



















# Local Foods at the Table

Parents and caregivers are important in helping children make healthy food choices. The USDA's MyPlate shows that half the plate should be filled with vegetables and fruits. Participating in local food activities helps children learn more about growing and choosing healthy foods.



Activity: What part of the plant do you eat? **Circle the foods that belong in each box.**

Answers: Roots – carrots and radishes; Stems – asparagus; Flowers – cauliflower and broccoli; Fruit – apples and blueberries; Seeds – corn and peas; Leaves – spinach and cabbage.

|   |   |   |
|---|---|---|
| <p><b>Roots</b></p>  <p>beans</p>  <p>carrots</p>  <p>radishes</p>       | <p><b>Stems</b></p>  <p>tomatoes</p>  <p>asparagus</p>  <p>strawberries</p> | <p><b>Flowers</b></p>  <p>berries</p>  <p>cauliflower</p>  <p>broccoli</p> |
| <p><b>Fruit</b></p>  <p>apples</p>  <p>blueberries</p>  <p>onions</p> | <p><b>Seeds</b></p>  <p>watermelon</p>  <p>corn</p>  <p>peas</p>         | <p><b>Leaves</b></p>  <p>pumpkin</p>  <p>lettuce</p>  <p>cabbage</p>     |

For more information about local foods visit: <http://localfoods.osu.edu/> Or, contact your local OSU Extension Office.