodium = 140 mg or Less Per Serving

Dietary Fiber

Fiber is found only in plant foods.

*** For a healthful diet, look for *
good & excellent sources of
Vitamin A, Vitamin C, Iron, Calcium & Fiber**

The % **Daily Value** shows whether that food is high or low in a certain nutrient:

5% or less = Low or Poor Source

10-19% = Good Source

20% or more = Excellent Source

Nutrition Facts	
Serving Size 1/2 cup 122g (122 g)	
Servings per container 4	
Amount Per Serving	
Calories 72	Calories from Fat 21
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 1g	4%
Trans Fat	
Cholesterol 4mg	1%
Sodium 663mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Sugars	
Protein 3g	
Vitamin A 24%	Vitamin C 20%
Calcium 5%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com



Directions: Using the Nutrition Facts Label and information above, answer the following questions in the space provided.

1. What is the **Serving Size** of this product? _____
2. How many **Servings Per Container**? _____
3. If there are **663 milligrams of sodium in one serving**, how many total milligrams of sodium are eaten if a person consumes all four servings? _____
4. Is this food item a poor, good or excellent source of **vitamin A**? _____
5. Is this food item a poor, good or excellent source of **vitamin C**? _____
6. Is this food item a poor, good or excellent source of **fiber**? _____
(look at the percent Daily Value)
7. Do you think this is a **plant** or **animal** food? _____
(Look at the cholesterol and fiber.)
8. Would you consider this a **healthy** food choice: Why? _____



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.



Harvest of the Month October PEARS

Content Standard: Grade 6,
Reading Comprehension 2.0 & 2.1 ,
Math Number Sense 2.0
Health Ed. Standard: Core Concepts,
Accessing Information, Goal Setting

Draw a pear

Describe a pear: _____

What I learned about pears: _____

To make sure that I eat the amount of fruit my body needs to
be healthy, I will _____



Pear Nutrition Facts

Serving Size: _____



Pears
are high
in FIBER!

_____ calories

_____ grams fat

_____ grams carbohydrates

_____ % vitamin C

Example: **5** grams fiber

_____ % vitamin A

_____ % iron

_____ % calcium

_____ grams sugar

_____ % sodium

Nutrition Facts

Serving Size: 1 medium pear (166g)

Calories 96

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1%	Vitamin C 12%
Calcium 1%	Iron 2%

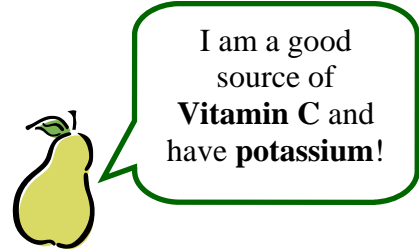
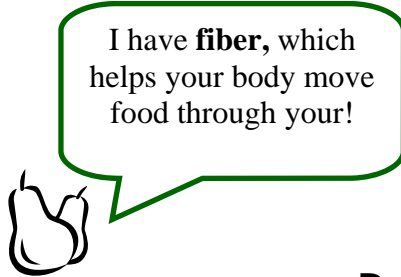
Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.

Pears & Adjectives

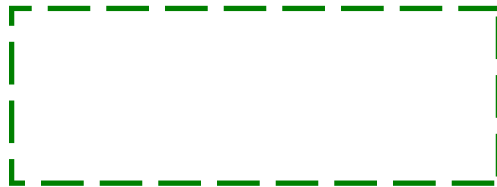
Practice with Adjectives!



Write six adjectives that describe a pear.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Draw a picture of a pear that has been cut into $\frac{1}{4}$.



Draw a picture of a pear that has been cut into $\frac{2}{4}$.



