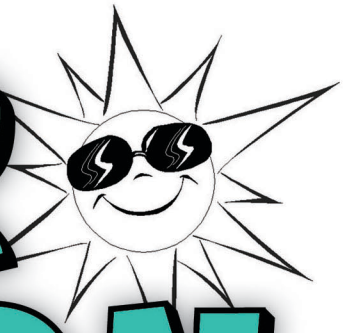
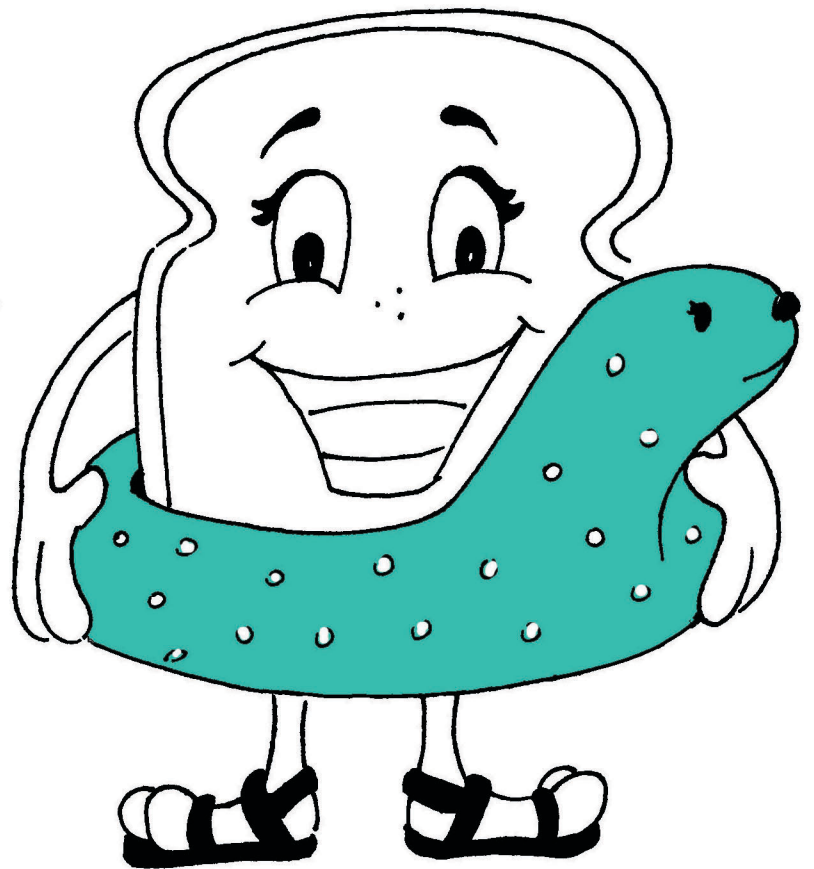
