



SPOODLE

1. A kitchen appliance used to measure out sauces
2. Commonly used when making pizza
3. Spoon + ladle



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Farm to School Kit



COW DUNG

1. Can be used as a source of energy
2. Can be used as a fertilizer
3. Can be used to make bricks



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DAIRY

1. A nutrient-rich food group
2. Contains calcium, vitamin D, and proteins
3. Foods include milk, cheese, yogurt



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FARMER

1. Can teach you about how and where food is produced
2. Feeds everyone in the world
3. Can work 10-14 hours per day



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COW

1. Can walk upstairs but not down
2. Has four stomachs
3. Weighs between 1000-1800 pounds



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FARMERS MARKET

1. Local items are sold here
2. Fruits, vegetables, cheese, breads
3. Supports family farmers



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CALCIUM

1. Helps build strong bones and teeth
2. Found in milk
3. Is stored in your teeth and bones



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PROTEIN

1. Helps build and repair muscle tissue
2. Found in foods like milk, meat, cheese, and eggs
3. Acts as a fuel for the body



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GARDEN

1. A space used to grow veggies and fruits
2. Can exist at home, at school, and in a community
3. Can feed the local people and animals



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SCHOOL CAFETERIA

1. A place to socialize
2. A place where school staff feed students
3. Comes with a well-balanced menu



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WATER

1. One gallon can be used up to 4 times on a dairy farm
2. Can be warmed and can be chilled
3. Drink it, squirt it, splash it



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TASTE TEST

1. A way to try local, seasonal food items
2. To sample in order to check flavors
3. A chance to give personal feedback



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COOKING CLASS

1. A way to learn how to use local foods
2. A fun way to introduce new foods
3. Can be led by a farmer, teacher, or student



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BUSHEL

1. A unit of measurement for crops (usually grain)
2. For corn, it equals 56 pounds
3. For wheat it equals 60 pounds



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SEEDLING

1. Used to make food
2. A very young plant
3. Needs water and nutrients to grow



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CHICKEN

1. Found on many farms
2. Can be used for meat or eggs
3. Can eat seeds, insects, small mice, and lizards



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FRUITS

1. Need 1-2 cups daily
2. Grows on trees, vines, and bushes
3. Availability is based on the season



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VEGETABLES

1. Need 1-3 cups daily
2. Can be a root, stem, bud, bulb, leaf stalk, or seed
3. Can be fresh, canned, frozen, dehydrated and pickled



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CURD

1. Producing these is one of the first steps in cheese making
2. Solid pieces of milk protein
3. Can be found in sour milk



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FARM TO SCHOOL

1. Education & Implementation
2. Connects farmers, students, and communities
3. Raise awareness on what's going on in your backyard



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FOOD SAFETY

1. The handling, preparation, and storage of food
2. USDA helps to regulate this
3. Clean, Separate, Cook, Chill



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