Which fraction is bigger? _____

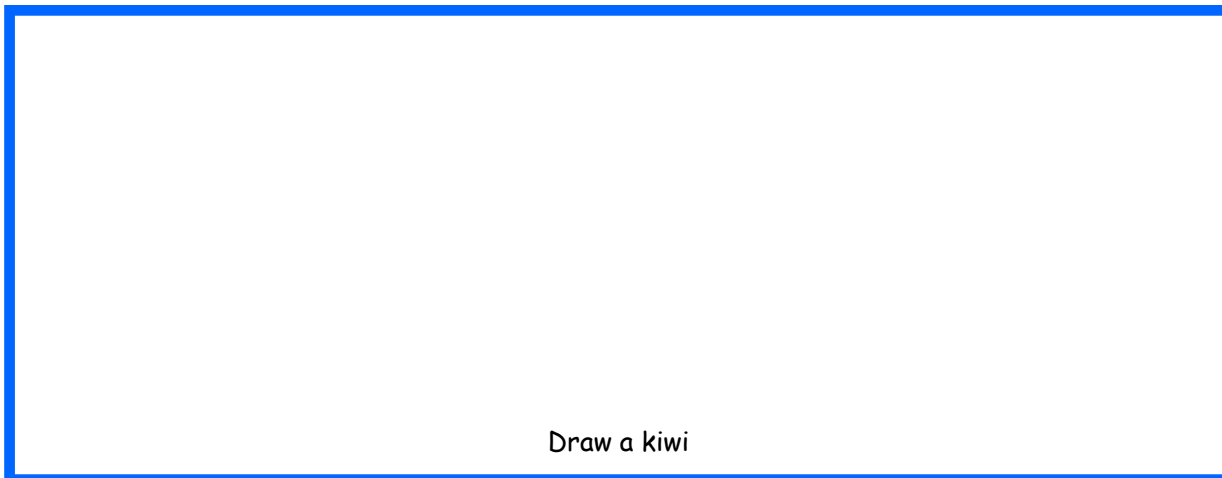
Directions: Using at least 3 of the adjectives listed above, write a paragraph about why pears are good for your body and how you plan to eat more pears. **Share this with a student and have that person share with you.**



Harvest of the Month November KIWIS

Content Standard: Grade 6, Writing 1.0,
Reading Comprehension 2.0, Algebra
2.0

Health Ed. Standard:
Core Concepts, Accessing
Information, Goal Setting



Draw a kiwi



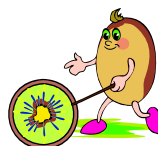
Describe kiwis: _____

What I learned about kiwis: _____

To make sure that I eat the amount of fruit my body needs to
be healthy, I will: _____

Kiwi Nutrition Facts

Serving Size: _____



_____ calories

_____ grams fat

_____ grams carbohydrates

_____ % vitamin C

_____ grams fiber

_____ % vitamin A

_____ % iron

_____ % calcium

_____ grams sugar

_____ % sodium

Nutrition Facts

Serving Size: 2 medium kiwifruit (152g)

Calories 92

Calories from Fat 6

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 22g 8%

Dietary Fiber 5g 18%

Sugars 14g

Protein 2g

Vitamin A 3% Vitamin C 240% Calcium 6% Iron 3%

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.



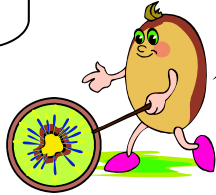
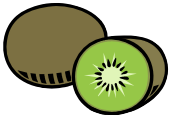
Kiwis and Adjectives

Practice with Adjectives!

I have fiber, which helps your body move food through your intestines!

I am full of nutrients!

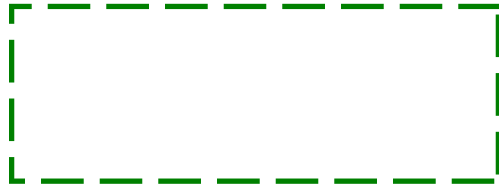
I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.



Write six adjectives that describe a kiwi.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Draw a picture of a kiwi that has been cut into $\frac{1}{4}$.



Draw a picture of a kiwi that has been cut into $\frac{3}{4}$.



