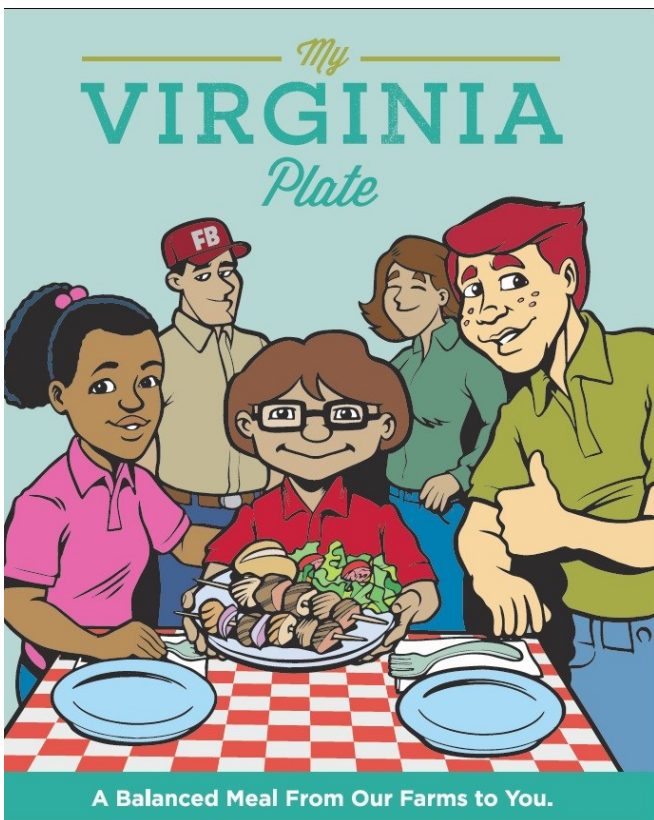


Agriculture Literacy Week Activity Pages

Enclosed are optional student activity pages that can be used post-reading or as a take-home piece. These activities correspond with the My Virginia Plate book and are printed on the back of the accompanying poster (included with your book order). They offer the opportunity to further students' understanding of how Virginia farmers fill a healthy plate.



My Virginia Plate
—Meet the Virginia farmers who fill your plate.

Make half of your plate fruits and vegetables.



In operation since 1946, Miller Farms was run as a dairy farm until 2003. Miller Farms Market now grows and sells a wide variety of fresh fruits and vegetables from strawberries, raspberries, and blackberries to eggplants, tomatoes, and cabbage. They also offer pick-your-own berries, pumpkins, and Christmas trees. This farm family is passionate about farming and wants to sustain their land for future generations so they practice farming methods such as companion planting, no till, and plasticulture.

Jo Ann Miller and son, Ben Miller -
Miller Farms
Spottsylvania

At least half of all the grains you eat should be whole grains.



Billy Dawson has grown corn, wheat and other grains on his farm for years. In addition to selling feed to local stores, he also provides his food-grade crops for manufacturers nationwide. In fact, his corn is used to make the tortilla chips in Campbell's Tortilla soup.

Billy Dawson -
Ray's Best Feed
Northumberland

Make half of your plate fruits and vegetables.



Dublin Farms is a leader in the Virginia potato industry and traces its origins to the mid-1800s. Potatoes have been grown on various parts of the farm each year since 1876. In addition to potatoes, Dublin Farms produces corn, soybeans, wheat, and green beans. Innovative measures are used to produce the best possible product while maintaining healthy land. Auto-stress technology is used to maximize field production and reduce the overuse of pesticides and fertilizers.

David Hickman -
Dublin Farms
Accomack

Try to get 3 servings of dairy each day.

Dairy farming is a 365-day-a-year job, because the cows have to be milked twice a day every day. The 2 generations of Eastline Farm believe in cow comfort, because "the more comfortable the cow, the more productive that cow is."

Cousins Taylor and Matt Nuckols -
Eastline Farm, Hanover





Choose **MyPlate.gov**

Protein is an essential building block for growth.

