

IOWA ag TODAY

EXPLORING THE CONNECTION BETWEEN AGRICULTURE AND YOU!

EAT A RAINBOW OF FOODS TO STAY HEALTHY

Healthy eating means eating a variety of foods.🔄

Healthy eating means eating a variety of foods. Being healthy helps us lead active lifestyles. **There are six groups of nutrients needed to stay healthy.** They are carbohydrates, protein, water, fats, vitamins, and minerals (learn more about these nutrients on page 3).

To get these nutrients we need to eat a variety of foods. These foods come from farms all over the world. **Have you ever eaten a rainbow?** When we eat foods of different colors, we eat a rainbow of foods! Look at the images on this page, what foods would make up your rainbow?

Sometimes our rainbows are made up of raw foods, like whole fresh fruits and vegetables. Other times, we **process** our foods. Pepperoni started out as pork from pigs, and tofu was once soybeans in a field! Cooking, cleaning, slicing, juicing, or freezing the raw product are ways we process food. This can make foods safer, easier to store, or just make them tastier!

As you explore through this magazine, think about where the foods you eat come from, and how food impacts you.

🔄 **TRY THIS! TASTE RAW SPINACH, COOKED SPINACH, AND CANNED SPINACH. IS THERE ONE YOU LIKE MORE?**





SERVING SIZE

A healthy diet has foods from all food groups. A **serving** of food is the amount of food recommended for a balanced diet. Here are some comparisons to help you picture a serving size:

- **Three ounces of meat is the size of a deck of cards.**
- **One cup of pasta is the size of a baseball.**
- **One-half cup of fresh fruit is the size of a tennis ball.**

Career Corner:

Tammy Carney works in food preparation. She works with Cornell College's dining services to make fresh foods for students. Tammy always enjoyed cooking, which lead her to getting her associate degree in culinary arts. Tammy enjoys providing good food for others to enjoy!



KEEP FOOD SAFE

Food can carry bacteria. Bacteria can make people sick. To prevent a **foodborne illness**, practice these tips:

1. Wash your hands with warm water and soap before cooking or eating.
2. Bacteria can be carried from surface to surface. Prevent **cross-contamination** by washing all food preparation tools after they touch raw foods.
3. When shopping, place meat in separate plastic bags.
4. Cook food to kill bacteria. Different types of meat have different requirements. Use a meat thermometer to see if it is done!
5. Always wash fruits and veggies.
6. Always use clean plates and silverware to serve food.

SAFE MEAT COOKING TEMPERATURES

Whole pork and beef cuts: **145 degrees Fahrenheit**

Ground beef and ground pork: **160**

Turkey and chicken: **165**



NUTRITION

Your body needs energy to keep going. We get that energy from food. But what is in food that we need? Let's explore on this page.

- We get energy from **carbohydrates** or carbs. Carbs are found in fruits, vegetables, bread, and pasta. Your body uses carbs to create glucose to fuel your body!
- **Protein** in foods like beef, turkey, beans, and milk help to make your body strong. Protein builds, maintains, and replaces tissues in your body like muscles and organs.
- Healthy **fats**, like the ones in nuts, olive oil, and fish help us stay energized. Fats should be eaten in moderation.

- **Vitamins** keep our body in check by helping with growth and development. Some vitamins our bodies make, others are found in food. For example, Vitamin D helps build strong bones. Vitamin D can come from the sun and fish.
- Your body can't make **minerals** – you must eat them. Beef and spinach are good sources of iron, a mineral that helps move oxygen in your body.

Career Corner:

Billie Veach has been a school nutritionist for 21 years. As a school nutritionist in the Nevada Community School District, she uses her creativity and problem-solving skills to make school lunch menus. Being a school nutritionist allows Billie to act on hunger issues in her community.



DID YOU KNOW?

Red Delicious apples were developed in Iowa. Today they can still be found growing in Iowa apple orchards. Eating a whole apple can help keep your heart healthy and is a great source of Vitamin C.





PORK: FROM THE FARM TO YOU

Pork is in many of the foods we eat. You might not even know it! Bacon is pork. Hot dogs are pork. Tons of foods are pork! Most of the pork you eat comes from Iowa. Iowa produces the most pork in the country. Iowa helps feed pork to the rest of the world.

So how exactly does pork come from a pig to your plate? That's what we are going to explore.