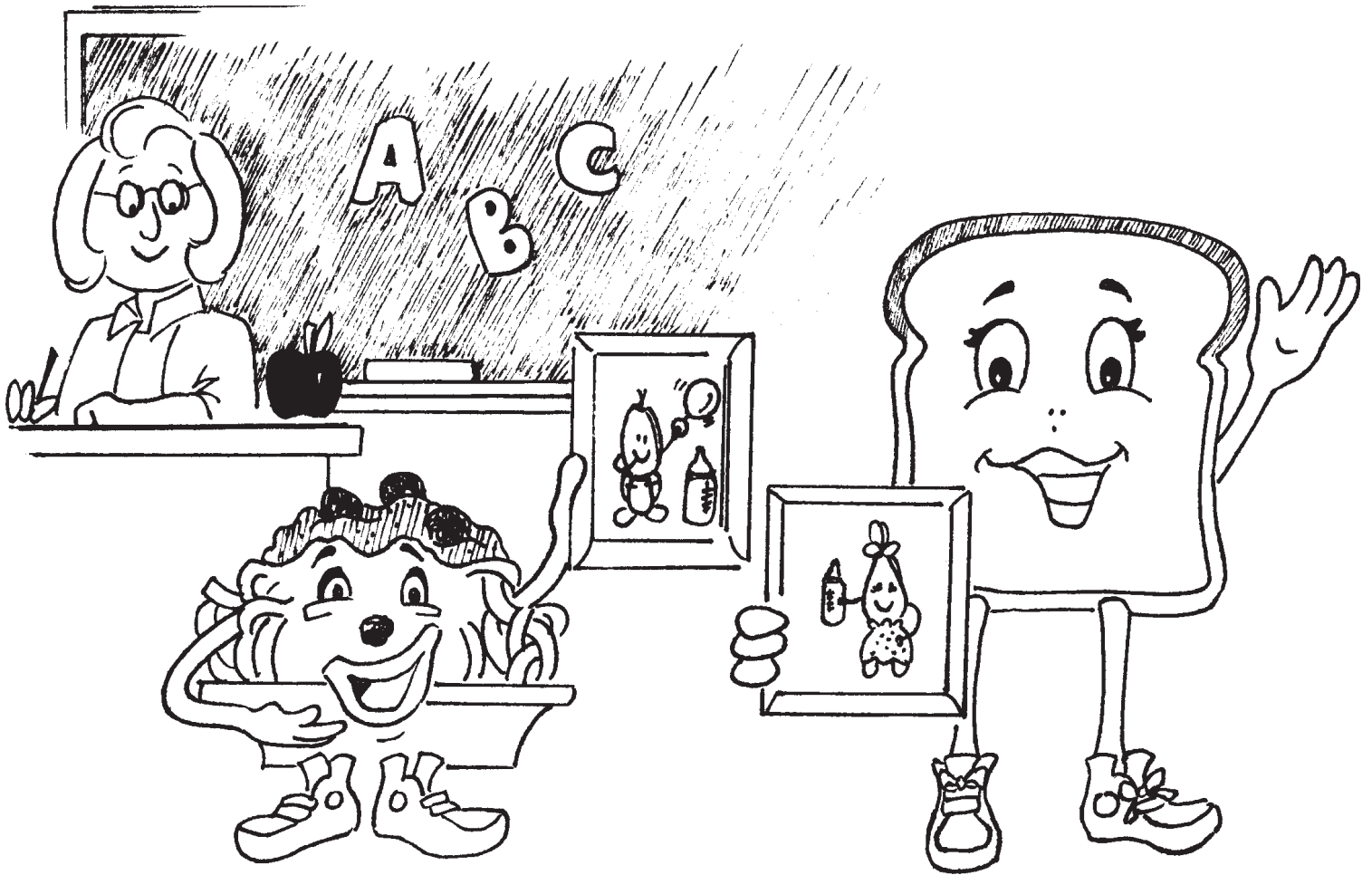


