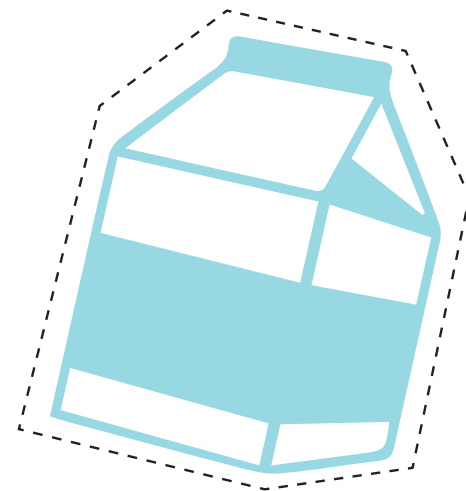
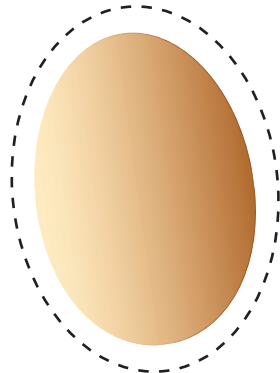
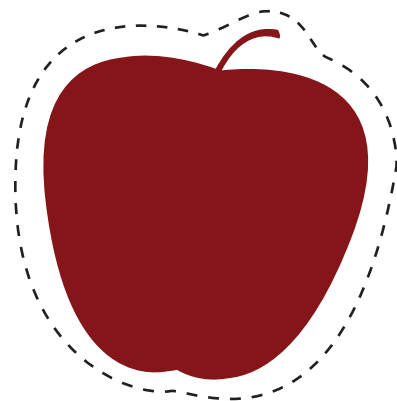
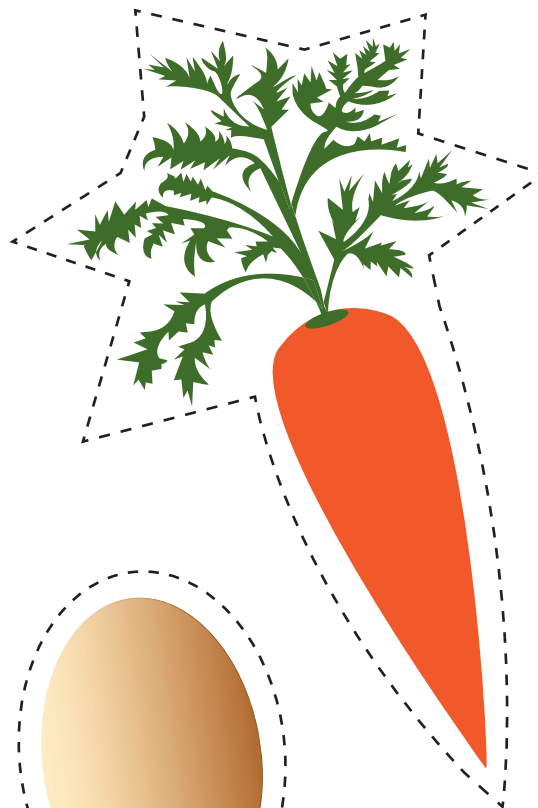
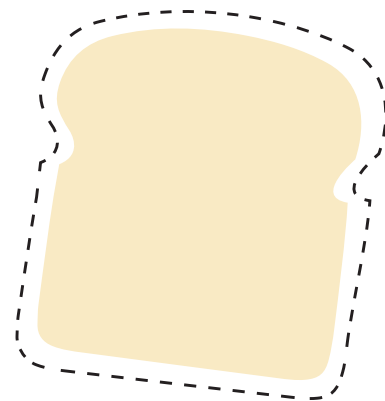


# The Farm

at  
SILLYVILLE

## The Farm at SillyVille at Home Kit!

To start your Farm at SillyVille at home journey cut out the 5 products that you will be learning about. After you complete each section place the item in your lunchbox.



*Washington*  
**STATE FAIR**

**CELEBRATE YOUR STATE!**

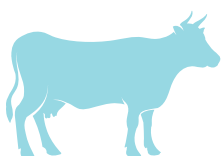
# Dairy



Washington ranks 10<sup>th</sup> in total milk production in the U.S. There are about 241,000 dairy cows in Washington. Dairy farms are found in 18 Washington counties.



At the grocery store milk is sold by the pint, quart or gallon, but in the dairy industry, milk is measured by the pound. It takes 21.2 pounds of whole milk to make one pound of butter, and 12 pounds of whole milk to make one gallon of ice cream.



Washington grows hay for dairy cows to eat. Hay is grass or other vegetation that is cut, dried and stored to use as food for cattle, horses, goats, sheep and other animals.



## DID YOU KNOW?

The average American consumes 18 gallons of milk per year.

All cows that produce milk are female.

A cow produces an average of 100 cups of milk daily.

# Dairy Challenge

Can you name 5 dairy products?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

Milk contains essential vitamins and minerals that you need every day:

Calcium:  
helps build  
strong bones  
& teeth.

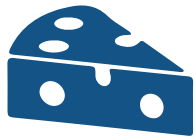
Potassium:  
helps keep  
your heart  
healthy.

Protein:  
builds and  
repairs muscle  
tissue after  
exercise.

Vitamin D:  
helps your  
bones absorb  
calcium so  
they can be  
strong.

Vitamin A:  
helps your  
eyes and skin  
stay healthy  
and prevents  
you from  
getting sick.

Fill in the blank:



C \_ \_ \_ \_ e



\_ \_ \_ \_ k



I \_ \_ \_ C \_ \_ a \_ \_

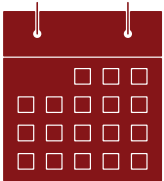
# Apples



On average, Washington grows 2.3 million tons of apples on about 175,000 acres of apple orchards.



The main varieties grown in Washington are: Red Delicious, Gala, Fuji, Granny Smith, Honeycrisp and Golden Delicious.



Apples are harvested in Washington State each year between August and November.



## DID YOU KNOW?

There are more than 7,500 different varieties of apples grown around the world.

An apple is 25% air, that is why they float.

It takes the energy from 50 apple tree leaves to produce one apple.

# Apple Challenge

Can you name 3 types of apples?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Apples are  
picked by  
hand.

Apples are  
fat free  
and sodium  
free.

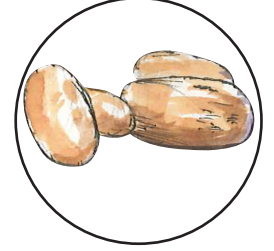
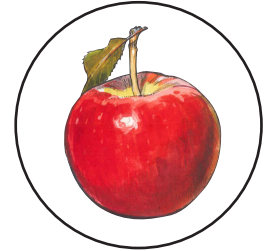
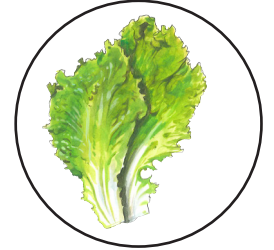
The average  
apple contains  
5 seeds.

Apples contain  
no artificial  
colors or  
flavors.

A medium-sized  
apple contains  
5 grams of  
fiber, 20% of the  
daily recommended  
allowance!

Apples contain  
natural sugars  
called  
fructose.