Which fraction is bigger? _____

Directions: Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for your body and how you plan to eat more pears. **Share this with a student and have that person share with you.**

Harvest of the Month

December

Sweet Potatoes



Content Standard: Grade 6,
Writing 1.0, Algebra 2.0
Health Ed. Standard:
Core Concepts, Accessing
Information, Goal Setting



Draw a sweet potato

Describe a sweet potato: _____

What I learned about sweet potatoes: _____

Nutrition Questions

Orange colored fruits and vegetables usually contain high amounts of beta-carotene, which is a form of vitamin A. Vitamin A is good for your skin, bones and vision. It can also help your body fight sickness and disease.

- How much vitamin A is found in 1 cup of sweet potatoes? _____%.
- Name three other fruits and vegetables that are orange in color.

- This week, I will try to eat _____ cups of orange colored fruits and vegetables to keep my _____ and _____ healthy.

Nutrition Facts	
Serving Size: 1 cup, cubes (133g)	
Calories 114	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377% Vitamin C 5% Calcium 4% Iron 5%	

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit ww.harvestofthemonth.com.

Healthy and Fun Parties



This year, your teacher would like to have nutritious foods at your classroom parties. Let's make these parties colorful, delicious, and fun! Can you think of some foods that would taste delicious and be nutritious?



Directions: List in **ABC order**, seven delicious and nutritious foods and drinks that you would like to include in a classroom party this year.



Example: Yogurt parfaits (fruit, nonfat vanilla yogurt, & granola)



Seven delicious & nutritious foods and drinks that I would like to include in a classroom party are:



1. _____

2. _____



3. _____



4. _____

5. _____



6. _____

7. _____

Harvest of the Month

Content Standard: Grade 6, Writing
1.0, Reading Comprehension 2.0
Health Ed. Standard:
Core Concepts, Accessing
Information, Goal Setting



January Oranges



Draw an orange

Describe oranges: _____

What I learned about oranges: _____

Nutrition Questions

Oranges are an excellent source of Vitamin C. Vitamin C helps our bodies fight off illnesses.

1. How much vitamin C is found in 1 medium orange? _____%.
2. Flip back to November's worksheet on kiwifruits. How much vitamin C is found in 2 kiwifruits? _____%. Which fruit has more vitamin C per serving? _____.
3. I will try to eat _____ cups of fruits and vegetables that are high in vitamin C, such as oranges, kiwis, bell peppers, strawberries, broccoli, and cantaloupe because these fruits help my body _____.

Nutrition Facts

Serving Size: 1 medium orange (154g)

Calories 75

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
<hr/>	
Vitamin A 8%	Vitamin C 152%
Calcium 7%	Iron 1%

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.



Fractions and Oranges



This is how my orange looks as a whole.

Directions: With your teacher, cut your orange into the following fractions.

When I cut my orange into $1/2$, this is what it looks like:



When I cut my orange into $1/3$, this is what it looks like:



When I cut my orange into $3/4$, this is what it looks like:



When I cut my orange into $4/8$, this is what it looks like:



Write some equivalent fractions , decimals, or percents below.

example: $1/4 = 2/8$ or $.25$

$2/4 =$ _____ or _____

$3/4 =$ _____ or _____

Next week, I plan to eat _____ oranges!





Harvest of the Month

February

Broccoli

Content Standard: Grade 6, Writing 1.0,
Algebra 2.0, Reading Comprehension 2.0
Health Ed. Standard:
Core Concepts, Accessing Information,
Goal Setting



Draw a piece of broccoli

Describe broccoli: _____

What I learned about broccoli: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.



Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.

- How much calcium is found in 1 cup of chopped broccoli? _____%.
- Name at least four other vegetables that are green in color.

- This week, I plan to eat _____ green fruits and vegetables because they are good for my _____ and _____.

Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: www.nutritiondata.com





Broccoli Poetry

Directions: Create a poem about broccoli to share with your class using descriptive words.

Example:

Corn

Corn is yellow, crisp and sweet
So delicious to eat
It is firm, solid and bright
Just an absolute delight!

Brainstorm

List some descriptive words that can be used in your poem.



Nutritious

Fill in the blanks to create your poem.

_____ is _____ and _____
So _____ to _____
It is _____ and _____
Just an _____



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.