SUMMER VACATION



with Sammy Spaghetti *and* Becky Bread





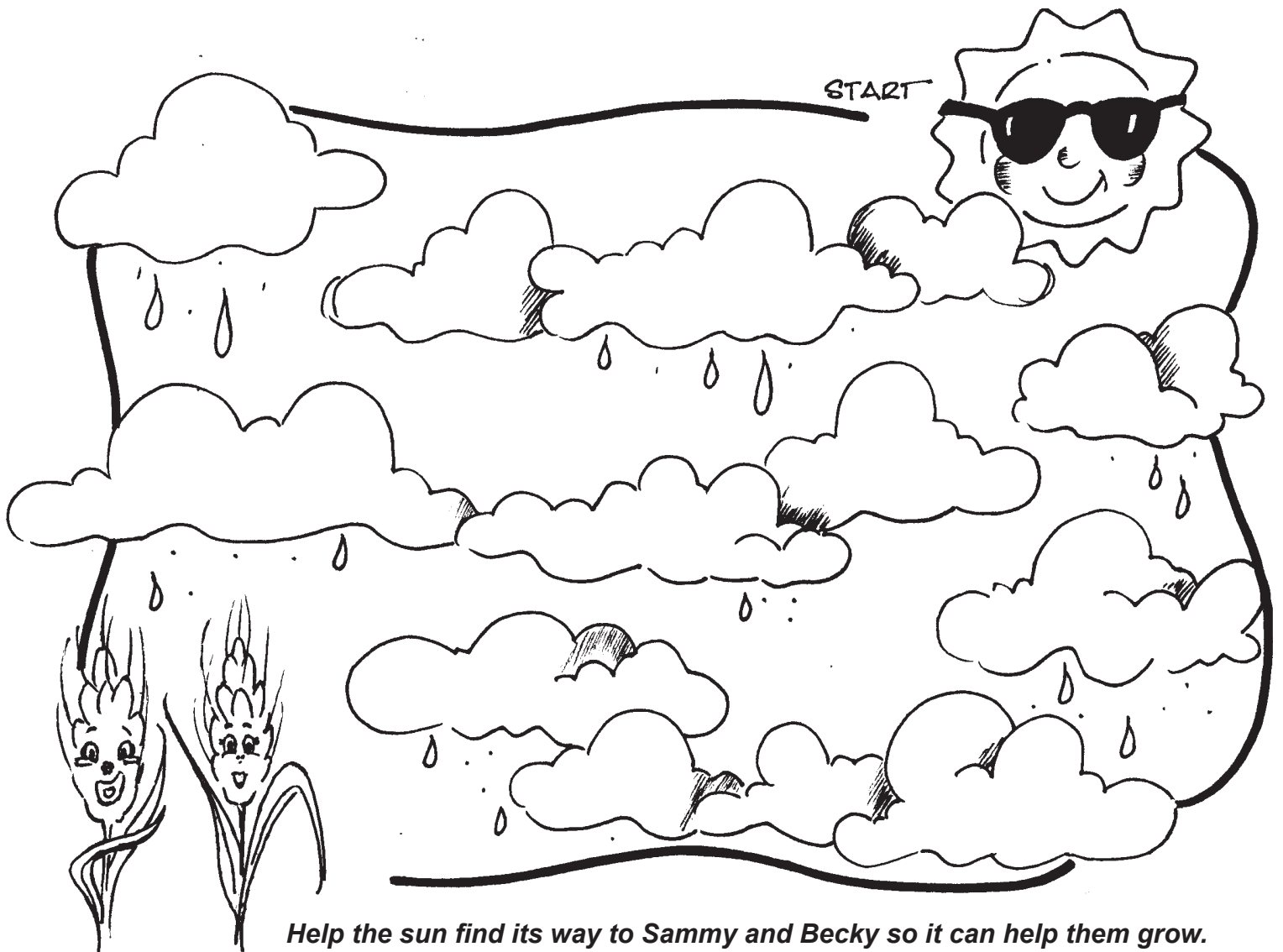
SAMMY SPAGHETTI and **BECKY BREAD** cannot wait for school to start. Today they get to tell their first-grade class what they did over summer vacation. Sammy Spaghetti and Becky Bread had a fun summer growing up as North Dakota wheat and turning into healthy food for people everywhere. They are excited to tell the class their story.

At school, their teacher, Mrs. Goodfood, asked, “Do some of you want to tell the class what you did over summer vacation?”

Sammy Spaghetti and Becky Bread were the first to raise their hands. Mrs. Goodfood asked, “Would the two of you like to come to the front of the class?”

“Yes!” Sammy Spaghetti and Becky Bread exclaimed.

Sammy said, “This summer Becky and I had a busy vacation. You see, we started out as kernels of wheat and turned into delicious, nutritious food. Take a look at our baby pictures.”

