



1

There are many things that affect the price of food, such as how far the food product traveled, the weather where the product was grown, and if the product is in season. If you purchase 3 pounds of grapes for \$2 per pound, how much will it cost? _____

2

There are not many places where you can buy food and talk to the person that grew it. This is what makes farmer's markets so cool! You can ask the farmers questions about where and how the food was grown. If you went to a farmer's market, what questions would you ask a farmer? _____

3

You can tell what crops are in season depending on what is being sold at a farmer's market. Crops are "in season" when the crop is harvested at its most productive time during the year. These crops are often cheaper when they are in season! If apples cost \$1.20 in September but cost \$2.00 in February, what month can we hypothesize that apples are in season? _____

4

What is a simple way to know the kinds of foods you should be eating? Try MyPlate. It is a reminder of how to build a healthy diet. With MyPlate, it is all about small changes in food and beverage choices that can create a healthier lifestyle. Look at the hamburger meal. What parts of a healthy meal do you see? What would you add? _____

Answers: 1) \$6 2) Varies 3) September 4) Varies