RESOURCES
TOOLKIT FOR TEACHERS GRADES K - 2

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WHERE IN THE U.S. does sugar come from?

6 Quick Facts

1. Sugar is grown and/or refined in **17 states** across the U.S.

2. Sugar beets grow best in places where the temperatures are generally cooler.

3. At sugar beet factories and sugar cane refineries across the country, the sugar from the plants is **purified into the sugar** shipped to grocery stores and food manufacturers.

4. Sugar cane is grown in **warmer, tropical climates**.

5. Sugar beet factories are located near the farms to shorten the distance farmers need to travel with their beets.

6. Some raw **cane sugar** is also imported to the U.S. for refining.
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 foods 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!
One Tooth, Two Teeth, Clean Teeth, Good Teeth... join the cavity free generation!

Hello! Let me introduce myself.

My name is ONE-TOOTH,
and I want to talk to you about your teeth.

You may not think of me as a tooth, but I am a tooth.
I am a tooth, and I am here to help you take care of your teeth.

There are many reasons why you should take care of your teeth.
First, good teeth help you eat and speak properly.
Second, good teeth can help you to look better.
Third, good teeth can help you to feel better.

Are you ready? Well then, let’s begin.

1. Brush your teeth at least twice a day with fluoride toothpaste.
2. Floss your teeth at least once a day to remove food and plaque.
3. Rinse your mouth with a fluoride mouthwash.
4. Eat a balanced diet with plenty of fruits and vegetables.
5. Visit your dentist regularly for checkups and cleanings.

Now it’s time to FLOSS and reach the bits of food and plaque between your teeth and under your gums.

Cavity Free Generation... go you!

Let’s do it together!

ONE-TOOTH
Moderation Meadow:

You don't know this, but

Here's my kitchen:

MISTAKE!

Diet is part of a healthy lifestyle. It's

You probably have an idea of how

as food choices. You need to

in your own food, like bread, pasta,

Do you know your kids who could

Kids who eat less meat and

Fluffy clouds from vegetables

To a little bit of your health, and

Discover new foods

Try your own healthy snacks. The

My name's Vicky. I love Vicky.

Red beans, greens, carrots, broccoli,

Make a character from vegetables

Try foods above. Think about how

You can make salads, sandwiches,

Don't like broccoli? Put it in

You can find out by speaking with

Why do you eat healthy?

Eat a lot of water while I

You're so healthy. You

Take a sprinkle of health for a

Try a little bit of your health, and

The variety shop

You're very healthy, and now your

Vicky's favorite foods

Remember to include fruits, vegetables

Do you know your kids who could

Think of your own healthy snacks.

Well, here we are...OUt

You can add protein rich foods to

Fatty foods can make you

Goodbye!

Have fun and stay healthy!

VG-e-1-J, I got something to you
do today!

Pessy! Are you busy? Well, Vicky

Vicky is at the key, Vicky's the

Vicky is the Mountain where

Vicky

You can go with your friends. You

Remember to eat your

You can take the meat out of one

You can add vegetables to one

You can make one by adding

You can make one by adding

Goodbye!

Pessy! Are you busy?

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