



Food for Thought

Changes in fruits and vegetables can be new and exciting! Fruits and vegetables can be made healthier. They can be made to last longer. Many different colors and shapes are created through changes in food. Now that you know all of this, it is time for you to make your own shapes and colors!

Create your own colorful foods

Colorful Macaroni

What you need: macaroni, food coloring, baggies, paper towels

What to do:

1. Put one color of your choice of food coloring in a baggie.
2. Add macaroni to the baggie.
3. Zip the baggie shut.
4. Shake!
5. Open the baggie and pour the macaroni on paper towels to dry.

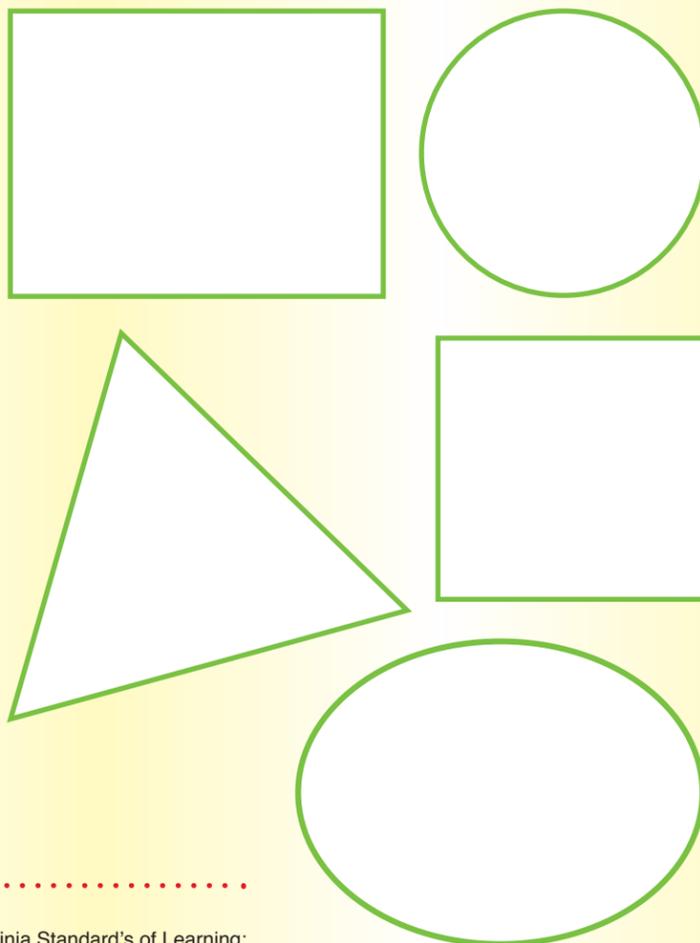
*Do this activity using a lot of different colors.

*Make a necklace with the macaroni by stringing it on yarn.



Staying in Shape

Draw vegetables and fruits that fit in each of the shapes. Make sure to be creative and use a lot of different colors!



Information in Jr. Sprout can be linked to the following Virginia Standard's of Learning:

Science: K.1, K.2, K.4, 1.1, 2.1

Math: K.11, K.12, K.13, K.14, K.15, K.16, 1.12, 1.13, 1.14, 1.15, 1.17, 1.18, 2.16, 2.19, 2.20

English: K.8, K.12, 1.8, 1.13, 2.7, 2.12

Jr. Sprout was created by Chelsea Sligh and is a publication of Virginia Agriculture in the Classroom, 12580 West Creek Parkway, VA 23238 P.O. Box 27552 Richmond, VA 23261-7552.



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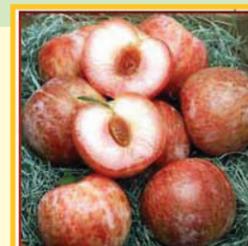
Jr. SPROUT

Funky Foods

The food you eat can change! Farmers and scientists can now make a healthier plant. They can make a tastier plant. They can even make plants that are different colors! The food you eat can be made into something funky just by changing what is inside.

Pluots

Plum and apricots are put together and changed to make a new hybrid food called pluots.



Think about a new food that you would like to create. Name and draw a picture of your new food.

Sweet Corn

Sweet corn is changed so that it makes a natural substance that bugs don't like.

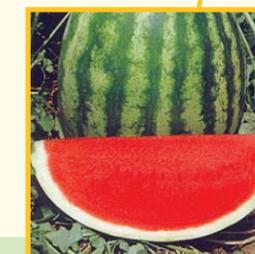


My food is called



Better Boy Tomatoes

Some types of tomatoes are changed so that they last longer than regular tomatoes.



Seedless Watermelons

Some watermelons are changed so they don't have seeds. There are no seeds to pick out!

Chewing on Changes in Food



When you eat a carrot, do you wish it was purple? With the changes made in food, you can have blue tomatoes or white eggplants. Farmers and scientists can also add more things in foods that make you healthy. Other foods are changed so they don't die or get eaten by bugs.



Name two other fruits or vegetables that are **PURPLE**.

Name one other fruit that is **BLUE**.





Name four other fruits or vegetables that are **GREEN**.

Name three other fruits or vegetables that are **RED**.



Different fruits or vegetables can also be put together to make one. Tangelos are tangerines and grapefruits put together. Lematos are tomatoes and lemons. There are so many different foods to make, all you need is an idea!

What two foods would you would like to put together? What would their new name be?

Math Munchies

Colorful Changes Graph



Blue Tomatoes



Purple Carrots



Green Oranges



Red Bananas



Pink Cauliflower



KEY



Take a close look at this graph, time to do some math!

How many bananas are there? _____ How many oranges are there? _____

How many more bananas than oranges are there? _____

Are there any fruits and vegetables that are equal? _____

If yes, which ones? _____

Which fruit or vegetable has the most? _____

Which has the least? _____

Bonus: How many total vegetables and fruits are there in all? _____

Draw the next two fruits or vegetables in the pattern.