PRODUCTION

Pork producers are farmers who raise pigs. Pigs enjoy where they live because of the care farmers give to them. There is water, food, and space to move around. Farmers feed the pigs food that is made by an **animal nutritionist**. They give the pigs what they need.



TRANSPORTATION

Pigs go to market when they reach about 285 pounds. **Truck drivers** take the pigs from the farm to the meat processing plant.



CONSUMERS

People buy pork at the grocery store or at restaurants to eat.



PROCESSING

A **butcher** will cut the pork while processing. Once the meat is cut, a **meat inspector** will check that it is safe to eat. This will happen a lot of times before the meat is sold.

THINK & DISCUSS - Can you name all of the types of pork that you eat?



THINK & DISCUSS - Who has a job in agriculture at the grocery store?

Pork is a good source of protein and nutrients for our bodies. These nutrients help us grow muscles and stay healthy. Pork has changed over the years. Farmers pick leaner pigs to breed because that is what most people want to eat. Pork produced today has less fat and cholesterol than it used to.

DISTRIBUTION

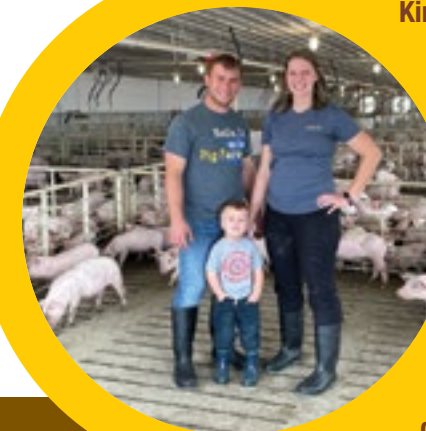
When the pork leaves the plant it will be given to **pilots** or truck drivers. They will get the pork to schools and grocery stores.



MEET A PORK PRODUCER!

THE LUNDELLS

The Lundell family takes care of pigs, raising the pigs for food. They live in eastern Iowa, close to the town of Kiron. They take care of 10,000 pigs at a time and manage 225 acres of crops.



The family consists of Brian and Lisa, their son Noah, and another baby boy on the way. They all work together full-time on the farm with the help of their two farmhands. When farming gets busy, Brian's dad, uncle, and brother all help him out.

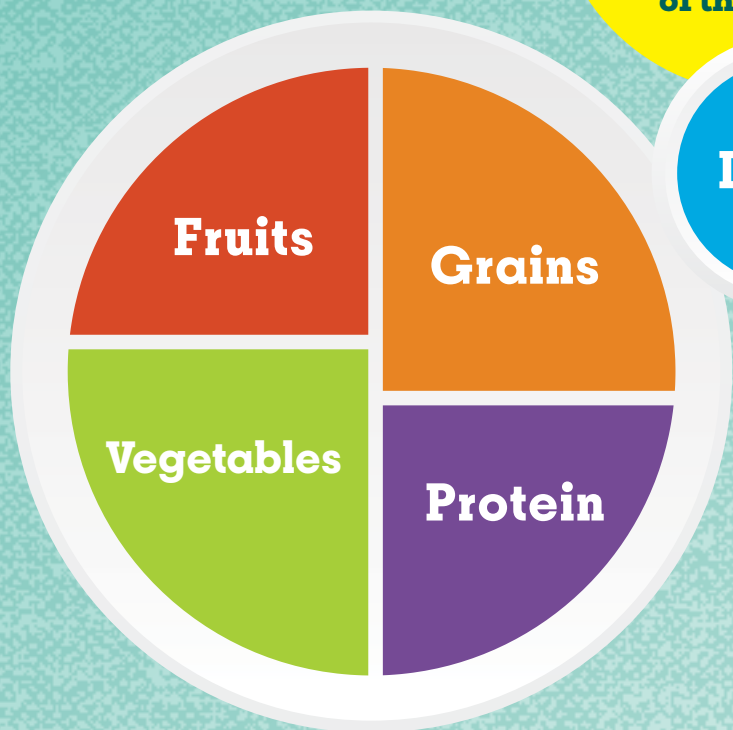
Each day looks a little bit different on the farm, depending on the time of the year. Each morning starts with chores and caring for the pigs. If they find a problem or something wrong, they will have the rest of the day to find a solution. After feeding and caring for the pigs, they move on to other farming chores. They plant seeds in the spring, and then they harvest in the fall.

