



Dear Families:

A natural foods educator with the Midwest Food Connection will be visiting our classroom a total of four times this year to teach their Fall 2 lesson series, "Minnesota's Harvest." Sponsored by Twin Cities Natural Foods Co-ops, we have the wonderful opportunity to study a wide variety of seasonal foods and healthy eating habits. Here is a brief description of the classes that will be taught:

1. In Winter Vegetables, students will discover how some of our most healthful vegetables survive outside in the winter, and how root cellars once kept many others fresh in the coldest months. Children will learn through story and discussion and will taste a selection of cabbages and hardy greens, root vegetables, squashes, and alliums.
2. In Amazing Grains, students will learn that for centuries, humans have been cultivating and nourishing their families with many different kinds of grains. Through observing, drawing and tasting a cooked dish, students will learn to recognize the seeds of millet, wheat, oats and corn along with several products made from these staple foods.
3. In Sweets and Sugars -- Rare is the child that does not love sugar and sweets. But do they know how to moderate their intake and how to get good energy and nutrition while enjoying sugar and its alternatives? Children will learn these concepts through tasting, drawing and role playing.
4. In our Corn lesson, students will learn the fascinating story of its Native American origins to its abundant present-day uses. Presentations may include storytelling, games, cooking, and diverse examples of its products.

At the grocery store, or while cooking -- to reinforce lesson content -- parents are encouraged to ask their children to point out, maybe explain, some of the foods they have been exploring at school. Also, listed below are a few review questions you could ask your children that directly correspond to the lessons listed above.

1. What is a root cellar and what vegetables would you most likely find there?
2. What are the four grains you studied and four or more foods made from them?
3. How can you eat corn to get the most nutrition? What is a food made from ground corn? Who else eats corn besides people?
4. What are a two or three foods with "hidden sugars" in them?

\*\*Midwest Food Connection is on Facebook! Click "like" to keep up on the latest from MFC \*\*  
www.midwestfoodconnection.org \*\* 651-373-9878 \*\* contact@midwestfoodconnection.org