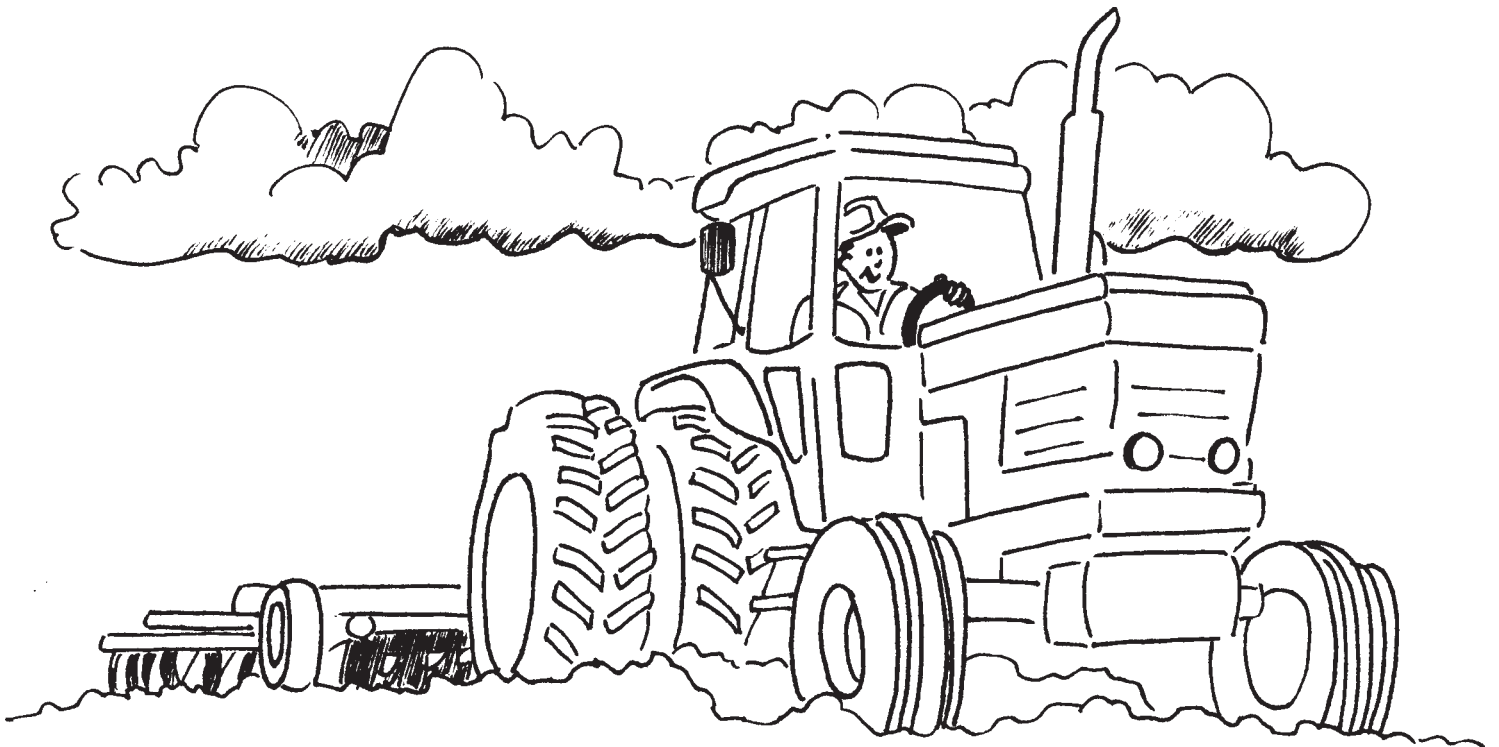


Help the sun find its way to Sammy and Becky so it can help them grow.

Herbie Hamburger said, “You were really little. How did you turn into food? Do you have magical powers?”

Becky Bread explained, “It is kind of like magic, Herbie. The sun and rain made us grow, but there is more to it than that. Let us explain.”