Match the seed to the fruit  
or vegetable it grows into.



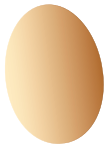
# Eggs



Newly laid eggs must be gathered and refrigerated quickly. Warm temperatures lower the eggs' freshness and quality.



The US produces about 75 billion eggs per year, which is 10% of the world supply.



There are four main parts of a hen's egg:

**Shell:** exterior shell that has tiny holes to allow air to pass through the egg.

**Membrane:** right under the shell there are two membranes, the outer and inner, they prevent the liquid inside the egg from evaporating and keeps the egg protected from bacteria.

**Egg White:** low in fat and high in nutrients, when cooked this part turns white.

**Yolk:** the yellow center of the egg, contains many vitamins and minerals



## DID YOU KNOW?

A female chicken is a hen, a male is a rooster, and a baby is a chick.

A hen can lay 250-300 eggs per year.

Chickens with red earlobes may lay green or blue eggs.

# Egg Challenge

Can you name the 4 parts of an egg?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

Health benefits of eggs:

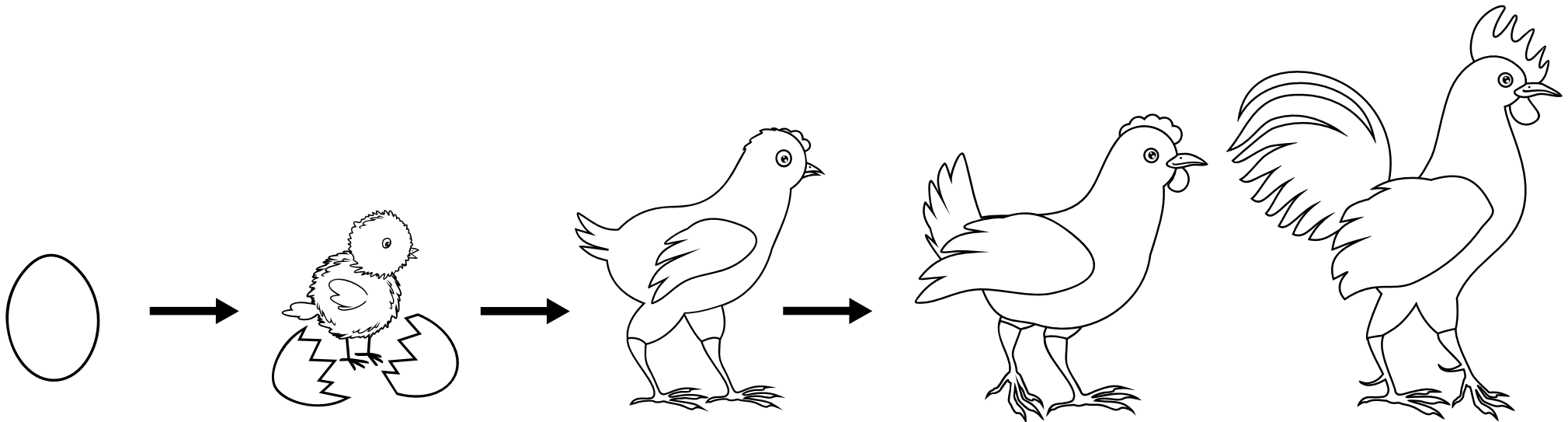
Support strong bones.

Supports eye health.

Supports brain health.

Support and maintain muscles.

Keeps you full longer and gives you energy.



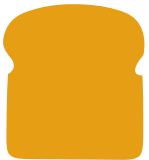
# wheat



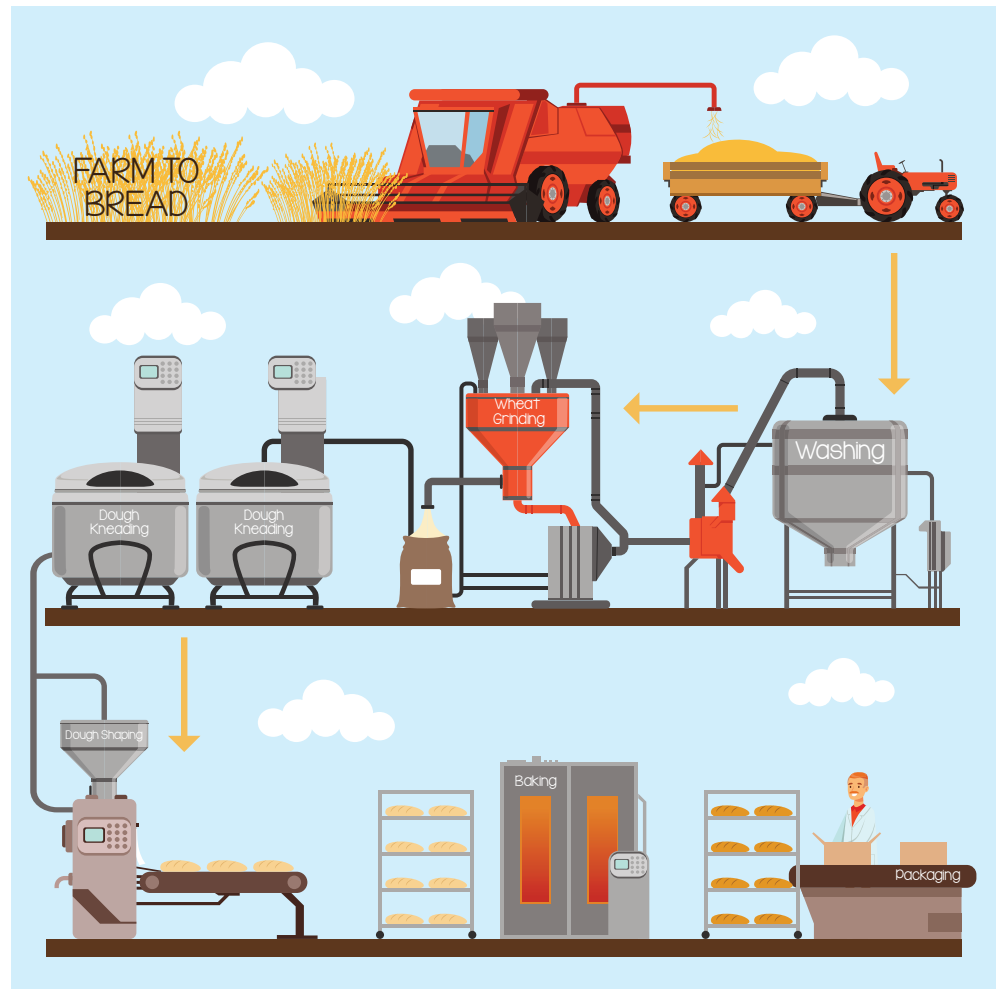
Washington is ranked 4<sup>th</sup> in producing wheat. Most wheat grown in Washington is winter wheat which is planted in the fall and harvested starting in July.



When we grow grains, only part of the plant is edible. Combines collect the edible part, seeds. The process starts by cutting the plant then separating the grain from the chaff. Finally the grain gets cleaned, removing debris away from the seeds.



Foods made from wheat include: cereal, pasta, cakes, cookies, crackers, bread, noodles and more.



## DID YOU KNOW?

A family of four could live 10 years off the bread produced by one acre of wheat

Wheat is an annual plant, so it must be replanted every year.

