

Local ~ Delicious ~ Nutritious

The foods shown on the Washington State Dairy Council's poster are indeed local, delicious, and nutritious. They are good examples of foods that naturally contain nutrients needed for good health and performance. Every one of these foods is from the Pacific Northwest but could be possibly found in other parts of the world, too. Food, agriculture, and geography, what a wonderful combination for exploration!

We have assembled an array of discussion questions and topics for classroom teachers, community group leaders, and others who are interested in guiding conversation about foods that are local, delicious, and nutritious. These can be used with students in grades four through twelve and adults. Although this discussion guide is intended for use in Washington State and the greater Pacific Northwest, it can serve as an idea-starter for teachers and leaders in other locations. Choose the questions from below that are most appropriate for your group/class.



Using the “LOCAL, DELICIOUS, NUTRITIOUS” poster, discuss the following:

1. Foods in the poster are from local farms, ranches, oceans and streams. Find the foods that come from:
 - a. The ocean or beach (*salmon, mussels, clams*)
 - b. A dairy farm (*milk, cheese, yogurt*)
 - c. An orchard (*apples, pears, peaches, nectarines, plums*)
 - d. A farmers' field or row crop (*carrots, corn, kale, strawberries*)
 - e. A ranch or farm (*beef, eggs, chicken*)
2. Name the five food groups and a key nutrient found in each food group. What is a possible health benefit for each nutrient? Identify three foods from each food group.
 - a. **Milk Group** Calcium: builds strong bones and teeth. (*milk, cheese, yogurt*)
 - b. **Fruit Group** Vitamin C: heals cuts and bruises. (*strawberries, plums, cherries*)
 - c. **Vegetable Group** Vitamin A: helps you see in the dark. (*kale, squash, carrots*)
 - d. **Grain Group** Carbohydrate/Fiber: provides energy and aids digestion. (*bread, spelt, pasta, wheat*)
 - e. **Meat & Beans Group** Protein: helps build strong muscles. (*beef, lentils, clams, eggs, walnuts*)
3. Identify possible food sources of these nutrients:
(For lists of nutrients and food sources, go to www.healthierus.gov/dietaryguidelines, Appendix B)
 - a. Calcium (*yogurt, cheese, milk*)
 - b. Iron (*lentils, spinach, beef, chickpeas, lamb*)
 - c. Potassium (*sweet potato, beet greens, potato, yogurt, winter squash, clams, spinach, milk*)
 - d. Vitamin A (*sweet potato, carrots, spinach, kale, beet greens, winter squash, cantaloupe*)
 - e. Dietary Fiber (*split peas, lentils, chickpeas, sweet potato, green peas, pear, raspberries*)
4. Fruits and vegetables come in a wide array of colors. Pigments (colors) and phytonutrients (plant chemicals) can help promote health. Brightly colored fruits and vegetables often indicate that they are naturally rich in nutrients. Find foods in the poster that are:
 - a. Red (*strawberries, raspberries, red bell pepper, tomato, cherries, cranberries, watermelon*)
 - b. Orange (*sweet potato/yam, peppers, carrots, acorn squash, cantaloupe*)
 - c. Yellow (*patty pan squash, corn*)
 - d. Green (*kale, chard, turnip greens, bok choy, green beans, broccoli*)
 - e. Purple (*plums, blackberries*)
 - f. White (*Walla Walla sweet onion, garlic*)

5. Sometimes we purchase these foods at a supermarket, a farmers' market, or have them delivered to our homes. A few of us even harvest foods ourselves.
 - a. Which foods can be found in the forest? (*raspberries, blackberries, strawberries*)
 - b. What foods are available at a farmers' market? (*potatoes, apples, cheese, bread, etc.*)
 - c. What foods might be available for purchase directly from a farmer? (*cheese, blueberries, strawberries, peppers, raspberries, green beans, etc.*)
 - d. Have you ever grown fruits, vegetables, or herbs at home or in a school garden? Name examples.
 - e. What foods can be delivered directly to your home? (*milk and dairy products, fruits and vegetables*)
6. We are fortunate to have such a wide variety of local foods that are naturally rich in nutrients. Note the variety available within a food type:
 - a. The poster displays several different cheeses. Name your favorite cheese.
 - b. How many different types of peppers can you find? (*seven peppers - red bell, poblano, Serrano, Anaheim, habanero, jalapeno, banana*)
 - c. Many types of potatoes are grown in Washington State. Which ones do you see? (*russet, red-skinned, sweet potato, yam*)
 - d. Bottles of milk are displayed in the poster. Name the different types of milk found in local stores and markets. (*fat-free, low-fat, reduced fat, whole, chocolate, strawberry, buttermilk, etc.*)
7. Other foods are naturally nutrient rich and taste good, but aren't from the Northwest. Name some foods that may not be produced locally. (*bananas, oranges, papaya, mangoes, lemons, pineapple, almonds, persimmons, etc.*) Where in the world would these foods grow?
8. If you were to taste a new food shown on the Local, Delicious, Nutritious poster, what would that be?
9. Name other foods not pictured on the poster that are produced in the Northwest. (*kiwifruit, Fuji apples, Bartlett pears, cucumbers, asparagus, huckleberries*)

Activity Idea:

Plan a breakfast, lunch, dinner, or snack using the foods pictured in the poster. For each meal, be sure to include foods from at least three different food groups.

For more nutrition information, go to: www.mypyramid.gov

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