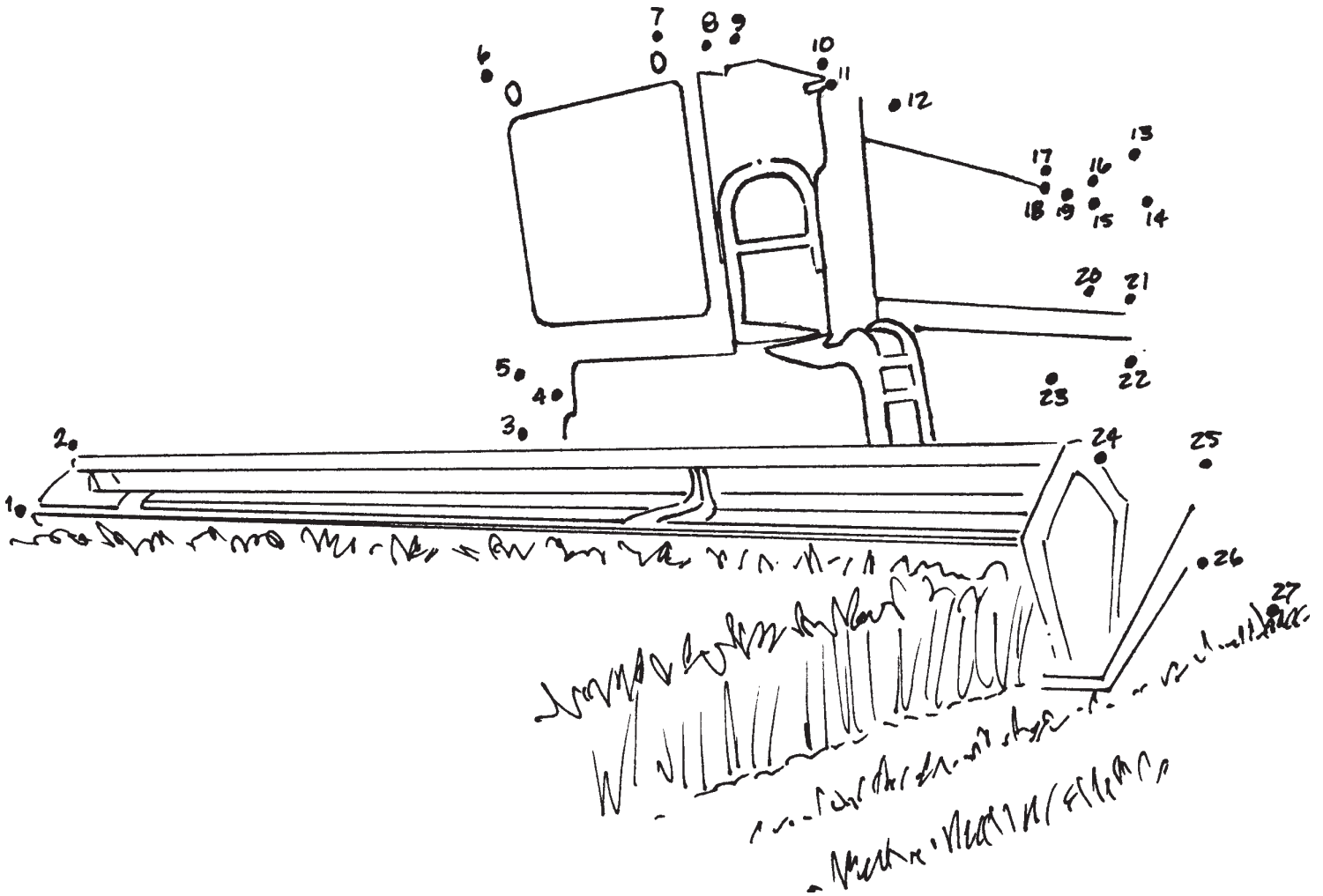
The class listened carefully.



“First, Farmer Flatland plowed the fields in May. Plowing broke the soil into little pieces and killed the weeds. Weeds steal water and food away from wheat. They make it hard for wheat to grow,” Sammy Spaghetti said.

Becky Bread said, “Yes. After the weeds were killed and the soil was black, Farmer Flatland planted us with a big tractor.”

Sammy Spaghetti said, “The soil felt so good. It was cool and wet.”



Connect the dots to see how Farmer Flatland gathered Sammy's and Becky's ripe kernels.

“As the summer passed,” Becky Bread said, “we grew into tall, green plants. We had stems, leaves and heads full of kernels.”