Large machines that look like tractors, called combines, are used to harvest the wheat.



# Wheat Challenge

Can you name 4 types of food made from wheat?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

Gluten is a protein in wheat that gives dough elasticity.

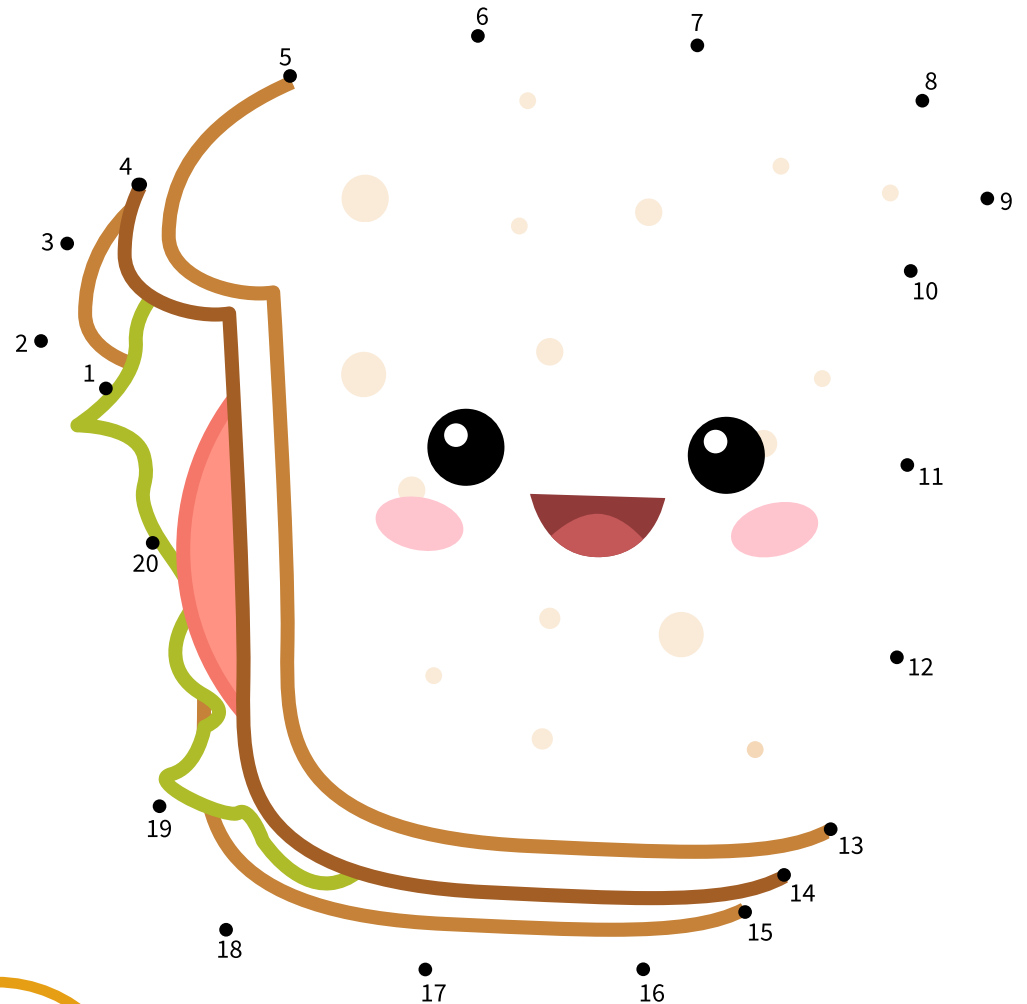
Wheat provides 20% of the world's nutritional needs.

Wheat is a type of grass.

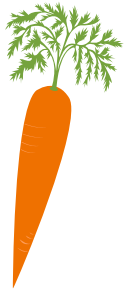
One bushel of wheat weighs 60 pounds.

Wheat gives our bodies energy.

Count and connect the numbers to draw the sandwich.



# Vegetables



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



Broccoli is a great source of nutrition and may be eaten raw or cooked. It is rich in vitamins A and C and also contains iron and calcium.



Tomatoes are one of the most popular fruits in the world. The reason they are a fruit is because they have seeds inside of them like apples, oranges, lemons, kiwi, and all other types of fruit.

## Health benefits of carrots:

Strengthens  
the immune  
system.

Protects  
teeth  
and gums.

Supports  
digestion.

Improves eye  
health.

Carrots are  
rich in vitamins,  
minerals  
and fiber.

---

## DID YOU KNOW?

---

Dark Lettuce leaves have  
more nutrients than  
lighter-colored leaves.

There are more than 100  
varieties of carrots.

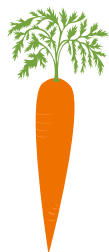
Tomatoes are 93-95%  
water - a higher percentage  
of water than watermelon.



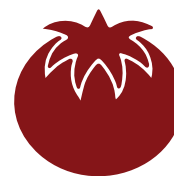
Fill in the blank:



