

### Farm To Table

Cultivating an appreciation and gratitude for food can lead to healthier eating habits and better health. Many children think that food just appears in the refrigerator or at the market. One of the best ways to help your child learn where different foods come from is to grow your own in a container or backyard garden. This can help your child actively learn and foster a positive relationship with food and nature. Best of all, children are more likely to taste new foods that they've grown. From seed to plate ... homegrown tastes great!

In Module Three, students learned the farm-to-table concept of food production. They were taught the origin of various food sources, and how to trace the path foods take from the farm to the table. Be sure to ask your child about their LiveWell Tots lesson.

### Helpful Tips for Learning about Farm to Table

- **Pick a day and take a family adventure to the farmers market.**

Encourage your child to sample new fruits and veggies and ask the farmers questions about how the food was grown.

- **Take your child to your local grocery store and have them identify foods that were grown on a farm.**

Ask them which foods were processed at a factory before being delivered to the market.

- **Grow a few vegetables or herbs at home.**

Have your child help tend the garden so they gain an understanding of what is involved with growing their own food.

- Even little ones can help with meal preparation. Involve your child by having them tear lettuce, stir ingredients or assist with making a homemade pizza.

### Family Reading Recommendations

A great way to be in the moment with your child is to read together. Look for children's books that effectively promote an appreciation for food and good health. The following books support the messages from this month's nutrition lesson:

- *Driving My Tractor* by Jan Dobbins and David Sim
- *Growing Vegetable Soup* by Lois Ehlert
- *Seeds Go, Seeds Grow* by Mark Weakland
- *How Did That Get in My Lunchbox* by Chris Butterworth

### Grapefruit Green Smoothie



#### Ingredients

- 1 grapefruit, peeled, seeds removed (reserve juice)
- 1 large sweet apple
- 2 cups spinach
- 1 large ripe banana
- ½ cup ice cubes
- ½ cup of water

OPTIONAL: ½ tsp. fresh ginger, peeled and chopped

#### Directions

Add all ingredients to a blender (including reserved grapefruit juice) and blend until creamy and smooth.