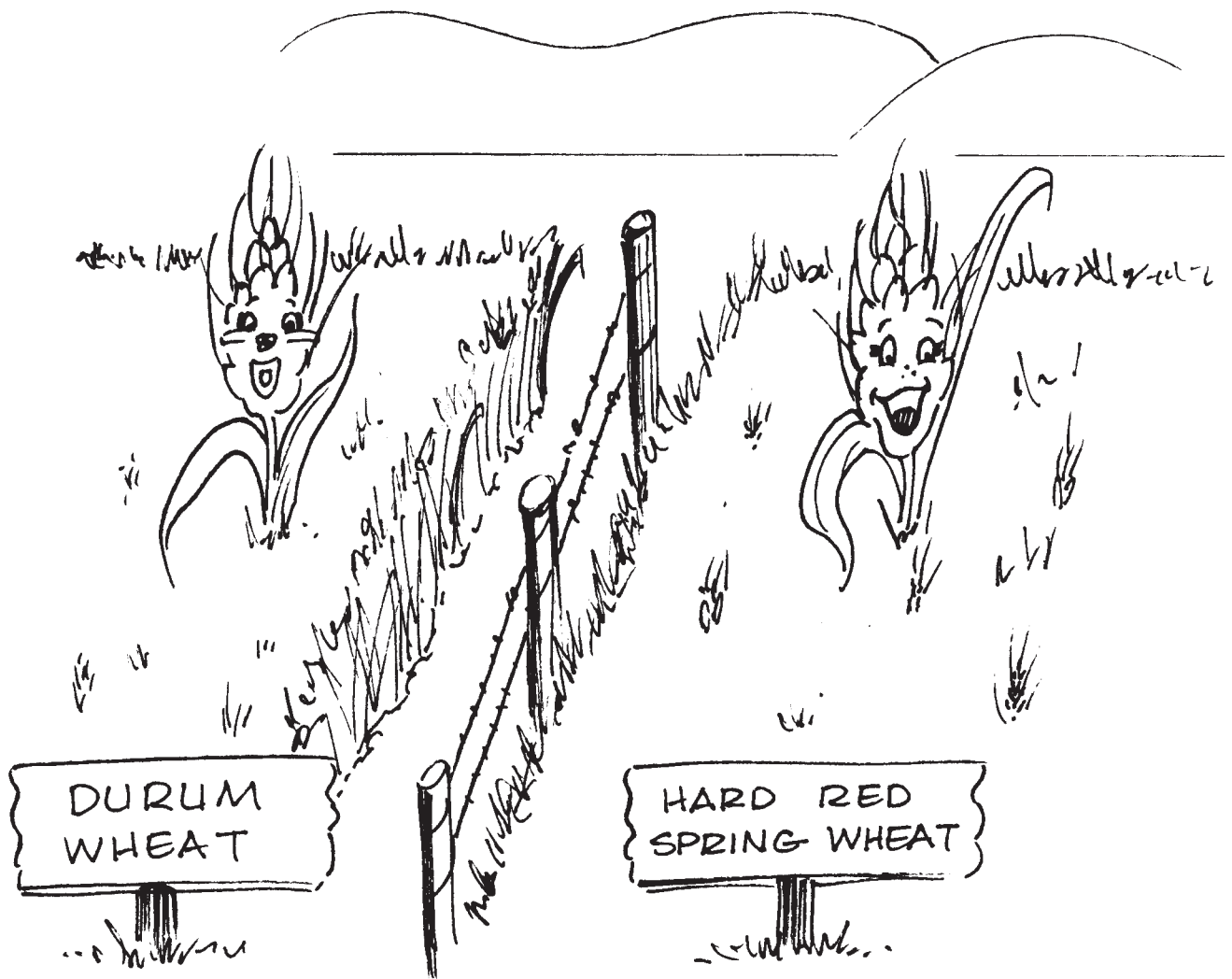
“What happened next?” Courtney Carrot asked.

Sammy Spaghetti answered, “Soon after the Fourth of July, the hot sun turned us golden yellow in color. Before long we were ripe.”

“What does ripe mean?” Billy Banana wondered.

Sammy Spaghetti said, “Ripe means our kernels were ready to be made into food. Farmer Flatland used a big machine called a combine to gather our kernels. Then he loaded us into trucks and took us to a grain elevator where we were stored.”

“What next? What next?” Patty Peapod asked.



Sammy Spaghetti answered, “This is where Becky and I have different stories. You see, I was **DURUM WHEAT** and Becky Bread was **HARD RED SPRING WHEAT**.”

“What’s the difference? Didn’t you both start out as wheat?” Stacy Strawberry asked.

“We were both wheat, just different kinds. I was durum. **DURUM** is ground up and made into **PASTA**,” Sammy Spaghetti said.

“What’s pasta?” Breanna Broccoli asked.

