

Kids Korner

Smart Stuff

WITH TWIG WALKINGSTICK

What do sailors and farmers have in common?

They both depend on wind

Winds forms when warm air rises in the sky, which makes what meteorologists call a low pressure area. Cold air then sinks down to fill the gap left by the warm air.

Trade winds—a kind of wind that blows constantly—change the weather all over the world. Because the sun shines directly down on the equator almost all the time, warm air constantly rises and cold air replaces it. Hot air moves away from the equator toward the North Pole and South Pole, where it cools. These winds push huge, swirling currents in the ocean that, just like the air, move warm currents away from the equator, and cool ones back toward it. The winds that blow over these currents then carry warm or cool temperatures to the land nearby.

It's easy to understand why sailing ships, like the boats Christopher Columbus used, needed wind to cross the ocean. But farmers? Well, winds blow in clouds over farms that rain on the crops. Then winds blow the clouds away, so the sun can shine on the crops and help them grow.

Farmers need a lot of other things besides trade winds to farm well. And sailors need skill and good equipment to sail across the ocean. But one thing is for certain—to get started, they couldn't do either without wind!

Scientifically yours,
Twig

OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL AND ENVIRONMENTAL SCIENCES

BREAD MAZE

You win!

Start here

Thiamine helps you get energy from food.

Hi, there!

Thiamine

What are you doing in here?

Iron

Vitamin C

Iron helps you get energy from food.

Vitamin C helps make gums healthy.

Some proteins help build your body.

Niacin

Niacin helps you get energy from food.

Some proteins

have curly hair.

Oops! Sorry not Vitamin C. Go back.

What's the password?

Wrong way!

Wrong way!

Is it enriched or whole grain? Test

You missed a vitamin turn around.

Carbohydrates give you fuel.

Carbohydrates

Vitamin A helps make skin smooth.

WELCOME!

Vitamin A

Vitamin A helps you see in dim light!

Sorry, not Vitamin A.

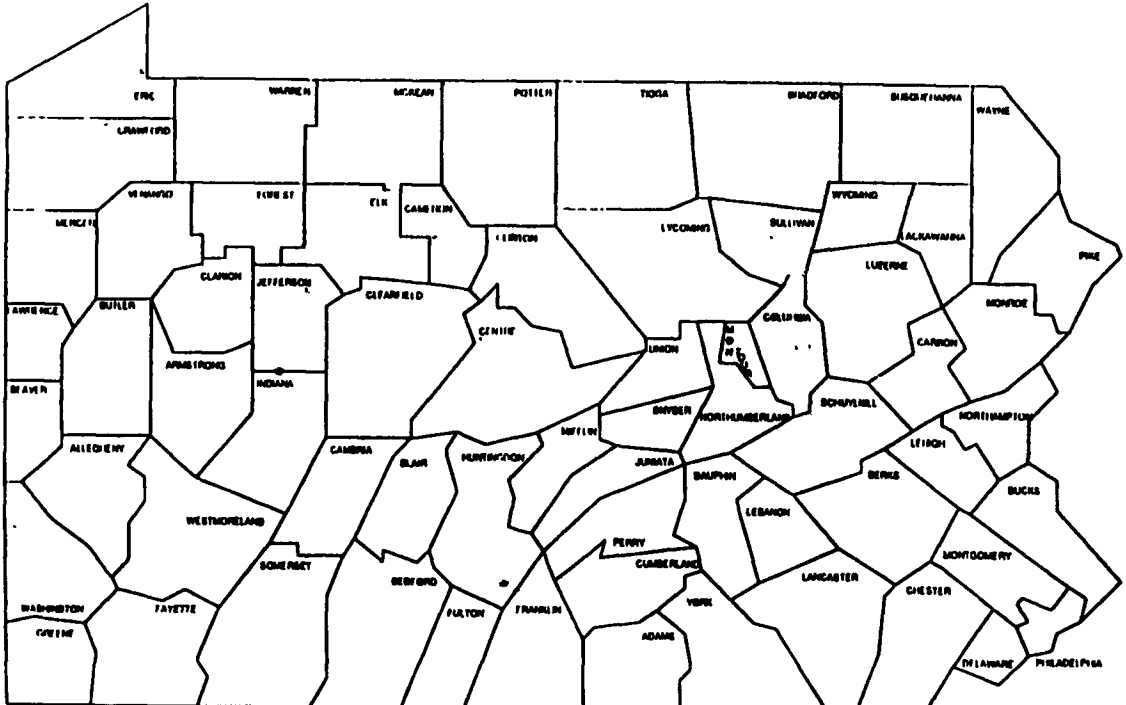
What's in here?

No. No. No! No! No! No!

Free?

Draw a path through the maze. You will discover some of the nutrients found in the food group. Do not let other nutrients lead you down the wrong path. Have fun.

Where In Pennsylvania?



FOODS MADE FROM WHOLE GRAINS

S	H	R	E	D	D	E	D	W	H	E	A	T	C
Q	V	I	P	N	S	L	P	S	S	I	M	R	
R	M	L	B	S	P	A	G	H	E	T	T	I	A
Y	A	G	U	I	Y	S	A	U	M	F	M	A	C
E	E	R	L	T	B	I	S	C	U	I	T	S	K
B	P	I	G	T	I	A	P	U	I	O	U	N	E
R	X	T	U	H	F	A	R	I	N	A	I	D	D
E	C	S	R	T	S	E	O	L	R	C	A	O	W
A	T	E	P	A	N	C	A	K	E	S	S	L	H
D	G	A	C	D	I	O	U	S	A	Y	L	T	E
X	O	A	T	M	E	A	L	F	H	O	R	H	A
T	O	R	T	I	L	L	A	S	N	I	I	U	T
O	Y	V	E	U	N	E	R	A	T	H	C	G	Z
G	R	A	H	A	M	C	R	A	C	K	E	R	S

Find these foods made from whole grains and/or enriched grain products.

GRAHAM CRACKERS	SHREDDED WHEAT
BULGUR	BARLEY
CRACKED WHEAT	OATMEAL
RYE BREAD	BISCUITS
RICE	TORTILLAS
FARINA	PANCAKES
SPAGHETTI	GRITS

* Mark the following top 10 dairy cattle producing counties with a "D."

1. Lancaster
2. Franklin
3. Bradford
4. Berks
5. Chester
6. Crawford
7. Cumberland
8. Lebanon
9. Tioga
10. Somerset

* Mark the following top 10 cattle-and-calf producing counties with a "C."

1. Lancaster
2. Bradford
3. Franklin
4. Berks
5. Chester
6. Bedford
7. Lebanon
8. Tioga
9. Cumberland
10. Crawford

* Mark the following top 10 pig-producing counties with an "P."

1. Lancaster
2. York
3. Berks
4. Franklin
5. Lebanon
6. Northumberland
7. Adams
8. Cumberland
9. Snyder
10. Schuylkill

* Mark the following top 10 egg-producing counties with an "E"

1. Lancaster
2. Adams
3. Lebanon
4. Franklin
5. Dauphin
6. York
7. Juniata
8. Cumberland
9. Berks
10. Schuylkill

* Mark the following top 10 sheep and lamb-producing counties with an "S."

1. Greene
2. Washington
3. Lancaster
4. Bradford
5. Mercer
6. York
7. Berks
8. Butler
9. Tioga
10. Chester Adams