Farm to Table

The Adventures of Sugar Beet
And Sugar Cane
Follow the remarkable story that starts in the field.
Hi, I’m Beet!

Hi, I’m Cane!

We grow up on a farm!
Plants use sugar for food to help them grow.
Sunshine helps make sugar and starch in plants.
Plants use sugar for food to help them grow.
The same sugar in sugar beet and sugar cane can be found in almost every fruit and vegetable!
Think about all of the food you eat that come from a farm.
These everyday foods come from farms.
These are important foods with lots of vitamins and minerals that you need everyday.
Eating healthy food helps you grow!
We help make food with lots of vitamins and minerals taste good!
It’s important to have a balanced diet. When you have treats, don’t eat too much!
Eat this

Not that
Healthy food gives you fuel to play!
Running and playing with friends is fun and good for you!
PLAY
Everyday!
We are made from sunshine. Playing outside in the sunshine helps you grow fit and healthy.
Thanks for learning with us!