p \_ \_ \_ \_

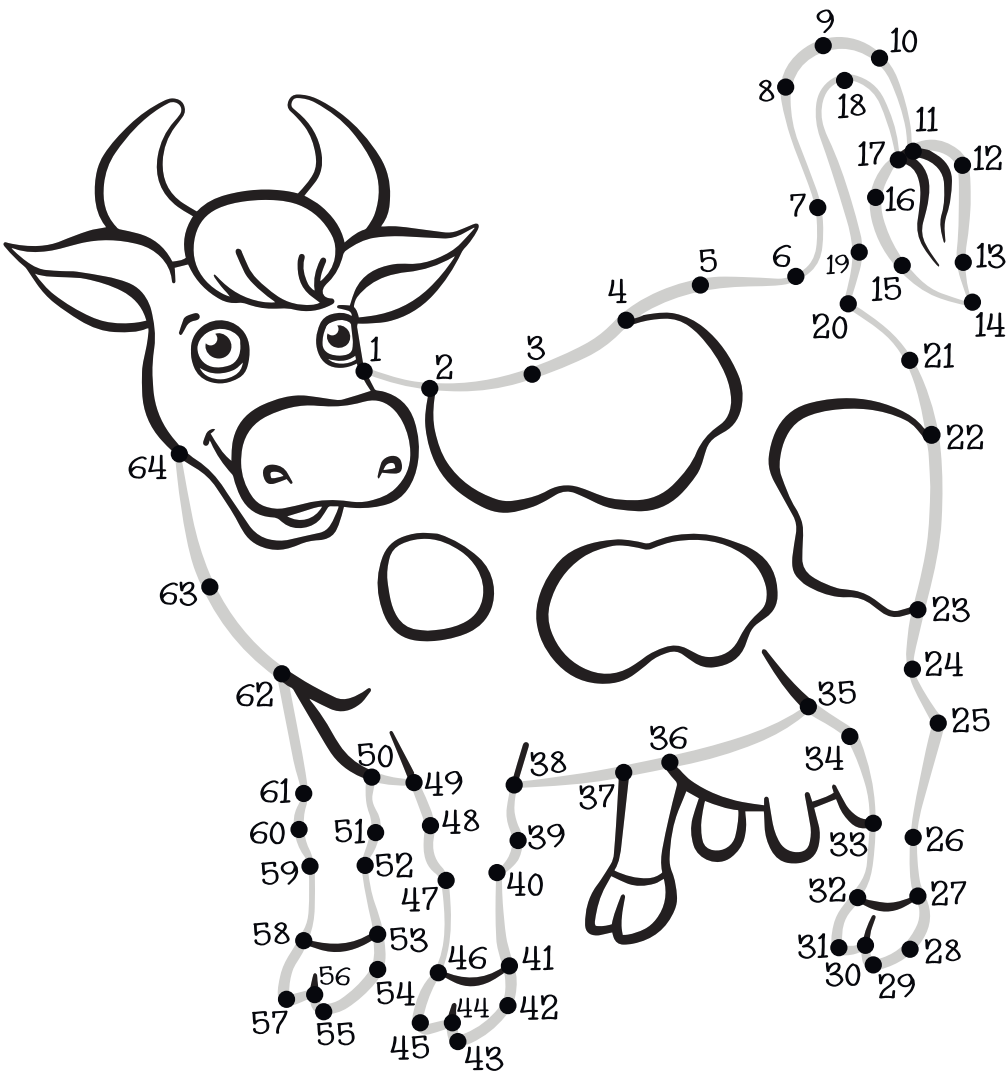


\_ \_ \_ r r \_ \_ \_



\_ \_ o \_ \_ \_ t \_ \_

Count and connect the numbers to draw the cow.



## Dairy Word Search

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

Butter  
Calcium  
Calf  
Cheese  
Cream  
Cow

Milk  
Moo  
Parlor  
Protein  
Vitamin  
Yogurt

# Matching Game

Cow

Horse

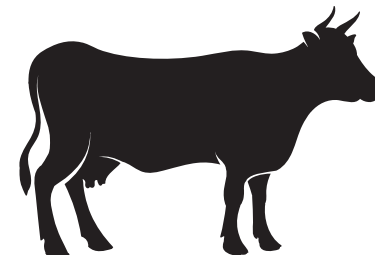
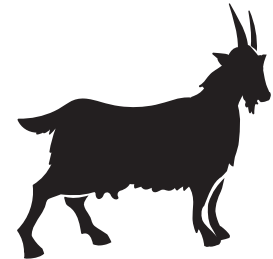
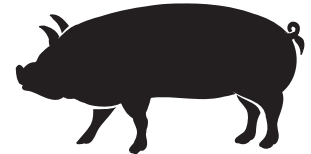
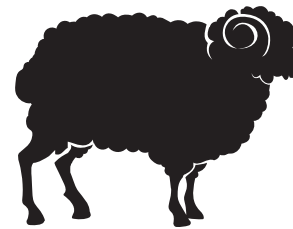
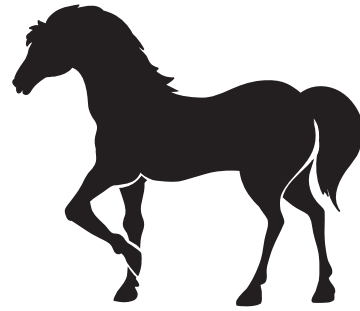
Goat

