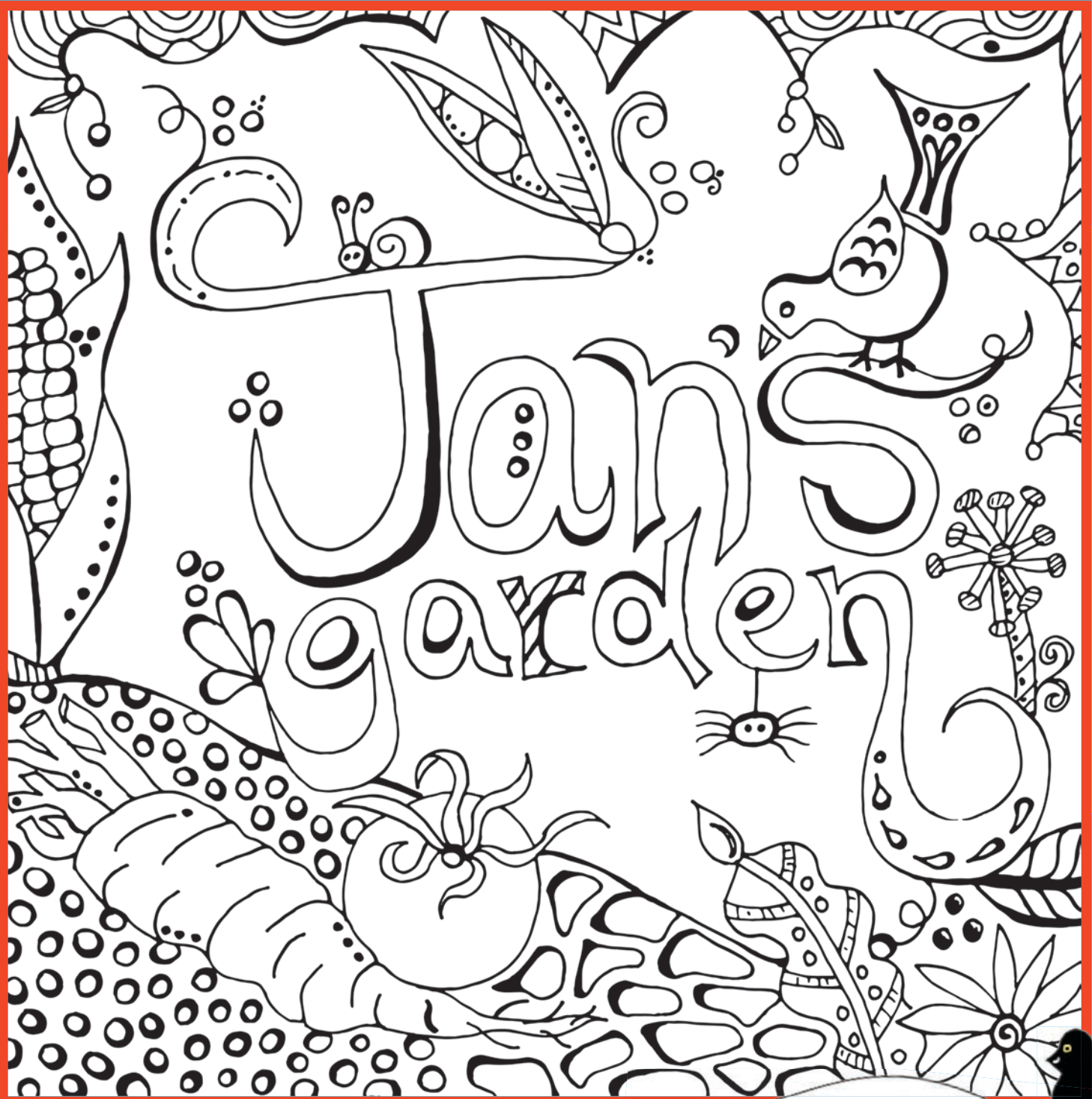


CREATING A HUNGER-FREE, HEALTHY NORTH TEXAS



Hi! I am Barry, a friend of the North Texas Food Bank. Let's learn about fruits & vegetables!



