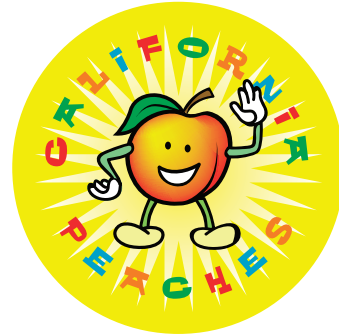


From The Orchard To The Cafeteria To The Classroom: **Linking Learning, Nutrition and American Agriculture**



Grades: K-2

Time: 30-45 minutes

Overview:

The connection among American agriculture, nutrition and active learning and living is one that deserves increased attention in today's world of "fast" food. In order to live healthy and productive lives, American children need to understand where their food comes from and how it nourishes their bodies. The California Cling Peach Board, which represents growers producing nearly 99% of all canned peaches, has created the following lesson plan to assist instructors and cafeteria staff in linking learning, nutrition and agriculture.

Purpose:

The purpose of this lesson plan is to introduce students to the agricultural processes that bring nutritious food to their tables through listening and coloring exercises. Additionally, the activities provide instructors an opportunity to introduce basic nutrition concepts, encourage students to eat fruits and vegetables and demonstrate that healthy eating also tastes delicious.

Activities:

1. "What's Inside a Cling Peach Orchard" Coloring Page
2. California Cling Peach Maze
3. Recipe Demonstration, Tasting and Nutrition Lesson: California Cling Peach Smoothie

**American Peaches
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