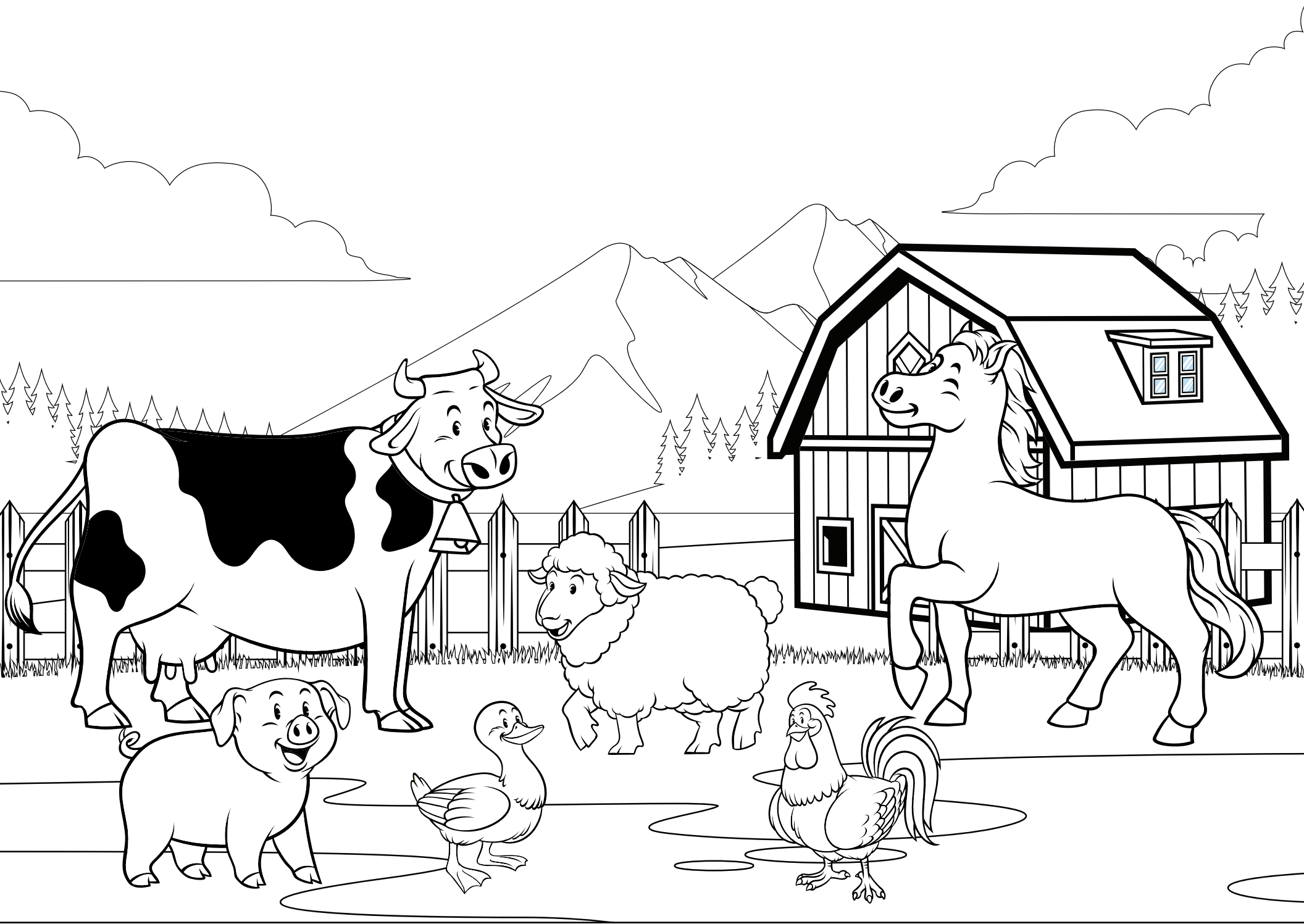
Sheep

Pig

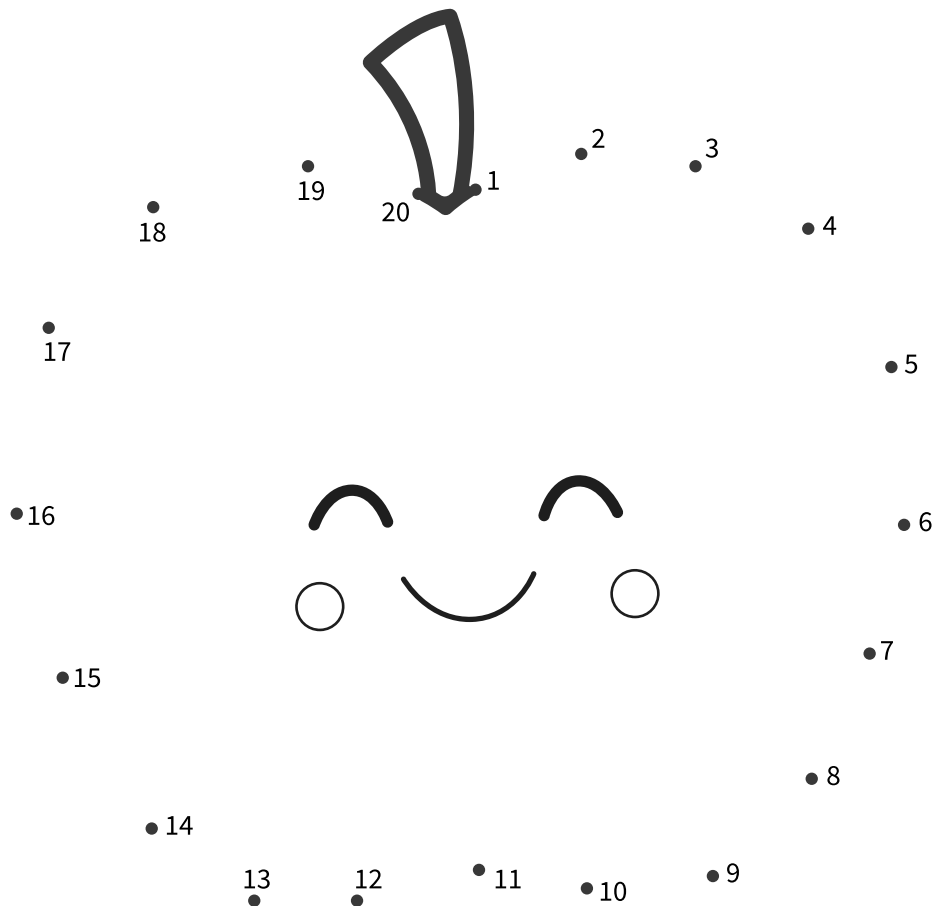
Duck

Rooster





Count and connect the numbers to draw the apple.

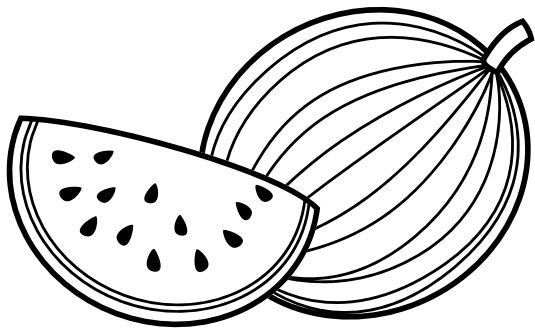


## Apple Word Search

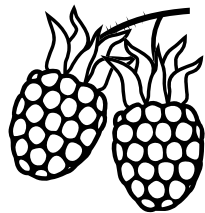


Braeburn  
Fuji  
Granny Smith  
Cameo  
Red Delicious  
Honeycrisp

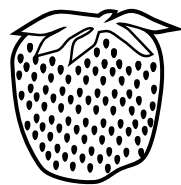
Golden Delicious  
Cripps Pink  
Gala  
Rome  
Jonagold  
Winesap



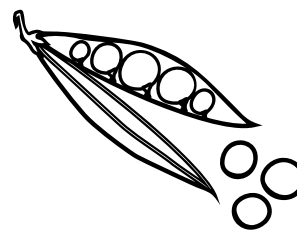
watermelon



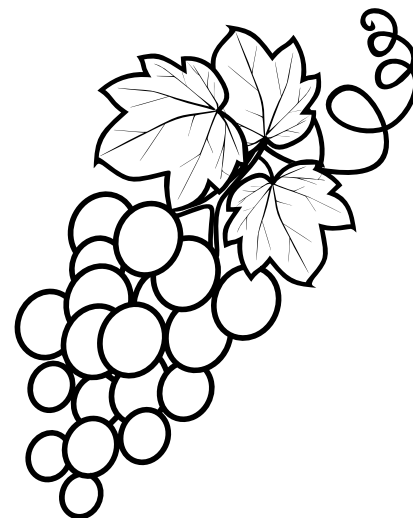
raspberry



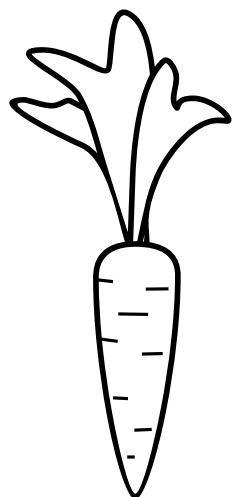
strawberry



peas



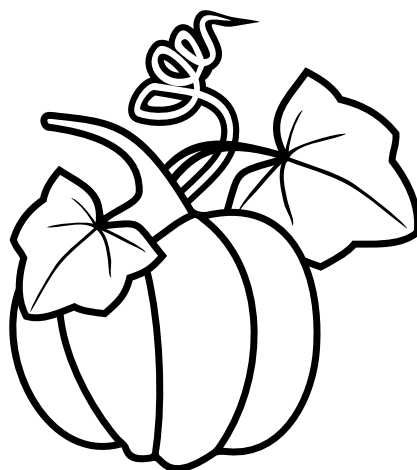
grape



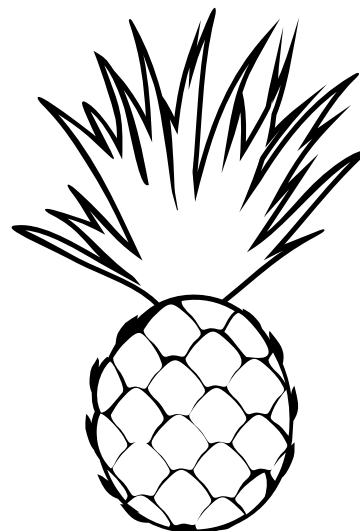
carrot



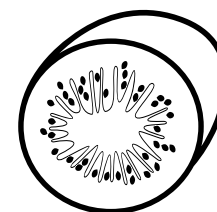
eggplant



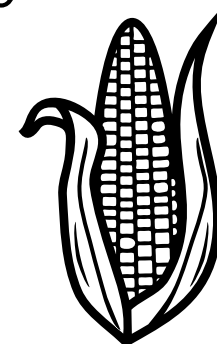
pumpkin



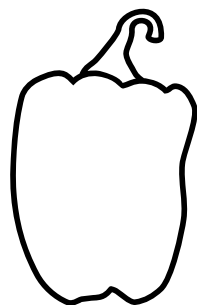
pineapple



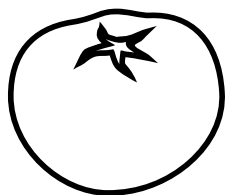
kiwi



corn



pepper



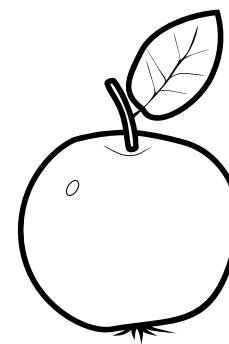
tomato



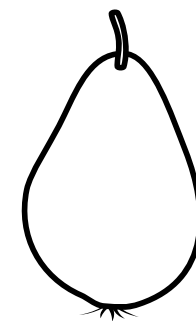
zucchini



potato



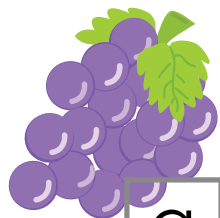
apple



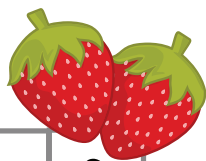
pear



Fill in the blank



g

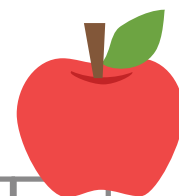


s



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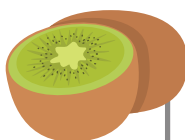
b