Fun for everyone!

Riddles, word search,
seek-n-find & more!

Jan's Garden

The North Texas Food Bank is excited to share Jan's Garden with you as a valuable hands-on educational resource available at its Perot Family Campus in Plano. Blooming with fresh flowers, herbs, fruits and vegetables, Jan's Garden helps children, like you, understand how food grows and why eating healthy food matters—because it really does! Eating fruits and vegetables helps you grow into strong adults. Healthy eating also helps you do well in school.

Jan's Garden honors the late Jan Pruitt who served as President and CEO of the North Texas Food Bank from 1997-2016. Jan helped so many hungry people receive food. Thanks to her, the Food Bank now provides more than 342,000 meals each day!



Jan Pruitt (1953-2017)
Former CEO of the North Texas Food Bank

The North Texas Food Bank

The North Texas Food Bank opened in 1982 when a group of visionary leaders who worked at grocery stores at the time saw an excessive amount of food being wasted. That year, they rescued 400,000 pounds of food from grocery stores and distributed it to families in need.

Today, the NTFB partners with local pantries to distribute food to hungry families. About 35% of those served are children, like you!

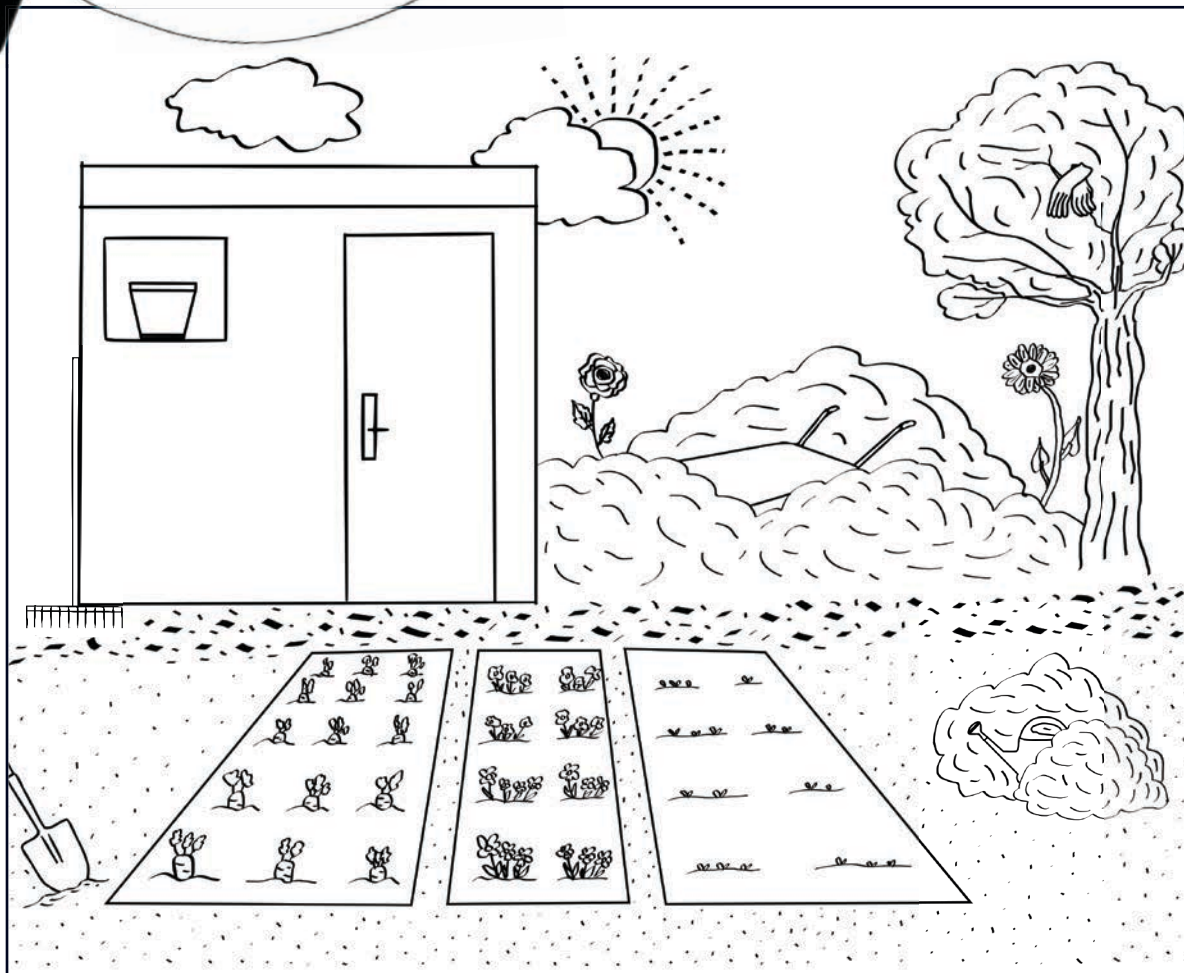
NTFB distributes more than 100 million meals annually to hungry families with the help of thousands of volunteers who sort, package and distribute those meals. Together with our our partners, we are providing Food for Today and Hope for Tomorrow!



