Heathy Food Choice Scavenger Hunt

National Park Service
U.S. Department of the Interior

National Capital Parks-East
Oxon Cove Park

Welcome to the Oxon Hill Farm and our Healthy Food Choice Scavenger Hunt program. Knowing about food and food production is the first step in making healthy food choices. By completing this scavenger hunt, you will be one step closer to learning a little bit more about the foods you eat.

1. Go to the Dairy Barn The dairy cow lives in the dairy barn and it's pastures. Cow's are known for the milk they produce. Cow's milk and dairy products are a great source of protien and calcium. Protein helps the body grow and repair itself. Calcium is important for strong bones. Dairy products are not the only source of calcium and protein.
   Look at the poster on the door of the Dairy Barn. Choose three food items that are a good source of calcium and protien.

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   All of these foods are a good source of protien and calcium.

2. Go to the Chicken Coop. Chicken lay eggs and are the producers of the eggs that we eat. Eggs can be another good source of protein. Another nutrient found in eggs is lutien which plays an important role in keeping eyes healthy.
   Look on the poster on the gate. Choose some foods that are also a a good source of Lutien

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   All of these foods are a good source of lutien.

3. Go to the vegetable garden. Help the farmer plan the vegetable garden by choosing 5 vegetables that the farmer could grow in this garden.

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   Vegetables are important to eat because they provide many important nutrients that are needed for a for a healthy diet. Vegetables can contain Vitamin A for which helps keep our gums and teeth healthy and Vitamin C (for healthy eyes and skin and helps to fight infections). Vegetable can also be a good source of fiber which is helps to prevent heart disease.

   LooK for the poster on the gate of the vegetable garden. List 3 reasons why buying locally produced foods is beneficial.

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4. Go to the grain room. A grain is a seed that we eat. The best type of grain to eat for a healthy diet is a whole grain product. During the grain refining process, the germ and the bran of the grain is separated to make white rice, white bread and white flour. Removing the bran and germ affects the nutritive value of the grains.
   A whole grain is made up of three parts. List these three parts.

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Congratulations!
You not only
completed the
scavenger hunt
but you got up,
out, and moved.
Youmade healty
choices, today!