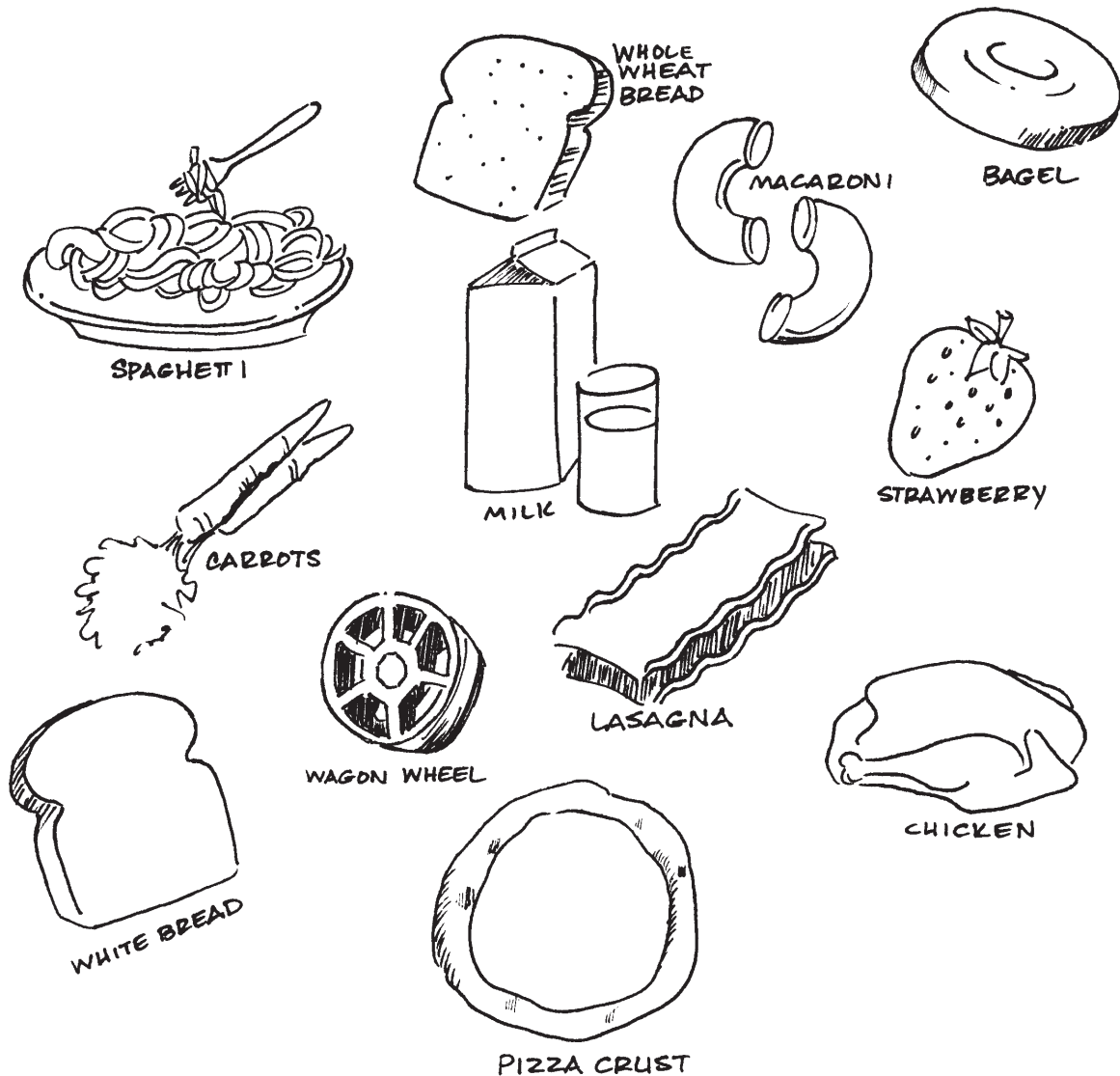
“Macaroni, lasagna and spaghetti are all types of pasta, Breanna. They are all made from durum wheat,” Sammy Spaghetti said.

“Yummy! Those are tasty foods,” Breanna Broccoli said.

Sammy Spaghetti asked, “Did you know North Dakota raises most of our nation’s durum?”

“Wow! That’s neat!” the class exclaimed.

Durum and hard red spring wheat are ground and made into food. Circle the foods made with durum in yellow. Circle the foods made with hard red spring wheat in red. Some foods will not be circled.



ANSWERS: Durum foods circled in yellow — spaghetti, macaroni, wagon wheel, and lasagna. Hard red spring wheat foods circled in red — whole wheat bread, bagel, white bread, and pizza crust.

Becky Bread said, “I was hard red spring wheat. **HARD RED SPRING WHEAT** is made into **BREAD**, just like me!”