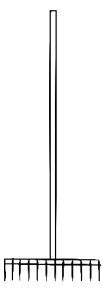
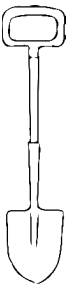

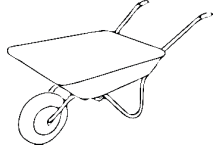
If you would like to help the North Texas Food Bank or to learn more, go online with your parents and visit ntfb.org.



BARRY SAYS:
How many tools can you
find in Jan's Garden?

Seek-n-Find

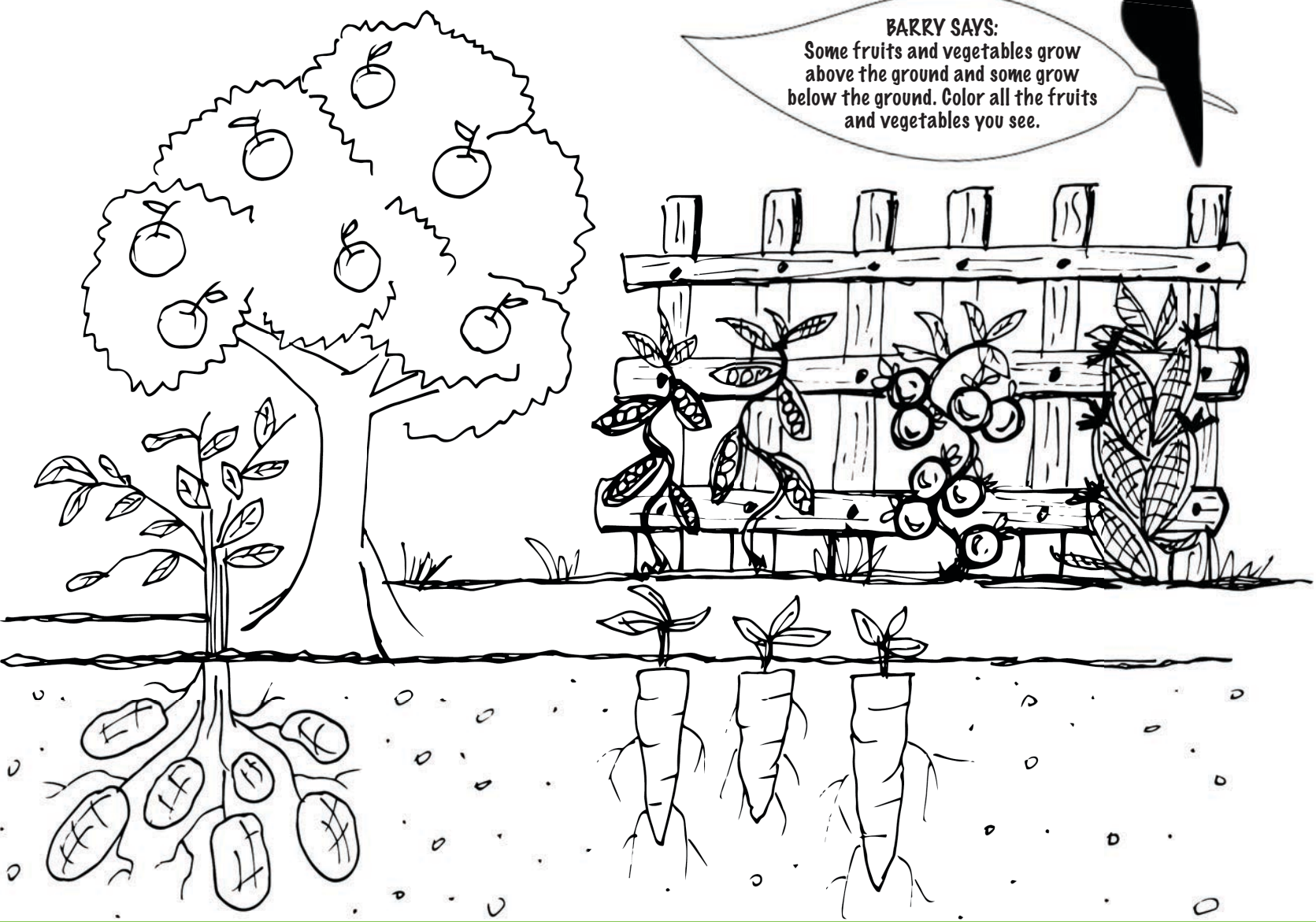


-  **Gloves**
-  **Pot**
-  **Rake**
-  **Shovel**
-  **Watering can**
-  **Wheelbarrow**

Where do fruits and vegetables come from?



BARRY SAYS:
Some fruits and vegetables grow above the ground and some grow below the ground. Color all the fruits and vegetables you see.



Now, write where each fruit and vegetable grows—"above" or "below" the ground.



Apples



Corn



Carrots



Potatoes



Peas



Tomatoes

Cycle of Seasons

Fruits and vegetables are at their best when they are in season. Cut out the Cycle of Seasons wheel and the fruits & vegetables below. Paste each fruit or vegetable on the season that it is freshest.

The wheel is divided into four quadrants by a vertical and a horizontal line. The quadrants are labeled as follows:

- Spring:** Bell Peppers, Spinach, Apples, Sweet Potatoes, Brussels Sprouts, Pears.
- Summer:** Watermelon, Oranges, Tomatoes, Radishes, Peas, Strawberries.
- Fall:** (No items are placed in this quadrant in the image).
- Winter:** (No items are placed in this quadrant in the image).



Did you know?
Pumpkin means "large melon," and because it contains seeds, it is technically a fruit.