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b

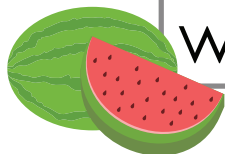
a



k



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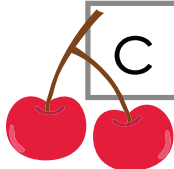
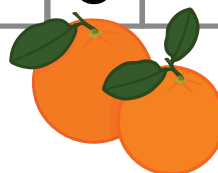


w

e

e

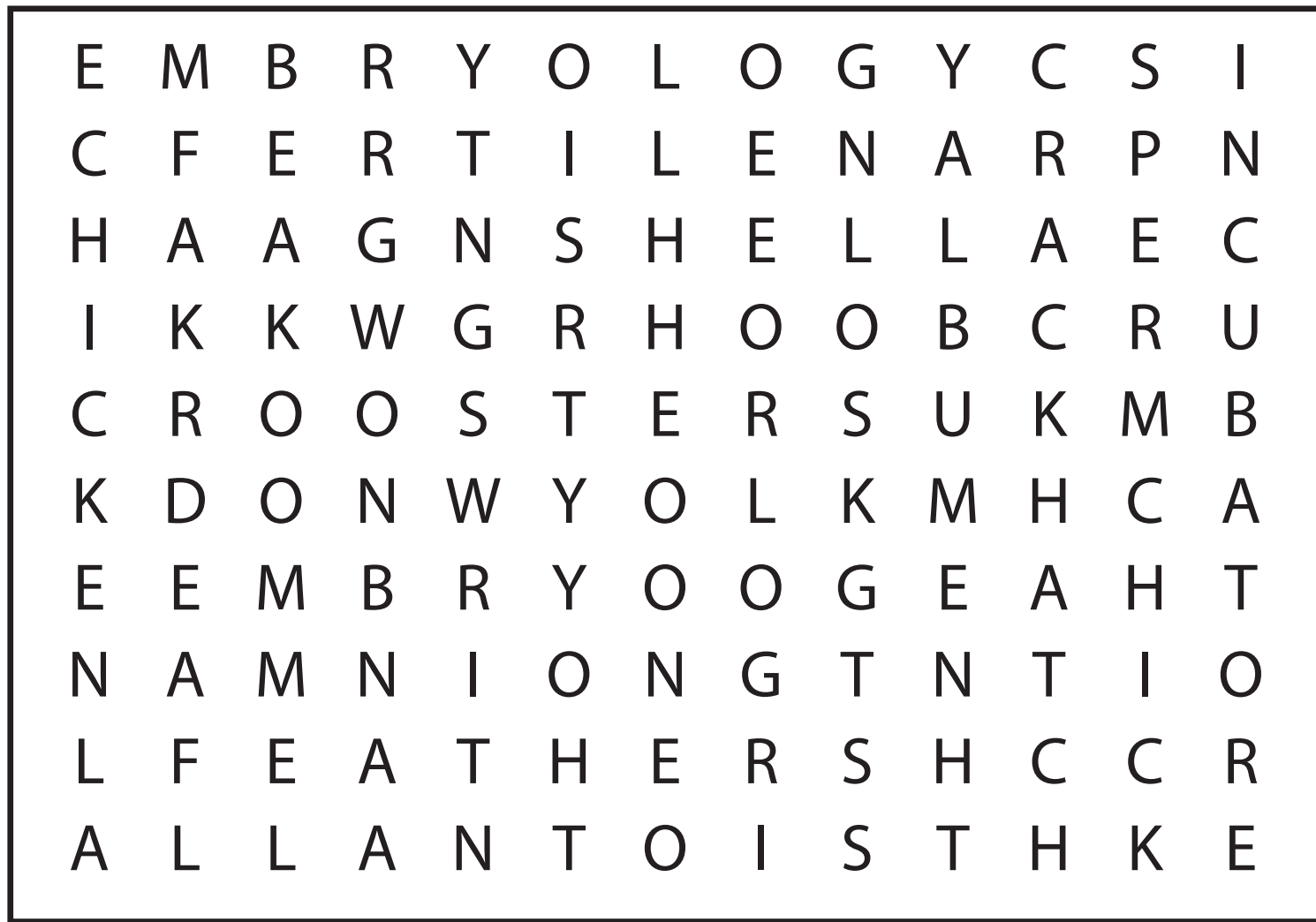
n



c

y

# Chicken Word Search

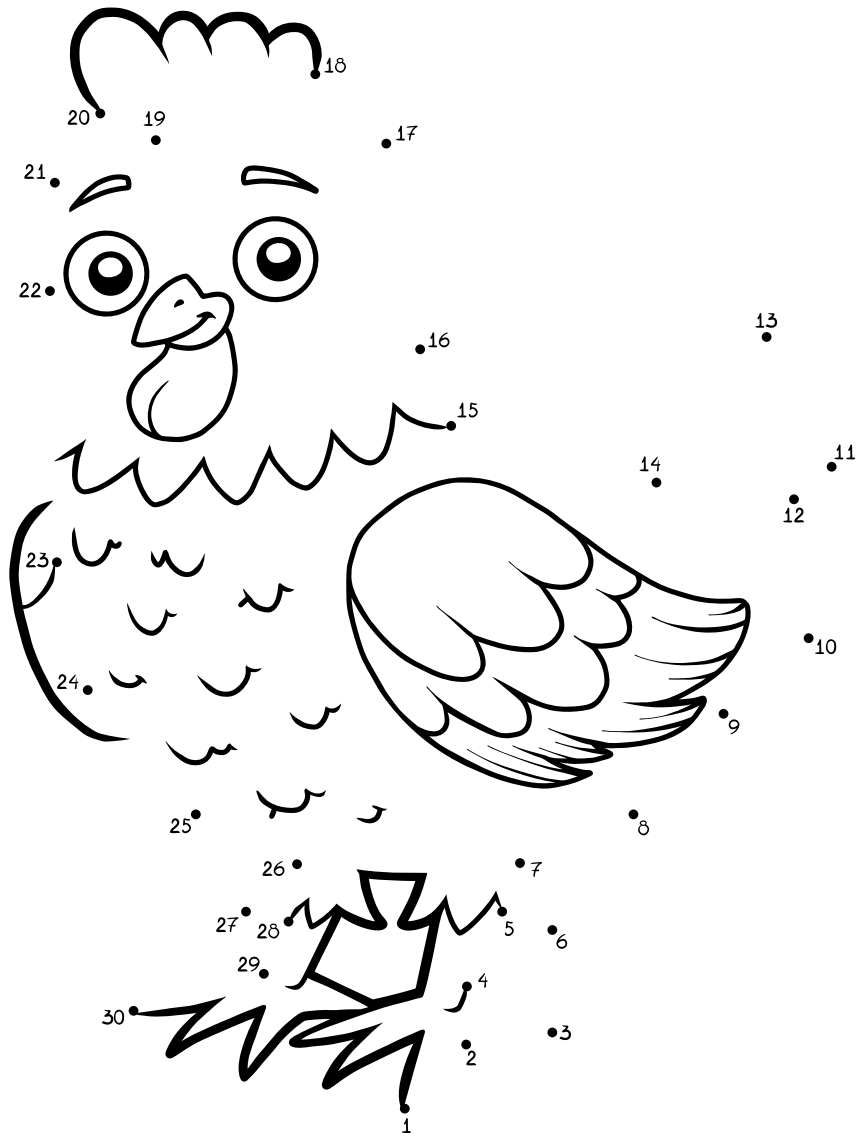


Egg  
Yolk  
Beak  
