DEAR STUDENT CHEF,

Thank you for joining me on my next adventure! This time I’m in the kitchen cooking up some of my favorite foods using Georgia Grown items. I hope you will join me for breakfast and lunch at school today! I’ll teach you about measuring ingredients in the kitchen, how to recognize different fruits and vegetables, and when they grow. I hope you will help me along the way!

REMEMBER: You can do these activities in the classroom, cafeteria, and at home with your family, but remember these key safety rules.

1. Ask an adult for permission.
2. Wash your hands and follow all food safety rules.
3. Listen to the adult in charge.

If you keep these in mind, you will keep yourself and others from getting hurt in the kitchen. And one more thing, please remember to have fun!

Sincerely,
Georgie
How many words can you make from this phrase?

RISE AND SHINE AND GET TO SCHOOL FOR BREAKFAST TIME!

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Help Georgie make healthy blueberry muffins. Draw a line to match ingredients to the correct measuring tool.
Cut along the dotted lines. Paste the words onto the correct plant part.

ROOT | STEM | LEAF | FLOWER
Help Georgie make this recipe. Circle the ingredients needed to make the salsa. Color the correct number of tomatoes, onions, and peppers needed for the recipe.

**TACO’BOUT A YUMMY SALSA RECIPE**

4 medium tomatoes, diced  
1 small green bell pepper, diced  
1 medium Vidalia onion, diced  
2 tbsp. fresh cilantro leaves, chopped  
½ tsp salt  
½ tsp black pepper  
1 small lime, juiced

1) Dice tomatoes, green bell pepper, and Vidalia onion; place in a large bowl.  
2) Chop cilantro and add to bowl.  
3) Measure salt and black pepper then add to bowl.  
4) Juice lime and add to bowl.  
5) Mix all ingredients until thoroughly combined.
Create your own salad. Draw ingredients you would use on the tray. Write the name of the ingredients on the lines of the recipe card. Write the steps to make the salad under the instructions. Give your salad a name.

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<th>INGREDIENTS:</th>
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Help Georgie make a healthy snack! Color and circle the snack stacks that match. Estimate how many more pieces will be needed to fill the last stick.

Draw and color your own snack stack on the skewer below.
Instructions: Fruits and vegetables taste better when they are in season. Use the clues to match the vegetables to the season. Draw a line from the vegetable to match the correct season.

**Collards**
Grow well in cooler temps.

**Sweet Potatoes**
Flavor peaks when leaves start to change colors.

**Green Beans**
These can be harvested just in time for Thanksgiving dinner.

**Summer Squash**
Harvested in the warmest months.

**Tomatoes**
Flavor peaks when it’s hottest and school is out.

**Vidalia Onions**
As the weather warms up these can be found uniquely in 20 South Georgia counties.

**Carrots**
Harvest these vegetables as the temperature starts to warm up.

**Turnips**
Harvested in the coldest months.
Help Georgie find his kitchen tools.
Circle all the tools that can be used in the kitchen to cook.
Georgie is hungry! Help him help him prepare a meal by drawing kitchen tools in the dotted lines. Think about what you need to cook and prepare food.
Design your own Georgia Grown school meal. Include at least one food from each of the following groups:

PROTEIN  FRUIT  VEGETABLES  GRAIN  DAIRY

Make a balanced plate by drawing in the empty space below and writing out your menu on the lines provided. Share your menu ideas with nutrition professionals at your school.
Write about and draw your favorite school meal. Who were you eating with? What did the food look like? How did it taste? What colors were on your tray? Why is eating a Georgia Grown school lunch a good thing?
Thank you, Georgia Farmers!

Write a thank you note to your favorite farmer.
Thank you, School Nutrition Professionals!

Write a thank you note to your favorite school nutrition professional.
Time to relax! Add some color to this Georgia farm to school scene.
**Georgia School Nutrition Facts**

- **969,711**
  - total number of students receiving free and reduced meals

- **1,076,733**
  - average number of school lunches served daily

- **2,298**
  - total number of Georgia schools participating in the National School Lunch Program

**Meals served during the school year:**

- **Georgia Grown**: $26.5 MILLION
- **Breakfast**: 108 MILLION
- **Lunch**: 196 MILLION
- **Snack**: 10 MILLION

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**GeorgiaGrown.com**

**FeedMySchool.org**

**gasnp.org**

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**GeorgiaGrown.com**

Gary W. Black, Commissioner
Georgia Department of Agriculture

**FeedMySchool.org**

Dr. Linette Dodson
State School Nutrition Director