Word Search



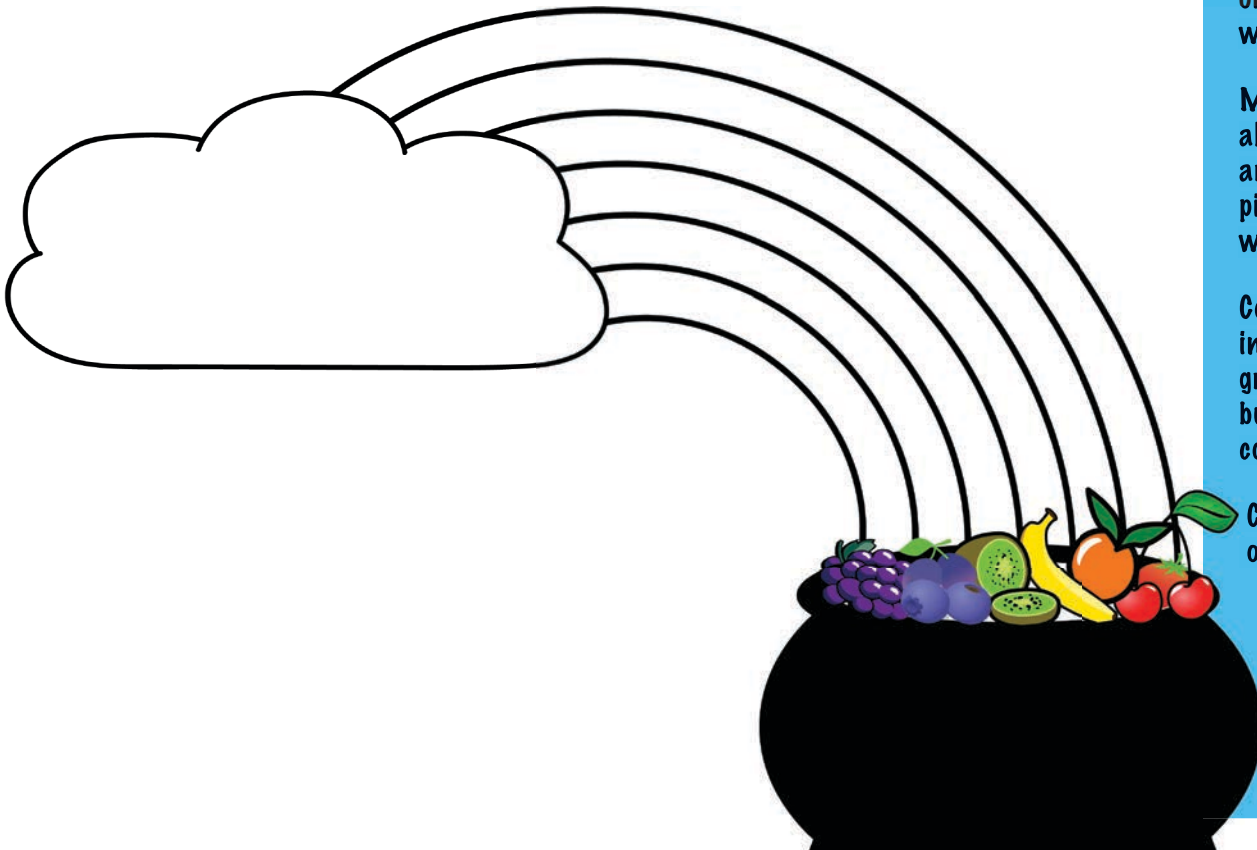
BARRY SAYS:
Find the vegetables hidden below!
Words may go up, down, backwards
or diagonal.

P L E T T U C E B T
O H S A U Q S R Z O
T B E G B E O O C R
A W H Y L C T D O R
T N J A C A P R R A
O Y K O M J K E N C
E X L O X B E I A S
C I T H C A N I P S

LETTUCE
POTATO
BROCCOLI
SQUASH
PEAS
SPINACH
TOMATO
CARROT
CORN
KALE

A Rainbow of Colors in the Garden

There's a pot of fruit at the end of the rainbow! Color the rainbow to match what is inside the pot. Then, draw a picture of you standing under the rainbow.



Fun Facts:

Bananas are usually yellow but can also be red.

Pumpkins are usually orange but can be yellow, white, green or red.

Most tomatoes are red although other varieties are green, yellow, orange, pink, black, brown, white and purple.

Corn can be produced in bluish-gray, purple, green, red and white, but the most common color is yellow.

Carrots are usually orange although purple, red, white and yellow varieties exist.

Watermelon comes in red, orange, yellow or white.

Time to Rhyme

Fruits & veggies: healthy choices

by Kennadi Brackens, 10 years old

Pineapple, watermelon, grapes, too,
these are a few of my favorite fruits.