Rooster

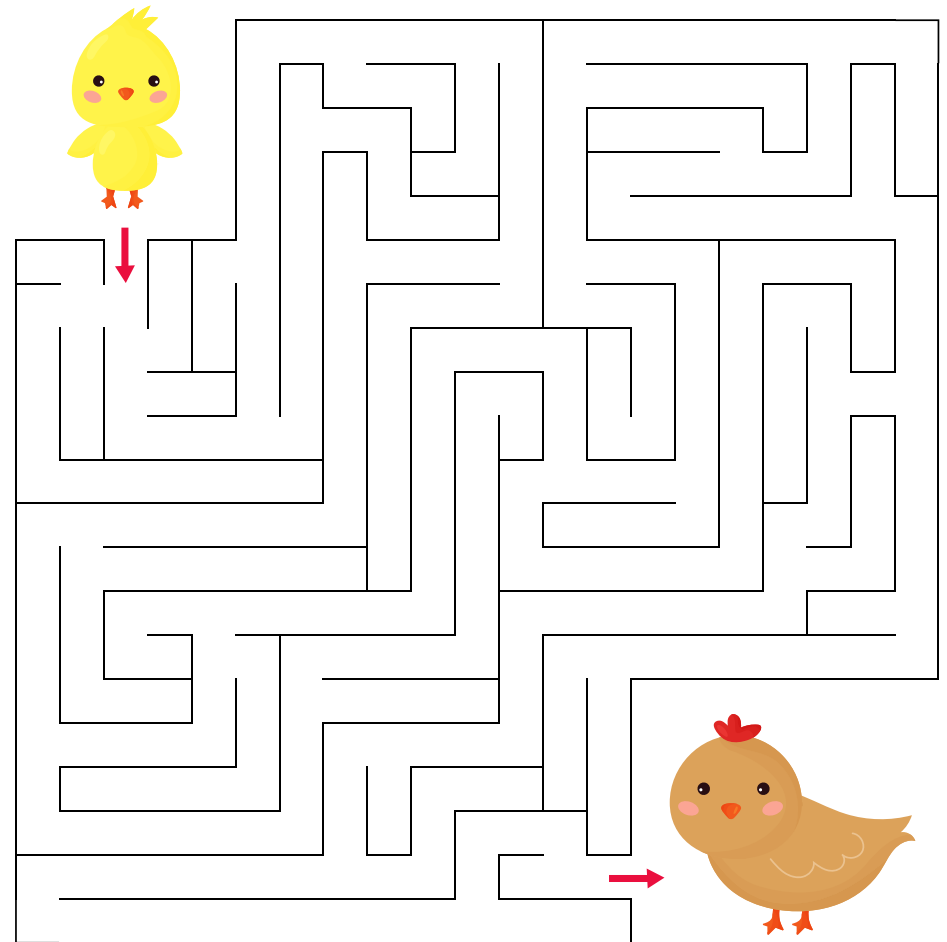
Hatch  
Embryo  
Hen  
Chick

Chicken  
Feathers  
Shell  
Incubator

Count and connect the numbers to draw the chicken.



Help the baby chick find its mother.



Wheat Combine:  
used to harvest wheat.



# Wheat Word Search



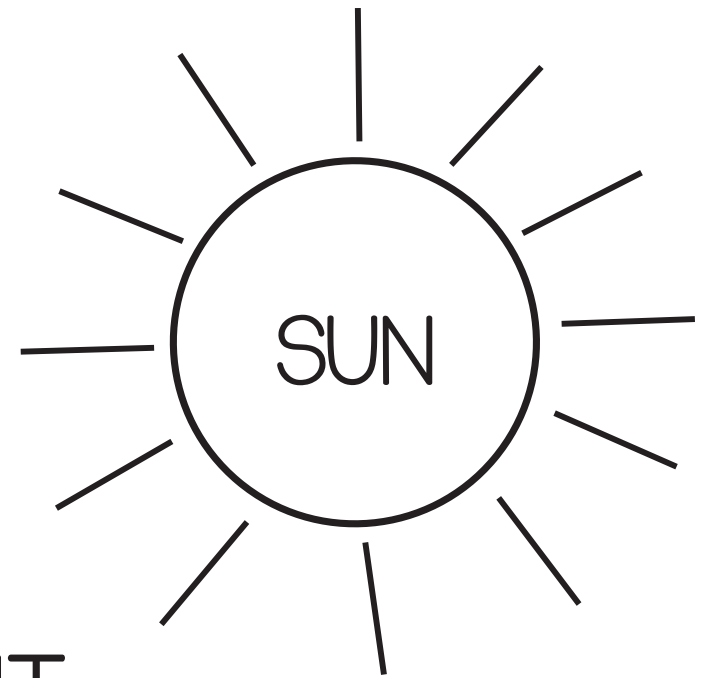
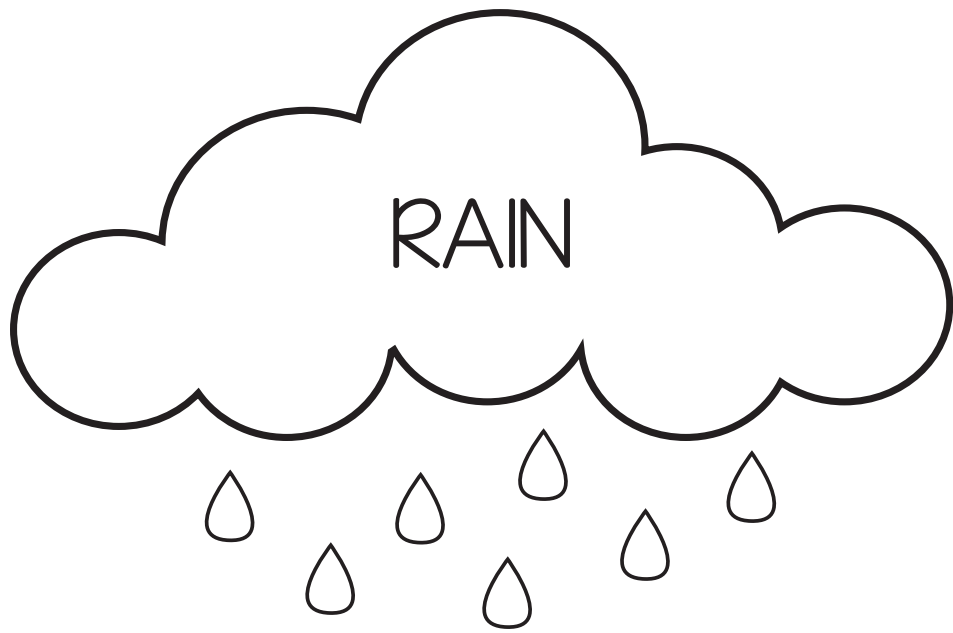
Acre  
Agriculture  
Bread  
Bakery

