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If you were a farmer, what would you want to grow or raise on your farm?



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If you were planning a dinner menu for a friend, what would you serve?



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Describe your favorite food.



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If you could only eat one food for a month, what food would you choose?



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Would you rather eat inside or outside? Why?



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What song or book can you think of that is about food?



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**What food
or type
of food
would
you like
to try?**



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**What is
the most
interesting
food
you have
eaten?**



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Name
5
different
fruits.



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**If you
could
create
your own
cooking
show, what
would it
be about?**



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**What
is your
favorite
school
meal?**



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Name
5
different
vegetables.



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**What is
your
favorite
fruit
and why?**



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**Do you
prefer
spicy or
non-spicy
foods?**



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**What is
your
favorite
family
tradition?**



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**Are there
any foods
that bring
back special
memories
for you?**



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**Do
you
like
to cook?**



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**What is
your
favorite
vegetable
and why?**



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**What is
your
favorite
book, movie
or show?**



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**What is
your
favorite
thing to do?
How do you
feel when
you do this
activity?**



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**What were
you most
excited for
when you
got out of
bed today?**



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**What is
something
that you
would like
to learn
how to do?**



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**What
makes you
laugh
and why?**



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**What is
your
favorite
thing to do
to relax or
recharge?**



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If you could be a breakfast food, what would it be and why?



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If you could have breakfast with your favorite superhero or character, who would it be?



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What is your favorite school breakfast?



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What do you usually eat for breakfast?



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Why do you think eating breakfast at school is important?



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What is your favorite school breakfast food?



August

What are some things that you think about when choosing a watermelon?



September

Do you think an apple a day "keeps the doctor away"?

What does that saying really mean?



October

Did you know that it is national Farm to School month?

What do you think farm to school means?



November

What makes a sweet potato different than a regular potato?



December

Lettuce is often used in salads. Not all salads are made with just lettuce and tomato. What are some different types of salads that you have tried before that you enjoyed?

Are there any toppings that you like best on your salads?



January

Have you ever heard people say that you should "eat your greens" at the start of a new year to provide good luck for the year?

What do you think they mean by that saying?





February

Have you ever heard
of the word
“cruciferous”?

What do you think it means?



March

Why are
carrots,
beets,
and radishes
called root vegetables?



April

Why do you
think a strawberry
is called a
“strawberry?”



May

What are some
fun recipes that
you have made
with blueberries?



June

What are some
other colors of
tomatoes besides red
that you've tried
before or seen
in the store
or at school?



July

Peaches fall into 2
main categories:
“freestone”
and
“clingstone.”

What do you think
that means?