Big, small, medium & tall,
fruits come in different sizes, y'all.

They all are healthy and good for you.
Grab one, eat it, discover something new.

Playing outside and what do I see,
a tree that looks like broccoli.

A friendly reminder to get my vegetables in.
I can eat them by myself or share them with a friend.

When you take a break from playing and need a snack,
a fresh green salad puts you on the right track.

I hope you'll try eating the healthy way.
A fruit or veggie can brighten your day.

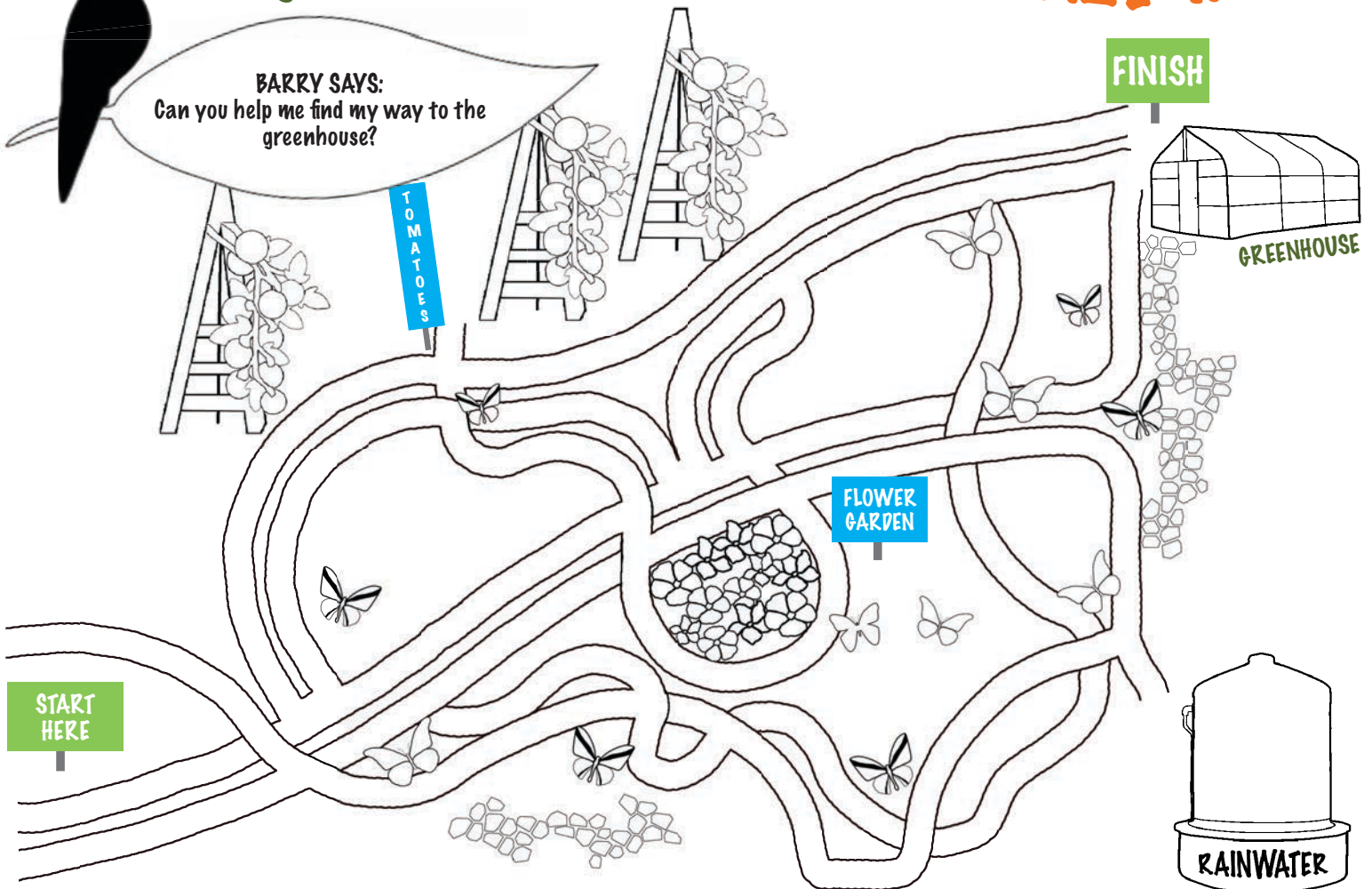


BARRY SAYS:
Your turn! Write a poem about your favorite fruit or vegetable.

A garden is full of life. IT'S A-MAZE-ING!



BARRY SAYS:
Can you help me find my way to the greenhouse?



Farm to Table

Read the clues below each vegetable growing in the ground.
Match the vegetables in the ground with the ones on your plate.

Then, name that vegetable in the blank.



I taste yummy on pizza.

I am good for your heart.

