

Where Does My Food Come From?

5210 Introduction

Food education is an opportunity for children to learn about where food comes from and to establish a healthy relationship with food. It is essential to sense the power of the seasons: from eating foods that are in season and cooking with nutrition in mind, to knowing the meaning of eating well. It is also important not to waste food and to appreciate nature's gifts. Check out the challenges below to help explain where certain foods come from and how to eat a well balanced diet.

#farmtotable
#healthyeating
#5210HMC



Post to Social Media

Just copy, paste and post!



Teach kids where their food comes from. Rather than limiting yourself to the weekly supermarket run, take your family to a local farmer's market (or to the farm itself) and meet the people who grow the food. Picking berries from a vine can help nurture a lifelong love of good eating and environmental stewardship. Let us know your favorite farms and markets that your kids like to visit!

To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Do you know where your food comes from? If you can pinpoint where your food was grown and produced, you can make more informed decisions to maximize quality, freshness, and nutritional value. Check out <https://bit.ly/2NOI7SP> to help get your little ones started!

#5210HMC #farmtotable #healthyeating

Choose a Challenge

Where Does Our Food Come From?

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Where-Does-Our-Food-Come-From-hmc.pdf>

Farm To Table

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Farm-to-Table-Activity-Sheet-HMC.pdf>

Strawberry DNA

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Strawberry-DNA-Science-Activity-hmc.pdf>

Mostly Plants

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Mostly-Plants-hmc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)