

## STAMP CERTIFICATION

Name of Junior \_\_\_\_\_

I completed this passport on \_\_\_\_\_ date \_\_\_\_\_.

My Junior leader, \_\_\_\_\_ name of leader/mentor \_\_\_\_\_,

of \_\_\_\_\_ Junior Grange # \_\_\_\_\_ in state \_\_\_\_\_,

(or, if a 1+ Junior member, my mentor is a member of

\_\_\_\_\_ Grange # \_\_\_\_\_ in state \_\_\_\_\_)

approved my stamp on \_\_\_\_\_ date \_\_\_\_\_.

Junior Leader Signature \_\_\_\_\_

## NOTES ON STEPS/STAMP WORK



## Our Healthy Foods: Fruits & Vegetables - Nature's Rainbow

*World Discovery*

#80

### DIFFICULTY LEVEL



### AUDIENCE

Designed to be completed sequentially as Juniors grow, with culmination after Junior member has achieved at least a second-grade reading level. To earn the stamp, all steps must be completed but need not be done in order.

### NECESSARY RESOURCES

Internet access, paper, markers or crayons, seeds for planting, access to fruits and vegetables for activities, recyclable materials for craft projects

### LEARNING OBJECTIVES

The purpose of this passport is to educate Junior Grangers about fruits and vegetables through creative exploration, scientific discovery, and hands-on experiences that connect them to food sources.

### LEARNING OUTCOMES

Upon completion, Junior Grangers will be able to:

- Identify a variety of fruits and vegetables and their plant origins
- Understand the journey of food from seed to table
- Recognize the environmental and health benefits of eating fresh produce
- Express creativity through food-related art and activities
- Develop observation and documentation skills
- Share knowledge with others in engaging ways

### Step 1. Explore the “Rainbow of Health” and Digestive Journey.

Learn how different colored fruits and vegetables benefit your body parts. Create a body drawing showing how food travels through your digestive system. Show which colored foods (red, orange, yellow, green, blue/purple, white) help different parts of your body. Try eating a rainbow of colors in one week.

*Date Completed:* \_\_\_\_\_

### Step 2. Become a plant detective and discover “food imposters.”

Some fruits are botanically vegetables, and some vegetables are actually fruits! Investigate these food “imposters” and create a **Most Wanted** poster for at least three (3) foods that aren't what they seem.

*Date Completed:* \_\_\_\_\_

### Step 3. Plant and observe a mini garden.

Grow a quickly-growing plant like beans, radishes, or herbs. Create a garden journal to track your plant's growth. Draw pictures showing how your plant changed over time. Harvest and taste your homegrown food when ready.

*Date Completed:* \_\_\_\_\_

### Step 4. Host a “Nutrition Detective” sensory challenge.

With adult help, prepare 5 fruits or vegetables for friends to identify using their senses.

Blindfold participants to use senses: SMELL, TOUCH, LISTEN, TASTE (remove blindfold for LOOK). Create simple cards showing the nutrients in each food and how they help our bodies. Play the game and share what you learn.

*Date Completed:* \_\_\_\_\_

### Step 5. Create a healthy recipe using fruits or vegetables.

With adult help, make a simple dish using fruits or vegetables. Write down your recipe, including ingredients and steps. Share your dish with family or friends.

My Recipe Name: \_\_\_\_\_

*Date Completed:* \_\_\_\_\_

### Step 6. Become a garden detective!

Visit a garden, farm, farmer's market, or grocery store. Find 5 different fruits or vegetables and learn: How do they grow? What season are they harvested? How far did they travel to get to you?

*Date Completed:* \_\_\_\_\_

### Step 7. Create fruit and vegetable stamps and prints.

Cut fruits or vegetables in half, dip in paint, and press onto paper to make prints. Label each print and add one nutrition fact about that food.

*Date Completed:* \_\_\_\_\_

### Step 8. Create a “Secret Identity” for a fruit or vegetable.

Give a fruit or vegetable a superhero identity based on its nutritional powers! Include a name based on its nutrients, special powers that show how it helps the body, and a colorful costume design.

*Date Completed:* \_\_\_\_\_

### Step 9. Make a fruit or vegetable instrument.

Turn fruits and vegetables into musical instruments: hollow vegetable drums, carrot whistles, or bean shakers. Create and play a simple song about healthy eating.

*Date Completed:* \_\_\_\_\_

### Step 10. Become a Fruit and Vegetable Ambassador.

Create a poster promoting fruits and vegetables. Include a slogan, pictures, and facts about how they keep us healthy. Share your poster with others.

*Date Completed:* \_\_\_\_\_

