

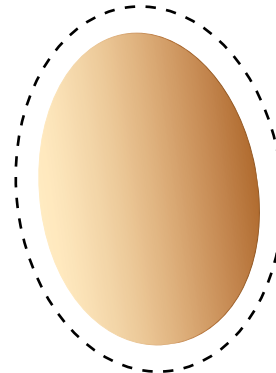
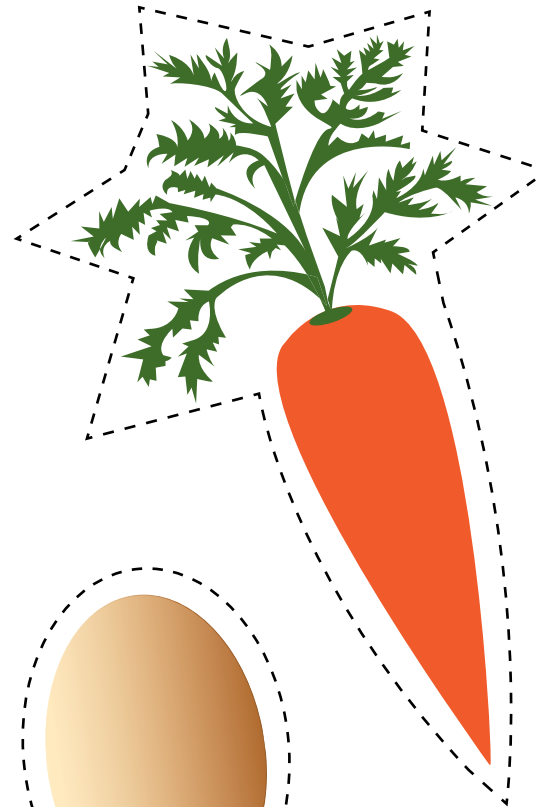
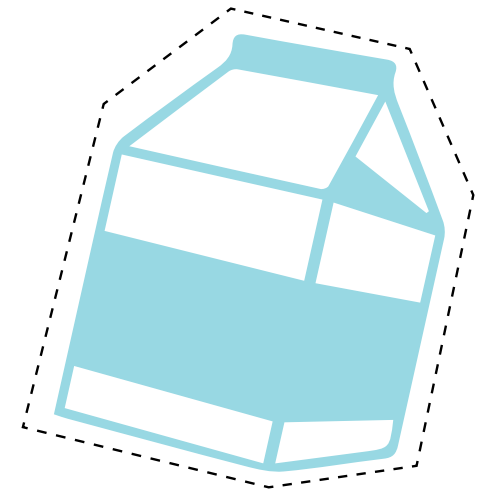
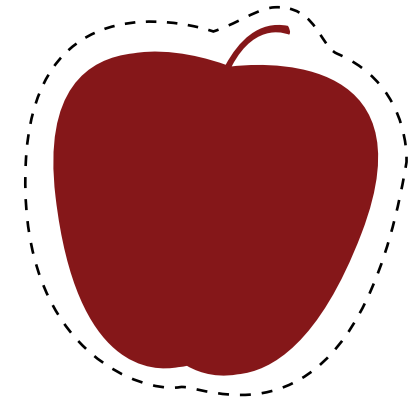
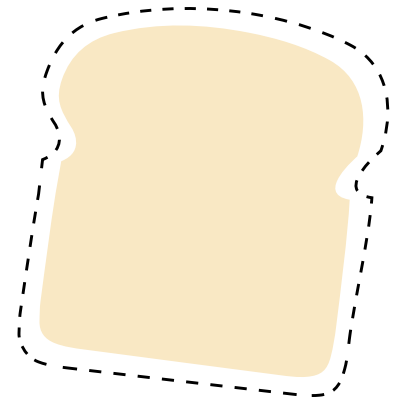
The Farm

at
SILLYVILLE

PRESENTED BY
SAFEWAY

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!

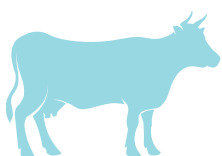
Dairy



Washington ranks 10th 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.

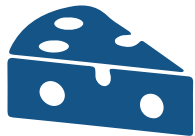
Potassium:
helps keep
your heart
healthy.

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



l _ _ _ c _ _ a _ _

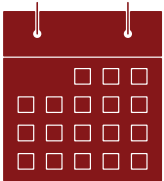
Apples



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.

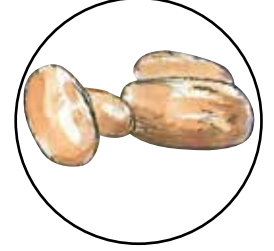
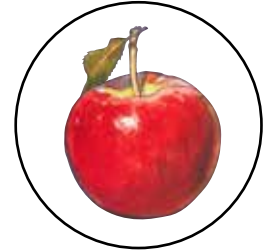
The average
apple contains
5 seeds.

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.