Harvest of the Month

March

Spinach

Content Standard: Grade 6, Writing 1.0,
Reading Comprehension 2.0, Algebra 2.0
Health Ed. Standard:
Core Concepts, Accessing
Information, Goal Setting

Draw spinach



Describe spinach: _____

What I learned about spinach: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.



Nutrition Questions

Spinach is a good source of vitamin C and an excellent source of vitamin A. Vitamin A can help keep your vision clear. Vitamin C can help fight off colds.

1. Name two other fruits or vegetables that you have tasted this year that are high in vitamin A.

2. Why do you think it important to eat fruits and vegetables every day? _____

Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)*	
Calories 7	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Vitamin C 14%
Calcium 3%	Iron 5%

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the Network for a Healthy California. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month Program please visit www.harvestofthemonth.com.



Paragraph Practice

Eating spinach is a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

Directions: List adjectives that describe spinach. Think about how spinach looks, tastes, feels and smells, and why it is good for you.

_____	_____	_____
_____	_____	_____
_____	_____	_____

Directions: Write a descriptive paragraph about spinach. Remember to use descriptive words and adjectives.

Directions: Read your paragraph to a friend!



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.



Harvest of the Month

April

Carrots



Content Standard: Grade 6,
Writing 1.0, Algebra 2.0
Health Ed. Standard:
Core Concepts, Accessing
Information, Goal Setting

Draw a carrot

Describe a carrot: _____

What I learned about carrots: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____

Nutrition Questions

Carrots are one of the most popular vegetables in the United States. Carrots are a good source of fiber. Fruits and vegetables have lots of fiber which help keep our digestive system healthy. Students your age need about 25 grams of fiber every day.



1. How many grams of fiber are in 1 cup of carrots? _____ grams.
2. To make sure I get plenty of vitamins, minerals, and fiber, I will try to eat _____ cups of fruits and vegetables every day.

Nutrition Facts	
Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 3
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308% Vitamin C 13% Calcium 4% Iron 2%	

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.

Carrots and Adjectives

Practice with adjectives!

We are about 89% water!
Why is water good for you?



I have fiber, which helps your
body move food through your
intestines!



Carrots are not only
orange! We are
purple, white and
yellow too!



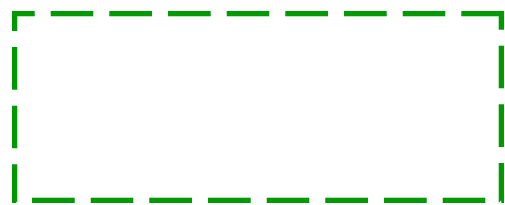
Write six adjectives that describe a carrot.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Draw a picture of a carrot
that has been cut into $\frac{1}{3}$.



Draw a picture of a carrot
that has been cut into $\frac{3}{6}$.



Which fraction is bigger? _____

Directions: Using at least 3 of the adjectives listed above, write a paragraph about why carrots are good for your body and how you plan to eat more carrots. **Share this with a student and have that person share with you.**

Harvest of the Month

May

STRAWBERRIES



Content Standard: Grade 6,
Writing 1.0, Algebra 2.0,
Reading Comprehension 2.0,
Health Ed. Standard:
Core Concepts, Accessing
Information, Goal Setting



Draw a strawberry

Describe strawberries: _____

What I learned about strawberries: _____

To make sure that I eat the amount of fruits my body needs to be healthy, I will _____



Nutrition Questions

Red fruits and vegetables help maintain a healthy heart and keep our memories sharp.

Strawberries are also a source of potassium. In fact, they have as much potassium as half of a large banana. Potassium is good for your heart.

1. List one reason why strawberries keep your body healthy. _____
2. What is your favorite way of eating strawberries? _____

Nutrition Facts

Serving Size: 1 cup, halves (152g)			
Calories 49	Calories from Fat 4		
% Daily Value			
Total Fat 0g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 2mg	0%		
Total Carbohydrate 12g	4%		
Dietary Fiber 3g	12%		
Sugars 7g			
Protein 1g			
Vitamin A 0%	Vitamin C 149%	Calcium 2%	Iron 4%

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the Network for a Healthy California. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemoth.com.