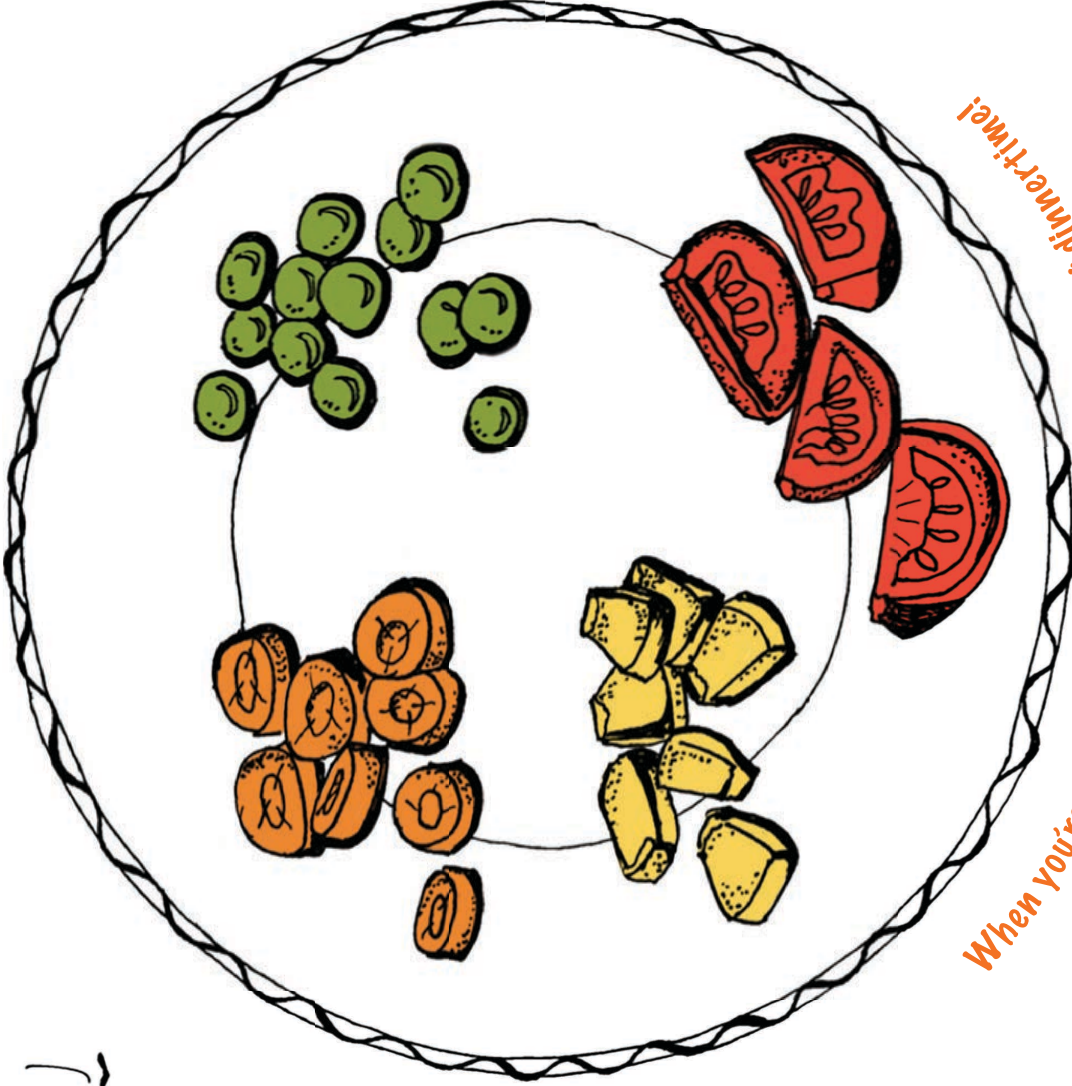
What am I? _____



I live in pods.

I contain more protein than most of my vegetable friends.

What am I? _____



When you're done, use this page as a placemat at dinnertime!



I have rows of kernels inside my husk.

You may find me in your cereal or you can pop me for a yummy snack.

What am I? _____



I am full of vitamin C.

I am good for your eyes.

What am I? _____

"Knock-knock!"
"Who's there?"

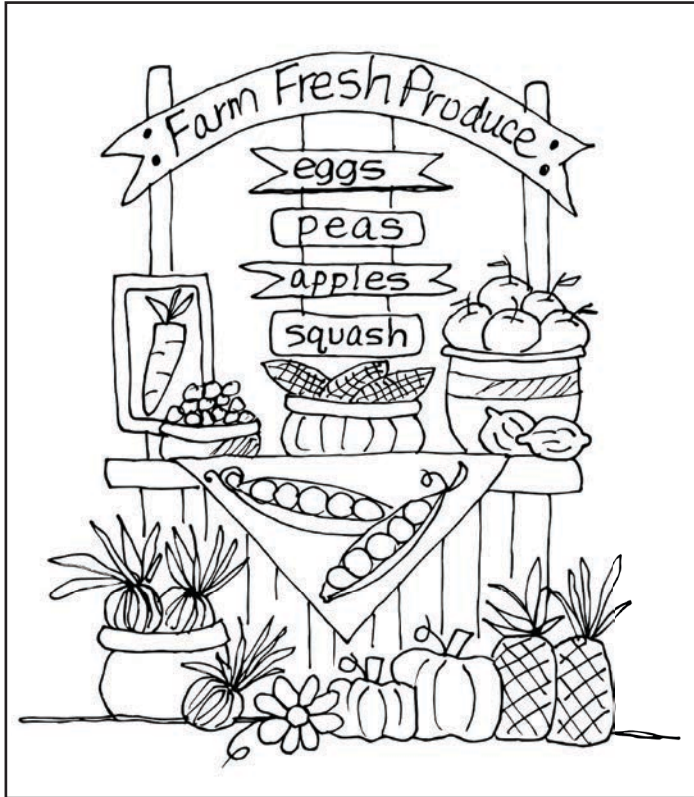


"Turnip"
"Turnip who?"
"Turnip the radio, please!"



BARRY SAYS:
These pictures look alike,
but surprise—they're not!
Circle all the differences in the
picture on the right.

Spot the Difference



Riddle Me This...

- 1) What do the letter "A" and a flower have in common?
- 2) What did the banana do when it saw the monkeys?
- 3) What do you call a mushroom at a party?
- 4) What did the baby corn say to the mama corn?
- 5) What do you give to a sick lemon?

ANSWERS:
1) They both have bees coming after them. 2) Split
3) A fun-gi 4) Where's pop? 5) Lemon aid

Did you know?



According to Guinness World Records, the heaviest tomato weighed 8.61 lbs. in Walla Walla, Washington in 2016.

"Knock-knock!"
"Who's there?"
"Lettuce."
"Lettuce who?"
"Lettuce in and you'll find out!"

