

Activity Five: California Grown at Home

Did You Know?

You learned about the many people and businesses it takes to produce California grown commodities. Now you are going to think about your role as a consumer of these products. Did you know that when you buy California products, you help local businesses grow strong and you help provide jobs for your fellow Californians? California businesses and workers support the state's economy and the state supports schools like yours. By supporting California products, you are actually helping yourself.

Let's Get Ready

For one week you will keep track of the food you eat and the products you use on a daily basis. Do your best to keep track of as many items that you can by writing them in the space below.

Meats	Vegetables	Fruit	Fish	Snacks	Non-Food

During the week, think about the items you use. Do you use items from California? Do you remember where the items come from in California?

Get Busy

You have already tracked your food and product use for one week. Circle all the items that are grown in California. Look over your findings and answer the following questions:

Do you actually use California products?

Are there ways to use more California grown products?

Why do you think it is important to use California grown products?

How can your role as a consumer help California's economy?

Which California grown products do you use the most?

Keep Going

Make a shopping list with your parents and make sure they choose California goods.

Spread the word! Tell your friends and neighbors how easy it is to eat and use California products.

Make a list of what is in your cupboards at home. How many California products do you have?

Track your school lunches from the cafeteria. Are there any California grown products at your school?

Related Websites:

www.californiagrown.org
www.cfaitc.org
www.mypyramid.gov

