

# Activity One: California – Everything You Need, Right in Your Own Backyard



## Did You Know?

When people think of California, they probably think of sunshine, beaches, palm trees, and maybe even movie stars. But California has much more to offer than that. Things that the rest of the country and the world use every day are grown right here in our own state. In fact, you can have many – if not all – of your daily needs met using only California products.

Fruits, vegetables, meat, seafood, flowers and lumber are among California's many homegrown products. Think about how you use them and make a list.

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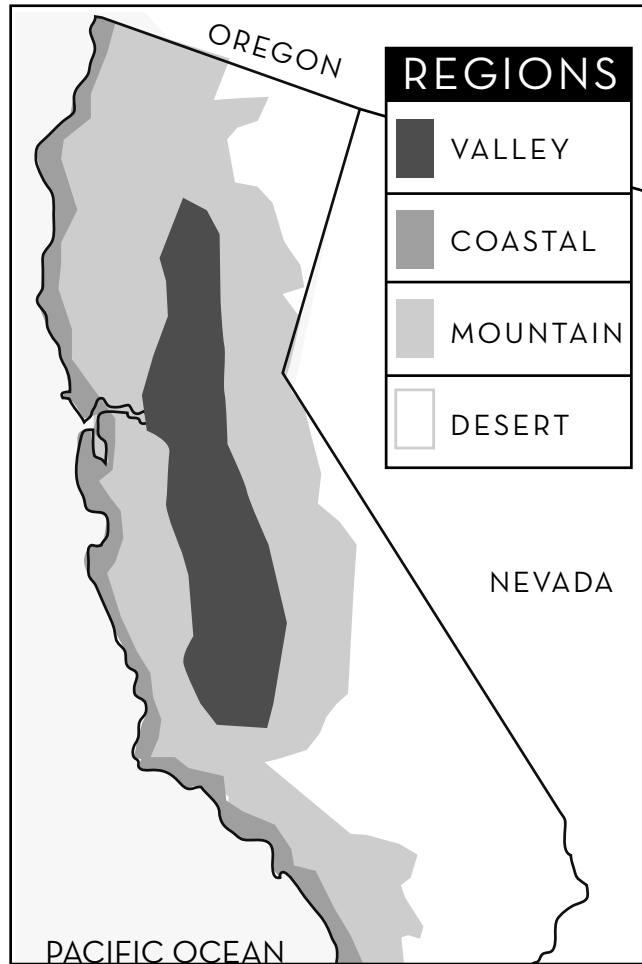
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California has many different climates. The northern coastal region has a cool, wet climate; the southern coastal region is warm; the mountain region provides water to farms from the melting snow; and the desert region is extremely hot and dry. These different climates and regions help produce different commodities unique to those regions.

### Related Websites:

- [www.50states.com](http://www.50states.com)
- [www.californiagrown.org](http://www.californiagrown.org)
- [www.cfaitc.org](http://www.cfaitc.org)
- [www.visitcalifornia.com](http://www.visitcalifornia.com)



**VALLEY** - Asparagus, Cherries, Citrus, Figs, Garlic, Kiwifruit, Nectarines, Peaches, Plums, Olives, Pears, Poultry, Raisins, and Table Grapes

**COASTAL** - Avocados, Fish/Aquaculture, Cut Flowers, Citrus, Salmon and Strawberries

**MOUNTAIN** - Forest and Pears

**DESERT** - Asparagus, Garlic and Table Grapes

## Let's Get Ready

You are going to participate in an activity during which you will make an entire meal using only California grown products. You can make any meal or snack but the food you use must be California grown. You will work alone and use the information above to complete this activity.

## Get Busy

Use the plate below to create your meal.

What did you make? What kind of food did you use? Were you able to make something with just California grown products? When you are finished, share what you made with the students at your table.

## Keep Going

Tonight when you are eating dinner, look at your plate; how many items on it are from California?

When you are making your lunch or after-school snack, try to make it from California grown products.

Think about your favorite meal, snack, or product. Where in California would you have to visit to see where it is grown?

Think about the food pyramid. Can you eat a balanced diet using California grown products? List California grown foods that fit into each category of the food pyramid.

