

# WISCONSIN FOODS A to Z



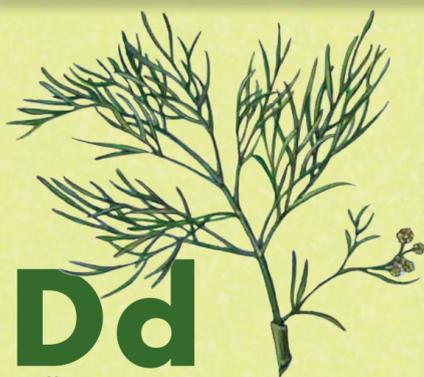
**Aa**  
Apple



**Bb**  
Beans



**Cc**  
Cranberries



**Dd**  
Dill



**Ee**  
Eggplant



**Ff**  
Fennel



**Gg**  
Garlic



**Hh**  
Hazelnuts



**Ii**  
Italian giant parsley



**Jj**  
Jalapeño



**Kk**  
Kohlrabi



**Ll**  
Lettuce



**Mm**  
Milk



**Nn**  
Nasturtium



**Oo**  
Oats



**Pp**  
Pear



**Qq**  
sQuash



**Rr**  
Rhubarb



**Ss**  
Spinach



**Tt**  
Turnip



**Uu**  
Ukrainian purple tomato



**Vv**  
Venison



**Ww**  
Watermelon



**Xx**  
Xaxan green dent corn



**Yy**  
Yogurt



**Zz**  
Zucchini



# WHAT A BOUNTY!

This **Wisconsin Foods: A to Z** poster features fruits, vegetables, grains, meats/meat alternates, milk, herbs, and edible flowers — all grown or raised in our state of Wisconsin! This poster can help motivate healthy eating at meal and snack time and inspire learning and exploration. Here are some ideas on how to use this poster to promote health in the kitchen and enhance the learning environment in your program:

## In the classroom

### FOR ALL AGES

- Expose children to a whole new array of foods they may have never seen or tasted. The poster is full of topics to interest children and can facilitate the practice of emergent writing, observation skills, and dramatic play. For example, children become interested in cranberries: Invite a cranberry farmer into the program or watch videos about cranberry production, taste-test cranberries at meal or snack time and record the flavors, and provide props in the dramatic play area for them to dress up as farmers.
- Track which Wisconsin foods the children have tried using post-it notes or stickers.
- Enhance phonological awareness with the poster using rhyme (oats and boats, dill and bill, pear and bear) and alliteration (e.g. We love lettuce for lunch!)
- Read books about foods featured in the poster aloud or include in your program reading center. Use the poster to pique children's interest and curiosity in the book before reading aloud.

### FOR INFANTS

- Sing or say the letters, the sound the letters make, and the food words.
- Encourage infants to use their other senses besides taste to explore these items, such as the smell of fennel or the smooth texture of eggplant.



### BOOKS ABOUT FOODS IN THE POSTER

- Eat Your Colors by Children's Press (1 - 3 years)
- Orange Pear Apple Bear by Emily Gravett (1 - 4 years)
- The Turnip by Jan Brett (3 - 5 Years)
- The Watermelon Seed by Greg Pizzoli (3 - 5 Years)
- Apple Farmer Annie by Monica Wellington (3 - 6 Years)
- Sophie's Squash by Pat Zietlow Miller (3 - 7 Years)
- The Seasons of Arnold's Apple Tree by Gail Gibbons (4 - 7 Years)
- Lettuce Grows on the Ground by Mari Schuh (4 - 8 Years)
- Grandma Lena's Big Ol' Turnip by Denia Lewis Hester (4 - 8 Years)
- Zora's Zucchini by Katherine Pryor (4 - 10 Years)

### FOR 1-3 YEAR OLDS

- Expand on the child's one-and two-word communications and build sentences around their words, such as "Yes, the apple is red. What other foods are red?"
- Ask children, what other words start with 'P' like pear? Repeat with other letters of the alphabet.
- Construct a discovery bottle with herbs and edible flowers featured on the poster.
- If laminated, mark poster with washable markers or stickers that show what is in season.
- Play "I can find the..." with the poster.  
Can you find a red fruit?  
Can you find something that is round?  
Can you find something that is green?

For more Wisconsin Farm to ECE inspiration, check out [www.rootedwi.org/farm-early-care-education](http://www.rootedwi.org/farm-early-care-education)



### FOR 3-6 YEAR OLDS

- Pick a few letters of the alphabet and make paper crowns featuring seed catalog or magazine photos of those fruits and vegetables. For example, make 'ABC' crowns with images of apples, beans, and cranberries.
- Explore cultural connections to food items on the poster, e.g. beans, jalapeño, kohlrabi, squash, and venison, through books, games, and explorations.
- Inspire cooking or gardening projects, such as growing herbs in pots on a windowsill or making spinach and fruit smoothies with families at drop-off time.
- Use rich vocabulary inspired by the poster such as colors, textures, flavors, plant parts, and other food words, such as leaf, root, stem, herb, dairy, tart, crunchy, and farmer.
- Inspire science exploration with the poster. For example, have children hypothesize what the inside of certain foods look like and then provide samples to study using magnifying glasses.

## In the kitchen

- Use herbs such as parsley, dill, fennel, and garlic to enhance flavor in meals and snacks without the use of additional salt and fat.
- Make baby food out of items featured on the poster such as apples, pears, spinach, and turnips. As a rule of thumb, pair strong flavored fruits and vegetables with milder ones, such as spinach with apples.
- Nasturtiums are a spicy edible flower that are most often included in salads.
- Oaxacan Green Dent Corn is a grain corn traditionally used to make tamales and cornbread. It can also be used for decoration.



### Where to find these local food products in the USDA FOOD BUYING GUIDE

#### FRESH FRUITS AND VEGETABLES

Apple  
Cranberries  
Eggplant  
Jalapeño  
Kohlrabi  
Lettuce  
Pear  
Squash  
Rhubarb  
Spinach  
Turnip  
Ukrainian purple tomato (see tomato)  
Watermelon  
Zucchini

#### GRAINS/BREADS

Oats

#### MILK

Milk

#### MEAT/MEAT ALTERNATES

Beans  
Hazelnuts (see tree nuts)  
Yogurt