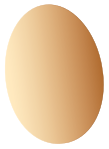
Eggs



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:

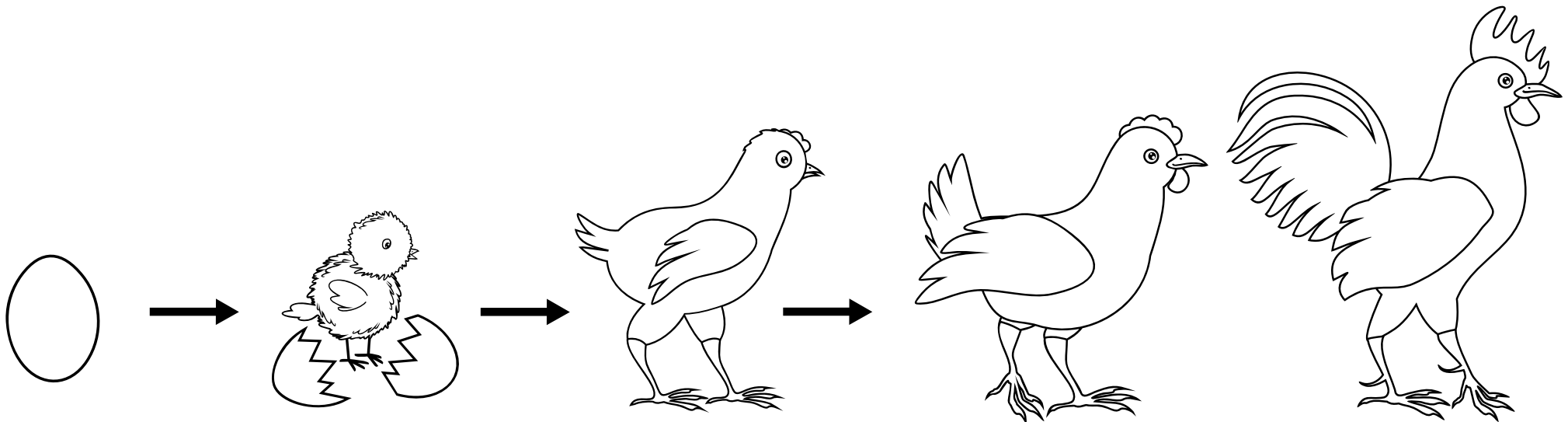
Support strong bones.

Supports eye health.

Supports brain health.

Support and maintain muscles.

Keeps you full longer and gives you energy.



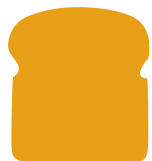
wheat



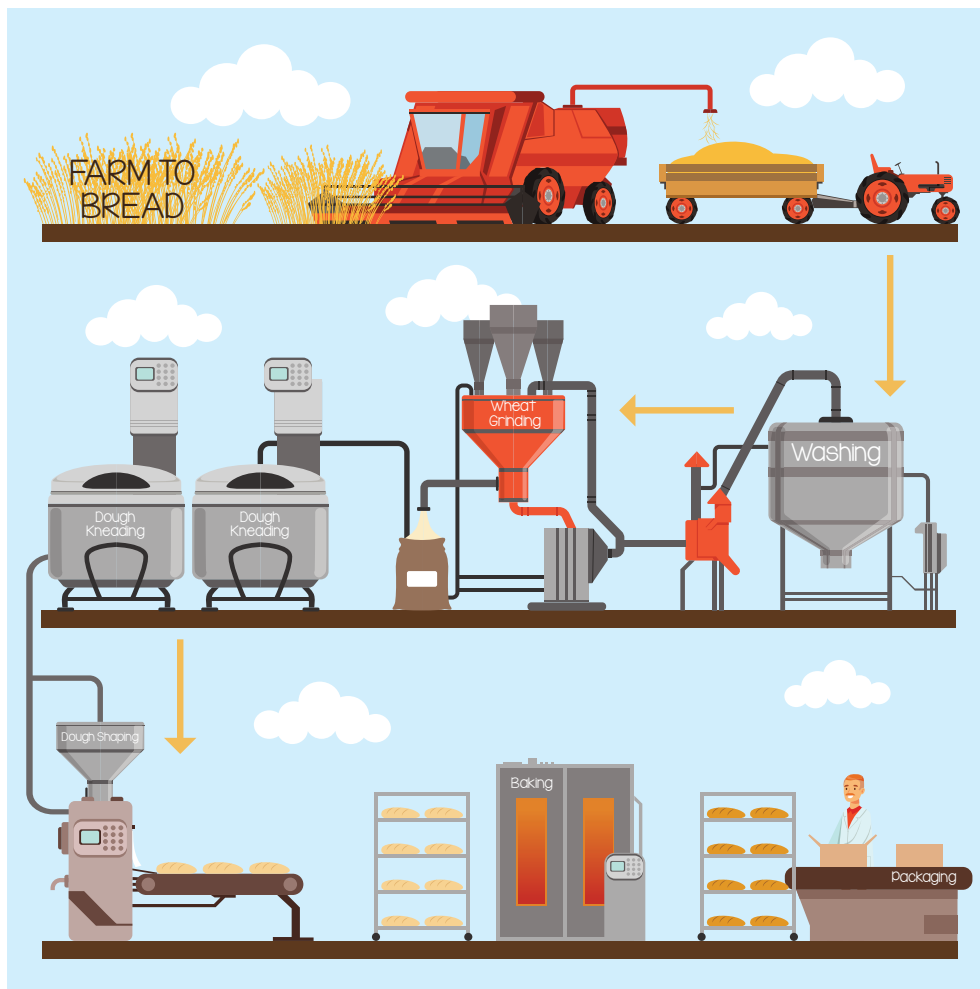
Washington is ranked 4th in producing wheat. Most wheat grown in Washington is winter wheat which is planted in the fall and harvested starting in July.