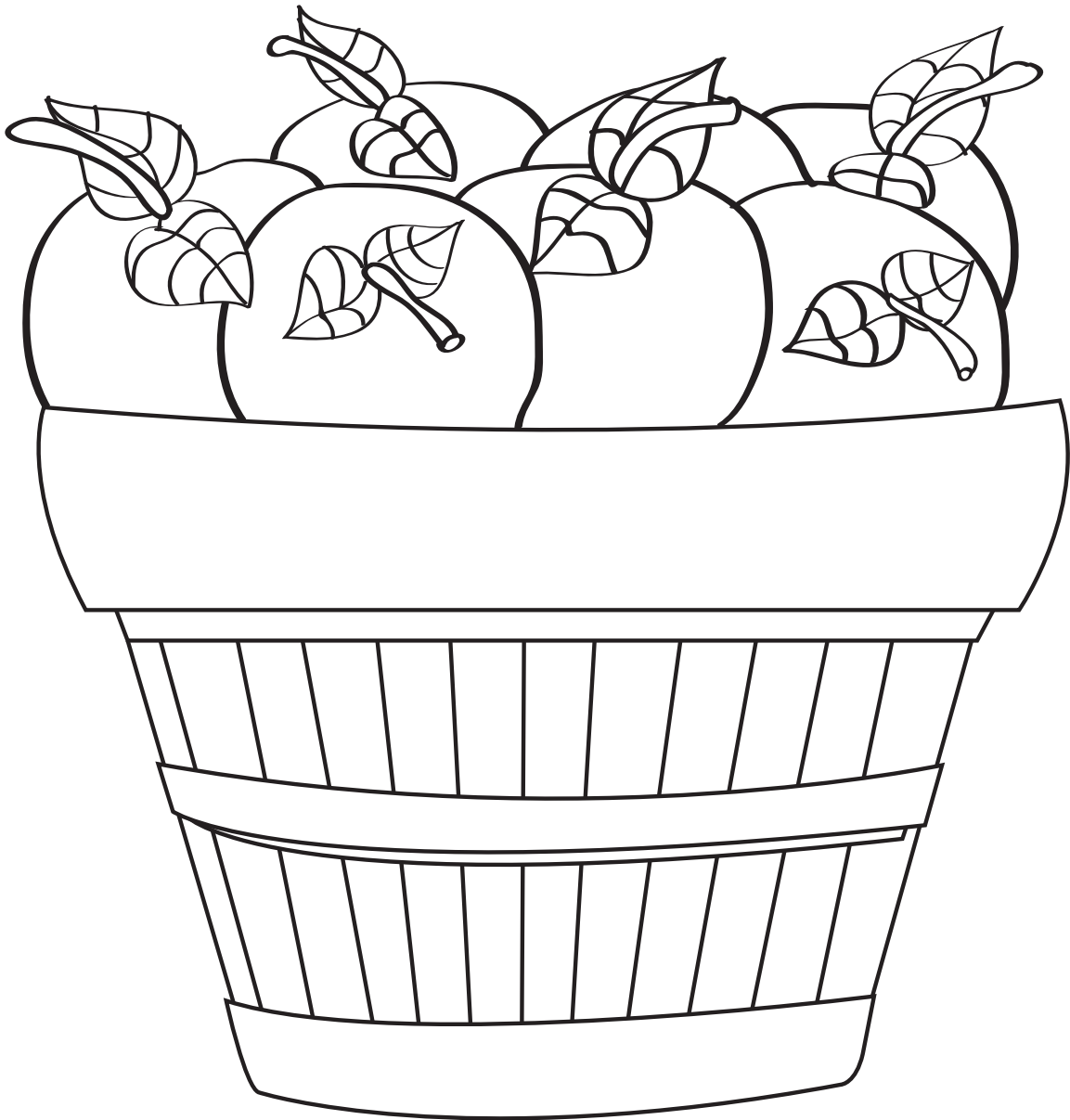


Margaret Ann is a 6th generation cattle farmer in Rockbridge County. Her family's farm, Smith Farms, is family owned and operated, just like 98% of the farms in Virginia. While on the farm, the cattle graze on grass, receive supplemental grains to balance their diets, have unlimited water, and plenty of natural shelter from bad weather.

