

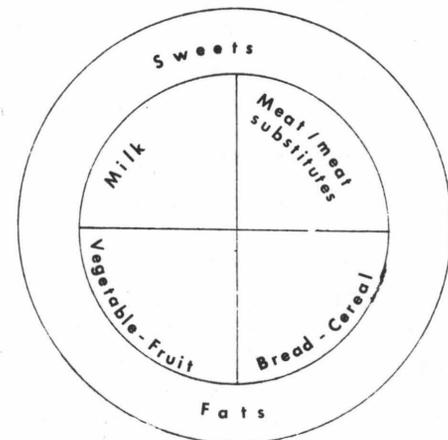
## nutrition

Since you've been growing and learning about vegetable plants and what they need, maybe you've thought about the way you grow. Just like plants, you need nutrients (but it's not very likely you would like eating fertilizer). So you get your nourishment from food, and vegetables are just some of the kinds of foods you should eat every day.

### Just for Fun - Nutrition Game Board

You'll need: poster paper or a large piece of cardboard  
 magic markers or crayons  
 old magazines with pictures of foods  
 glue  
 scissors

This can be a group project, or make the board at home. Cut a circle about 3 or 3½ feet in diameter and mark it off as shown, labeling one section MILK, one MEAT/MEAT SUBSTITUTES, one VEGETABLE-FRUIT, one BREAD-CEREAL, and the outer ring SWEETS-FATS. Go through magazines and cut out photographs of food and glue them onto the board in the sections where they belong. Use the board in the game below.



### Game - Nutrition Game

Put the finished board on the floor near a wall (so pennies will bounce off the wall). A line should be made with chalk or masking tape a few feet away on the floor. Players stand behind the line and take turns tossing all four pennies onto the board. Try to get one penny on each of the four inner sections.

Scoring: 1st penny in each section - 10 points  
 2nd penny in each section - 7 points  
 3rd penny in each section - 4 points  
 4th penny in each section - 1 point  
 penny lands outside board  
 or in SWEETS-FATS - 0 points

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Examples of scoring:

- all four pennies in BREAD-CEREAL section:  $10 + 7 + 4 + 1 = 22$
- two in MEAT/MEAT SUBSTITUTES, one in MILK, and one outside board:  $10 + 7 + 10 + 0 = 27$
- each penny in a different section:  $10 + 10 + 10 + 10 = 40$

Highest score wins. Players who tie should try again. If you like you can take several turns before totalling the scores.

**Project - Nutrition**

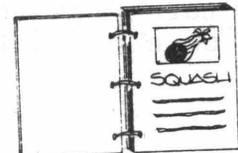
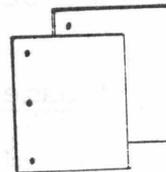
Before beginning this project, read the "Plants and Nutrition" HELP sheet. It will give you background you need to do this project.

Make a scrapbook of at least 12 garden vegetables and fruits. Allow a whole page for each in your book. Include on the page:

- (1) a picture of the vegetable or fruit - you can cut one out of a magazine, or draw or photograph your own
- (2) the nutrient content - vitamins, minerals, proteins and other nutrients the vegetable is high in
- (3) any history you can find out about the vegetable or fruit (such as what country it originated in and how it got here)
- (4) ways to prepare the vegetable or fruit
- (5) other information (jokes, notes) you want to include

You'll probably need to go to the library for some of this information. Magazines, nutrition and gardening books, cookbooks, and other sources will be helpful. You can order a copy of the 1979 Yearbook of Agriculture, "What's to Eat?," by writing your Congressman (your leader can get the address). This book may be very helpful and one copy is free per person.

You may arrange your information any way you like, in a purchased or homemade scrapbook. To make your own: use heavy cardboard, construction paper, and string or yarn. Make holes with a three-hole punch in the cardboard and construction. The cardboard should be slightly larger than the paper, like the cover of a book, and be sure to punch the holes so they line up. Tie all together with string or yarn.



**Extra projects**

There are several extra projects you can do: (1) The Vegetarian Menu, (2) A Nutritious Banquet, (3) Salad and Sandwich Bar, and (4) Food in Other Countries. Ask your leader about these.