Giving back to the community is important to the Lundell family. Brian and Lisa do a lot for the community. They keep busy volunteering for the fire department, grilling pork burgers for events, and leading the church youth group. They enjoy serving pork because of its health benefits and want to share their passion with others.

Brian and Lisa hope to keep the farm in the family so that their sons can take over someday.

THE COST OF FOOD

There are costs for food from the farm to you. The pig farmer pays production costs for the pig's food, shelter, medicine, electricity and more! When the pigs are transported, the trucker needs money to pay for fuel and their time. Packing plants need money to pay workers and to have processing equipment. Distribution centers pay for gas, and some companies pay for advertising to influence buyers. When you buy food, you help to pay for each step of the farm-to-table chain.



THINK & DISCUSS
What foods do you like that fit into each section of the plate?

Dairy

UNDERSTANDING FOOD LABELS

Food labels are helpful and tell us about the food in a package. They show us the ingredients in food, and how those ingredients fit into our diet. The food label will also tell us the serving size for food. Serving size is important because it helps us know what we are eating and to make sure we don't get too much of a one thing.

Food labels help us stay safe by listing known **allergens**. Allergens cause allergic reactions like hives, swelling, or sometimes problems breathing. Some people are allergic to peanuts, dairy, or gluten.

THINK & DISCUSS
What does this food label tell you?



Nutrition Facts

Serving Size 2 oz (56g - about 1/7 box)
Servings Per Container about 7

Amount Per Serving		
Calories	200	Calories from Fat 15
		% Daily Value*
Total Fat	6.5g	2%
Saturated Fat	4g	0%
Trans Fat	2g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	41g	14%
Dietary Fiber	6g	24%
Sugars	2g	
Protein	7g	

Contains: Wheat, Milk, Egg, and Soy

MY PLATE AND YOURS

The USDA MyPlate gives us guidance on the types and amounts of food to eat. Look at the plate above. What do you notice?

A balanced plate is made of half fruits and vegetables. The other half of the plate has grains and protein. Grains are rice, bread, and pasta. Proteins can be eggs, tofu, meat, or cheese. Having a balanced plate gives us energy to think, heal, and grow.

HEALTHY MOVEMENT



MAINTAINING A GARDEN BY WEEDING, MULCHING, AND WATERING IS ALSO EXERCISE!

Being active is an important part of being healthy. Kids and teens should **move** their bodies for at least 1 hour, 5 days a week.

HERE ARE SOME SIMPLE THINGS YOU CAN DO TO GET ACTIVE!

PLANT A GARDEN. DIGGING FOR 30 MINUTES IS SIMILAR TO RUNNING FOR 30 MINUTES. PLUS, YOU'LL HAVE SOME GREAT FOOD TO EAT AS A RESULT!

Help with grocery shopping. Walking and pushing a cart is a great way to keep moving!

Help with food preparation like washing, cutting, and seasoning vegetables.



Consider taking a family hike to a picnic location to eat your dinner together outdoors!

WASH AND DRY THE DISHES AFTER A MEAL. THIS BURNS ABOUT 80 CALORIES EVERY 30 MINUTES!







WHAT THE WORLD EATS

Think of a classic Iowa meal. You might think about a pork tenderloin sandwich and fresh, sweet corn-on-the-cob. But not everyone eats the same thing.

What people eat is often determined by what is grown or raised near them. The climate affects the types of crops and livestock that are raised. Even with different sources of food, people around the world can still have healthy diets.




Soybeans were first domesticated in southeast Asia. They can be made into soy sauce. Soy sauce flavors many Asian dishes like fried rice and Chow Mein. Soybeans can be cooked or eaten raw as a healthy source of protein.



People in western Africa grow a lot of **okra**. This vegetable is popular in dishes like gumbo. It can be used to thicken stews or add flavor and color. Africans brought okra to the United States.

Where countries are located also determines what people eat. Countries surrounded by oceans rely on fishermen and the sea to produce a lot of their food. In Iceland, for example, a special dish is pickled **shark fin**!

MAKE DINNER AN ADVENTURE!

Insects (yes, insects!) are eaten in many countries as a source of protein. Beetles, caterpillars, ants, bees, wasps, crickets, grasshoppers, and locusts are all eaten. Billions of people around the world eat insects roasted or ground up and added to health foods like protein bars. Even in Iowa we can find cricket farms! 

So, would you eat a cricket?



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