Margaret Ann Smith -
Smith Farms
Rockbridge



Color a Healthy Snack!



Did you know? Virginia apple growers produce an average of 8-10 million bushels of apples per year. Apple varieties grown in Virginia include Red Delicious, Fuji, and Granny Smith. The majority of apples in Virginia are grown in the Shenandoah Valley area.

In addition to apples, Virginia fruit farmers also grow peaches, grapes, and watermelons among others.

Protein Word Search

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

Word Bank:

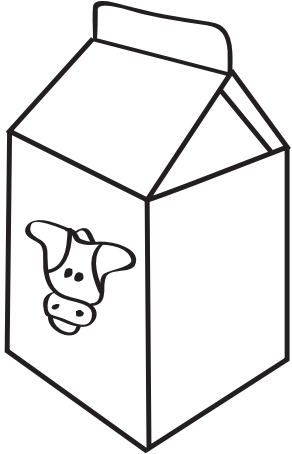
beef	chicken	iron
eggs	fish	magnesium
meat	peanuts	pork
poultry	protein	seeds
soybeans	zinc	

Did you know? Layers are chickens that are raised to produce eggs, while broilers are chickens raised to provide meat. Broilers are Virginia's top agricultural commodity.

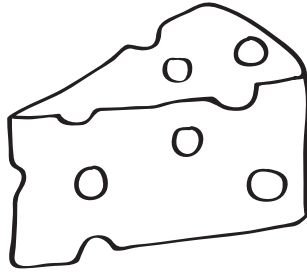
The color of the hen determines the color of the egg. White hens lay white eggs and brown/red hens lay brown eggs.

Find The Dairy Product

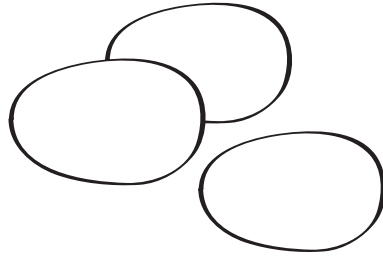
Circle each dairy product. Color every picture that is not a dairy product the correct color.