Cereal  
Combine  
Cookies  
Cracker

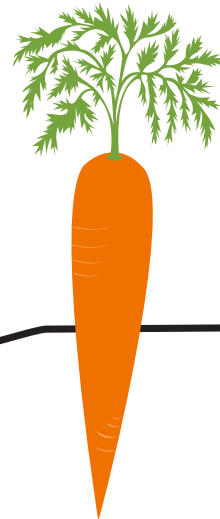
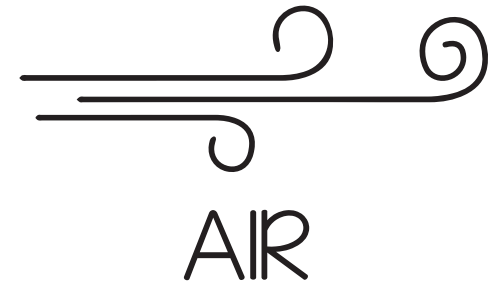
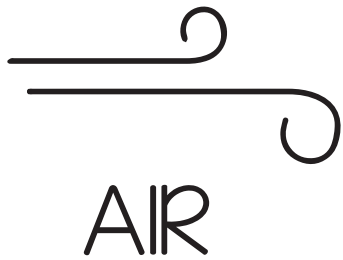
Crops  
Dough  
Farm  
Flour

Grain  
Grow  
Harvest  
Seeds

Soil  
Tractor  
Water  
Wheat



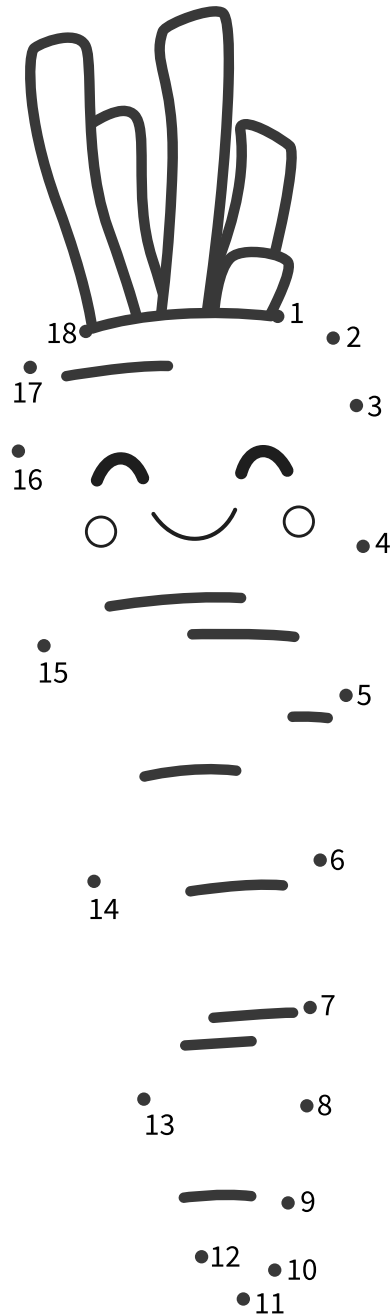
# WHAT A PLANT NEEDS TO GROW



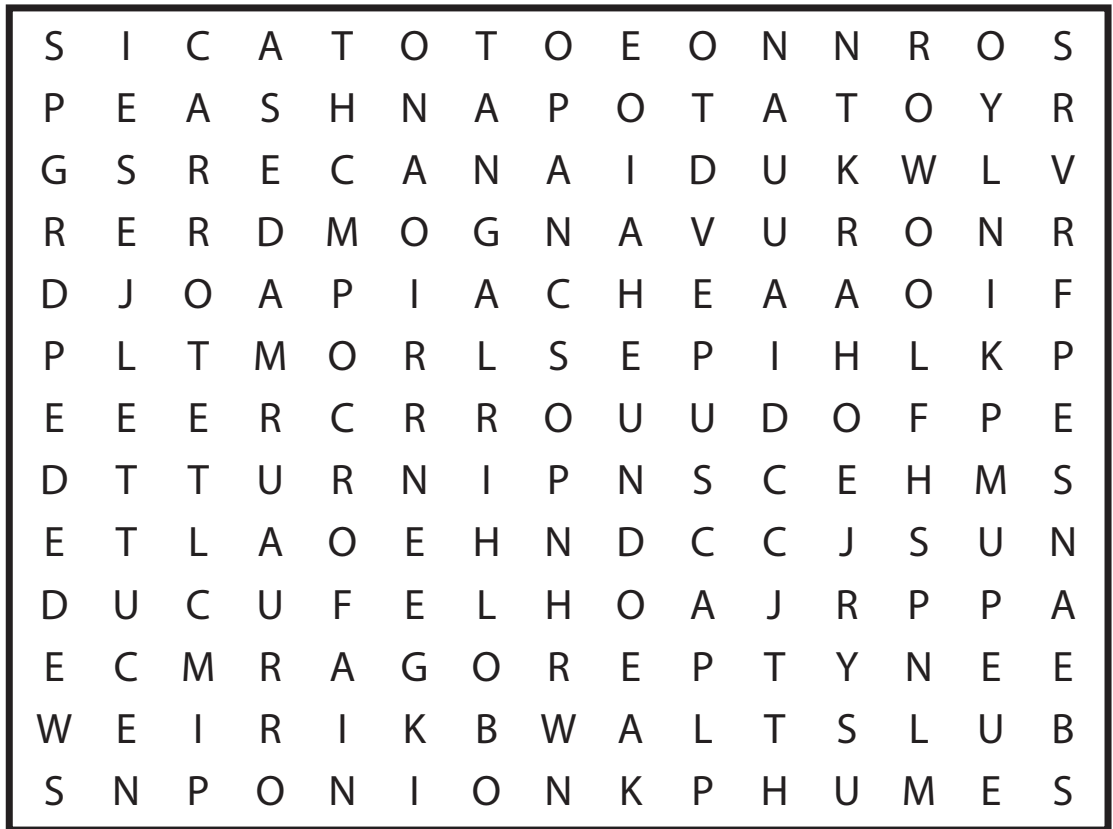
SOIL



Count and connect the numbers  
to draw the carrot.



## Vegetable Word Search



Carrot  
Peas  
Turnip  
Onion  
Broccoli

Pumpkin  
Potato  
Beans  
Lettuce