

## Conversations & Activities

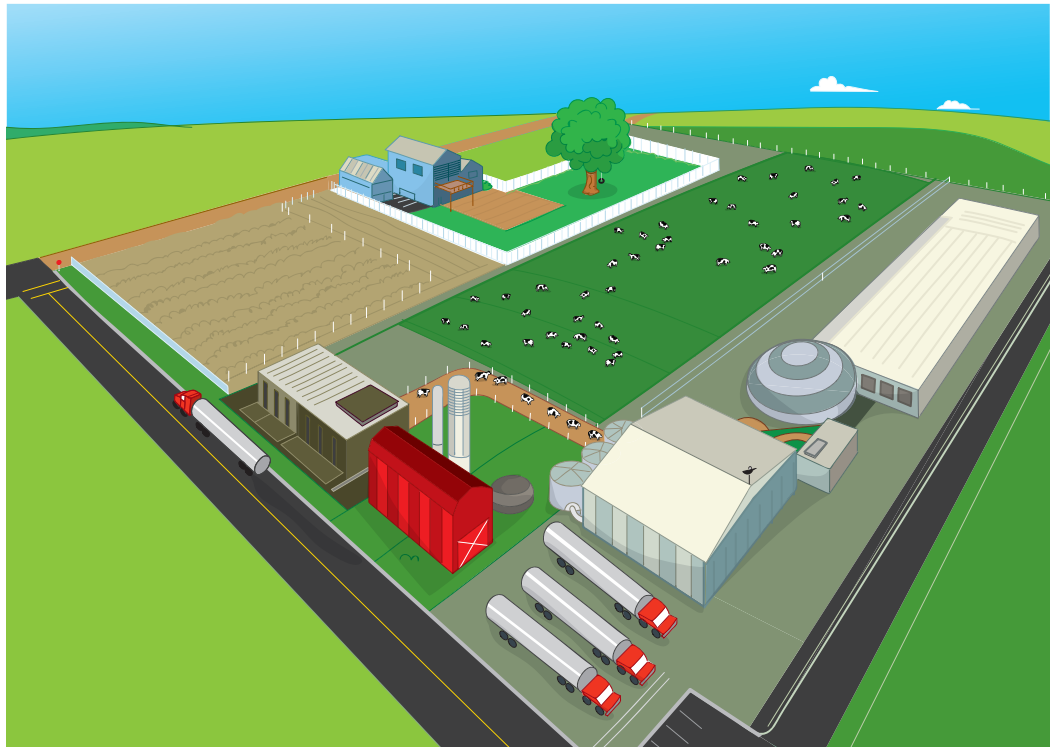
Explore the world of food with your children...while keeping them actively engaged at the grocery store and beyond! Help your kids appreciate the importance of how food is produced and how a nutritious diet can help fuel them to be their best.

### Visit a Dairy Farm

Take your child straight to the source by visiting a working dairy farm. Search online for a local farm that offers tours. Talking to a dairy farmer will help bring food science to life!

Use these questions to get the conversation started:

- How far does your milk travel to be sold?
- How do you take care of your cows?
- How do you save energy on your farm?
- What is your favorite part of being a dairy farmer?



### Visit a Farmers Market

Visiting a local farmers market as a family is a great way to get kids thinking about where their food comes from. Check local listings for farmers markets near you.

Encourage your child to ask questions such as:

- Where is your farm located?
- How many people work on your farm?
- Does your farm produce one type of food or many types of food?
- How do you store and transport the food you produce?

### Grocery Store Scavenger Hunt

Grocery shopping can be stressful, so keep your kids engaged at the supermarket with a scavenger hunt!

Can you find ...

- A food that contains vitamin A?
- A food that belongs to the grain group?
- A food that belongs to the dairy group?
- A food that was made in our state?
- A food that has only two ingredients?
- A food that contains at least eight grams of protein per serving?