milk



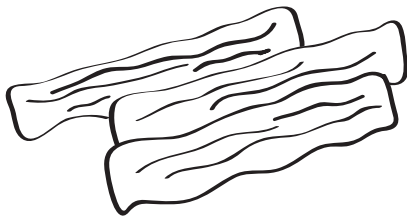
cheese



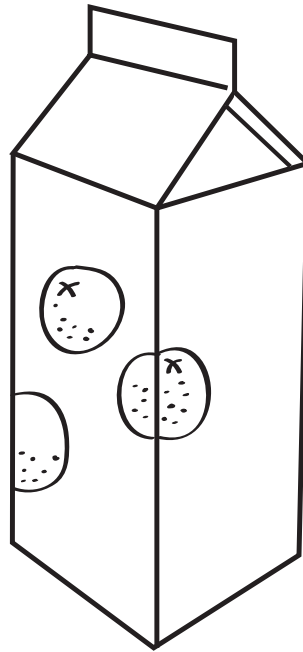
eggs



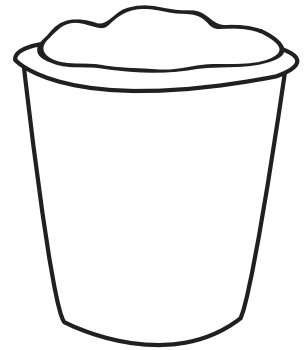
ice cream



bacon



orange juice



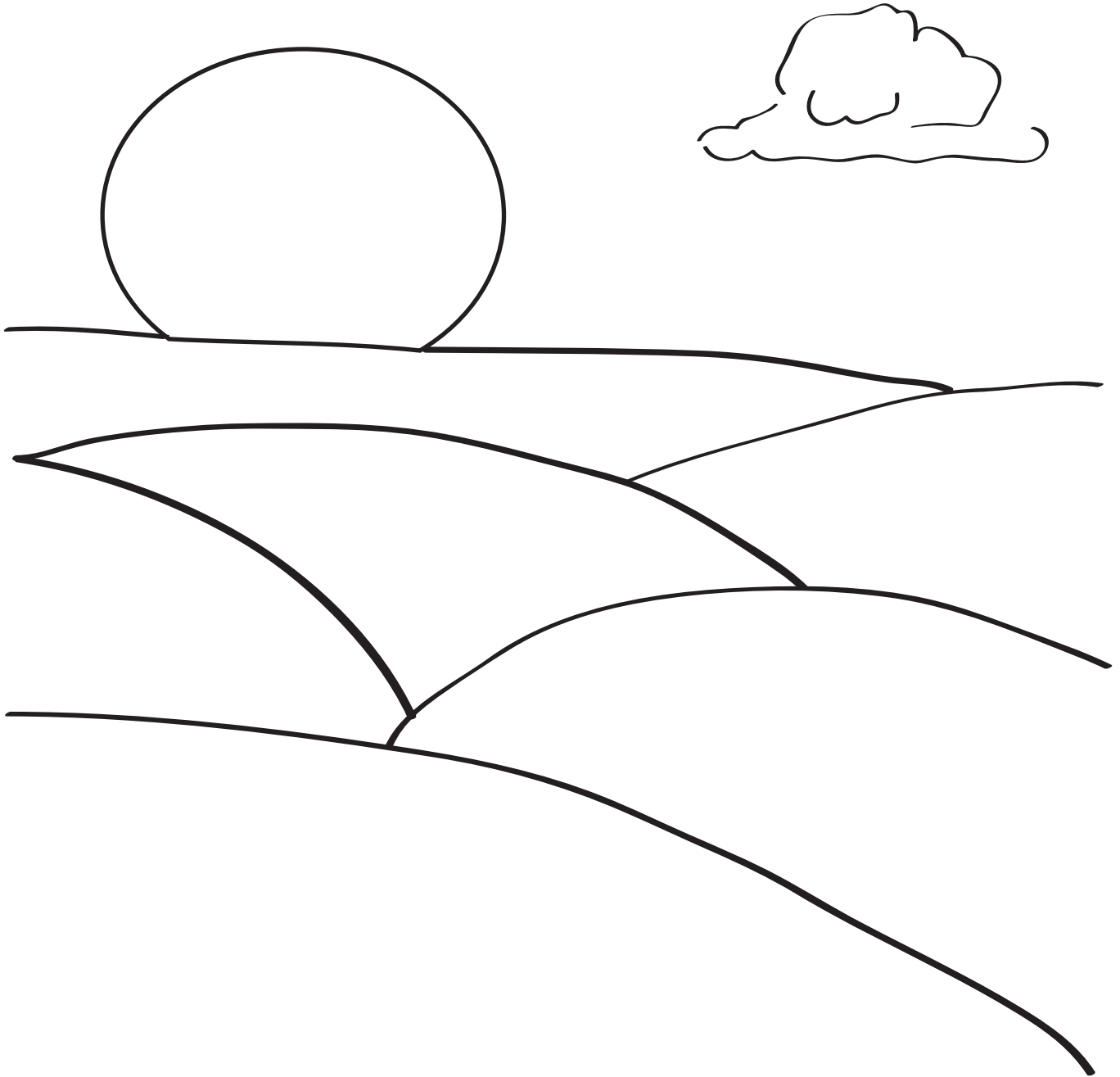
yogurt

Did you know? Dairy cows are raised to provide milk while beef cows are raised to provide meat. There are several breeds of dairy cows, but the most widely recognized dairy cow is the Holstein, which has black and white spots. No two Holstein will have the same pattern of spots.

Create Your Own Vegetable Farm

Virginia farmers grow a wide variety of vegetables, such as cucumbers, cabbage, squash, peppers, sweet corn, green beans, potatoes, sweet potatoes, and tomatoes. Create your own vegetable farm by drawing your favorite vegetables in the fields below.

Does your favorite vegetable grow above or below ground?



Grain Products Word Scramble

Unscramble the words below to reveal the grain products.

1. satpa
2. eradb
3. temolaa
4. ckrecra
5. aecler



Bring the Wheat to the Table



Put the pictures in the correct order by writing numbers 1-5 under each.