Doing the Math



ORANGE JUICE PROBLEMS

1. How many ounces are there in 2 quarts of orange juice?
.....
2. How many pints in one gallon of orange juice?
.....
3. If 6 ounces is a serving of orange juice, how many servings are in 1 quart?
.....
4. How many teaspoons in a gallon?
.....
5. If one 6 ounce serving of 100% orange juice provides you with 100% of your vitamin C for the day, what percentage does a 12 ounce serving provide?
.....

WEIGHING THE PRODUCE

1. If there are 3 oranges in one pound, what is the approximate weight of each orange in ounces?
.....
2. If there are about 3 whole cherry tomatoes in $\frac{1}{4}$ cup and twelve $\frac{1}{4}$ cup servings in a pound, how many cherry tomatoes are in a pound?
.....
3. One pound of cucumber can yield about 3 cups. How many $\frac{1}{4}$ cup servings can you get from 1 pound?
.....





Harvest of the Month

June

Salad Greens

Content Standard: Grade 6, Writing 1.0, Reading Comprehension 2.0, Algebra 2.0
 Health Ed. Standard: Core Concepts, Accessing Information, Decision Making, Goal Setting

Draw salad greens



Describe salad greens: _____

What I learned about salad greens: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

2. It is important to eat green fruits and vegetables because _____

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106% Vitamin C 22% Calcium 2% Iron 4%	

Source: www.nutritiondata.com



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. For information about the California Food Stamp Program, please call 1-888-328-3483. For more information on the Harvest of the Month program, please visit www.harvestofthemonth.com.

Acknowledgements

This Harvest of the Month workbook was developed with the collaboration of ABC Unified School District's *Network for a Healthy California*, Downey Unified School District's *Network for a Healthy California* and dedicated teachers from both school districts. We would also like to thank Hawthorne School District's *Network for a Healthy California* staff for sharing their lessons, creativity, and passion for nutrition education.

Contributing Teachers from ABC Unified School District

Bernadette Alvarado, 5th grade, Juarez Elementary
Paula Bentley, Kindergarten, Palms Elementary
Karen Farley, 1st grade, Burbank Elementary
Deborah Hakola, 3rd grade, Hawaiian Elementary
Jean Howard, 4th grade, Burbank Elementary
Wendy Huang, 1st grade, Burbank Elementary
Jeff Ives, 6th grade, Melbourne Elementary
Angela Kim, Kindergarten, Willow Elementary
Greg Lewis, 6th grade, Niemes Elementary
Margaret Marino, 3rd grade, Hawaiian Elementary
Diana Muñoz, 5th grade, Willow Elementary
Martha O' Hara, 3rd grade, Melbourne Elementary
Laura Robillos, 2nd grade, Niemes Elementary
Sandra Scoltock- Martinez, 6th grade, Niemes Elementary
Francine Tatei, Kindergarten, Niemes Elementary
Catherine Tenorio, 4th grade, Melbourne Elementary
Kathi Trosino, 2nd grade, Palms Elementary

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah, MPH, Program Coordinator
Christine Creighton, Nutrition Specialist
Angie Torres, Nutrition Specialist
Bessie Tseng, Administrative Support

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator
Danielle Agalsoff, Teacher Advisor, Rio Hondo Elementary
Caryn Fetzer, Teacher Advisor, Rio Hondo Elementary

Other *Network for a Healthy California* Staff

Julie Brown, Teacher Advisor, Hawthorne School District
Richard Morrison, Teacher Advisor, Monrovia School District

Coloring pages and produce characters taken from
dole5aday.com.

This material was funded by USDA's Food Stamp Program through the *Network for a Healthy California*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet.

For information on the Food Stamp Program, call 1- 888- 328-3483.



This material was created by a *Network*-funded agency as a supplement to the Harvest of the Month toolkit developed by the *Network for a Healthy California*.