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.

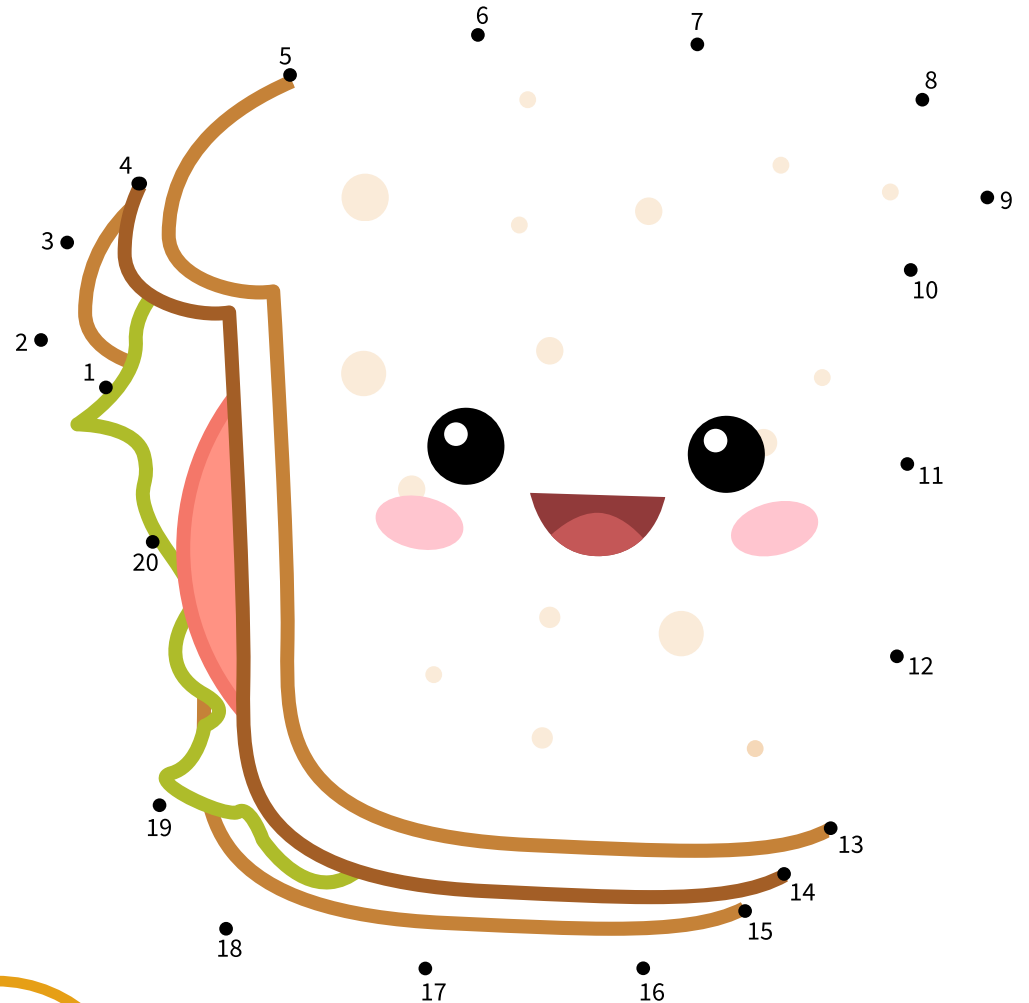
Wheat provides 20% of the world's nutritional needs.

Wheat is a type of grass.

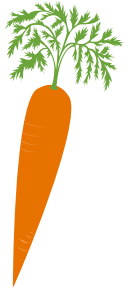
One bushel of wheat weighs 60 pounds.

Wheat gives our bodies energy.

Count and connect the numbers to draw the sandwich.



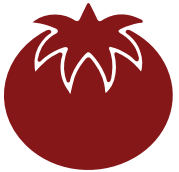
Vegetables



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.

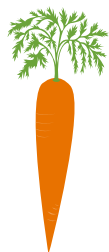
Tomatoes are 93-95%
water - a higher percentage
of water than watermelon.



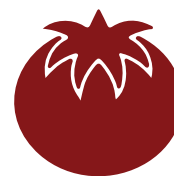
Fill in the blank:



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