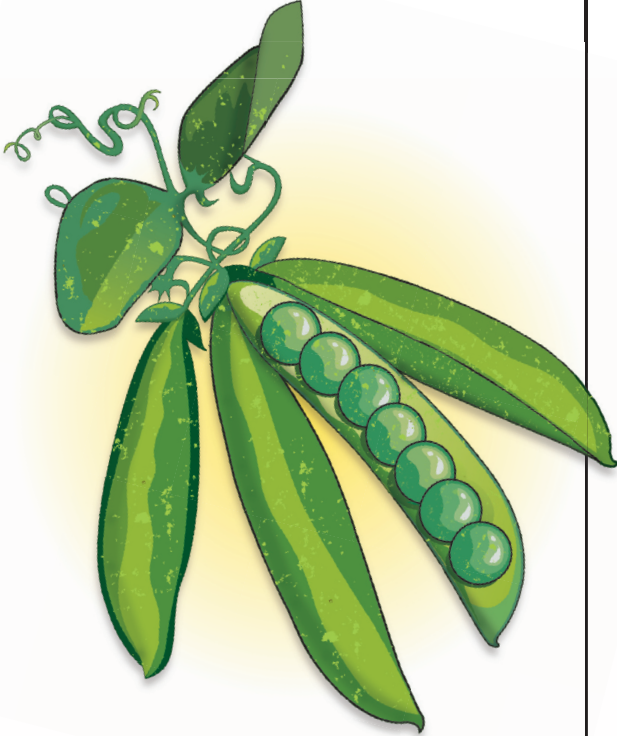


# OREGON PEAS

GROWN FOR SCHOOLS



**Their bright green color tells us  
summer is on the way!**

## HARVEST BITES

- Circle all meals that include peas.  
How many did you find?
- Are peas available in your school  
salad bar?
- How many types of peas can you name?

Possible answers: green peas, snow  
peas, sugar snap peas, English peas,  
shell peas.

**FIND OUT MORE:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Look for Oregon Farm To School and School Garden Program under Associated Topics.

## Just for Kids

### Word Find!

Can you find the ten words hidden below?

Find the fruits and veggies: across, down or diagonal!

<b>G</b>	<b>R</b>	<b>X</b>	<b>C</b>	<b>F</b>	<b>I</b>	<b>G</b>	<b>C</b>
<b>K</b>	<b>M</b>	<b>E</b>	<b>L</b>	<b>O</b>	<b>N</b>	<b>F</b>	<b>A</b>
<b>V</b>	<b>T</b>	<b>A</b>	<b>D</b>	<b>S</b>	<b>R</b>	<b>C</b>	<b>R</b>
<b>P</b>	<b>U</b>	<b>M</b>	<b>P</b>	<b>K</b>	<b>I</b>	<b>N</b>	<b>R</b>
<b>L</b>	<b>R</b>	<b>T</b>	<b>E</b>	<b>P</b>	<b>G</b>	<b>V</b>	<b>O</b>
<b>U</b>	<b>N</b>	<b>M</b>	<b>A</b>	<b>B</b>	<b>L</b>	<b>J</b>	<b>T</b>
<b>M</b>	<b>I</b>	<b>Q</b>	<b>S</b>	<b>L</b>	<b>P</b>	<b>E</b>	<b>W</b>
<b>S</b>	<b>P</b>	<b>O</b>	<b>T</b>	<b>A</b>	<b>T</b>	<b>O</b>	<b>N</b>

CARROT	PEAS	FIG	PUMPKIN
APPLE	CORN	PLUMS	POTATO
TURNIP		MELON	

Word Find courtesy of Produce for Better Health Foundation.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES		
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [mypyramid.gov](http://mypyramid.gov) to learn more.

### Grown In Oregon

Oregon produces over 31,000 tons of green peas each year - the fourth largest green pea crop in the US. Popular pea varieties like Oregon Trail and Oregon Sugar Pod were developed at Oregon State University.



### Healthy, Fit and Ready to Learn

■ Fresh, frozen, dried, or canned Oregon-grown fruits and vegetables are all good for you. ■ Using all forms of produce allows your children to enjoy their favorite fruits and vegetables year round.