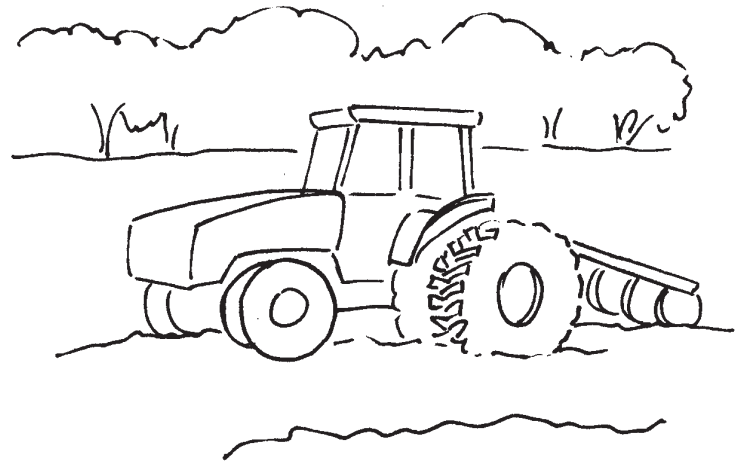
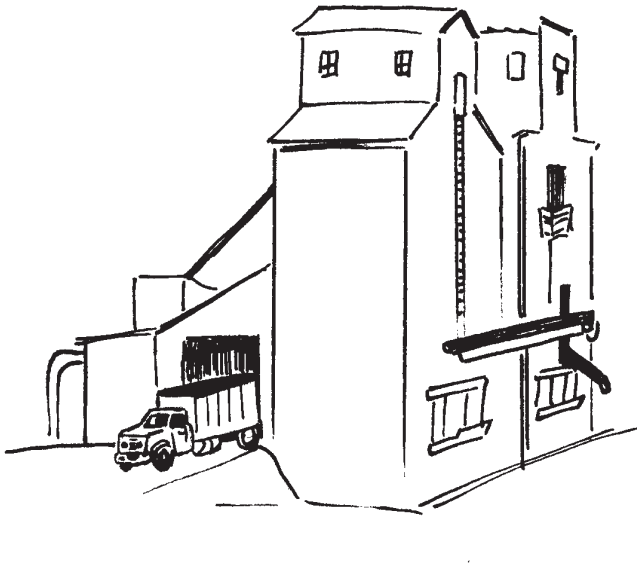
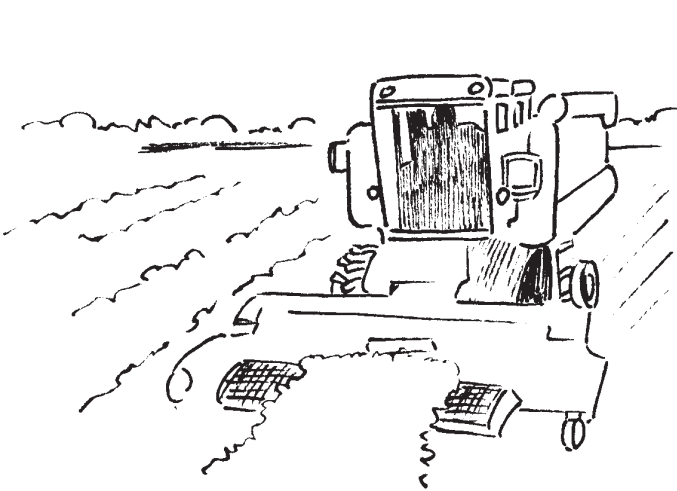
Matthew Milk asked, “Is a lot of hard red spring wheat grown in North Dakota, too?”

Becky Bread said, “Oh, yes. North Dakota raises more hard red spring wheat than any other state!”

Herbie Hamburger asked, “How were you made into bread from hard red spring wheat, Becky?”

Becky Bread said, “I was ground up into flour. Then a baker made me into bread.”

Here are a few steps in making durum into pasta and hard red spring wheat into bread.
Number them 1, 2, 3, 4, starting with what happens first.



ANSWERS: 1) Tractor plowing, 2) Combine harvesting, 3) Truck hauling wheat to grain elevator, and 4) shopping for wheat foods.

“Does it take a lot of people to make bread and pasta?” Herbie Hamburger asked.

“Yes,” Sammy Spaghetti said, “**WHEAT** provides **JOBS** for farmers, bakers, truck drivers, grocery store workers and more.”

“You’re right, Sammy,” Mrs. Goodfood said, “Wheat is important to North Dakota. Wheat is also important for good health.”

“How do you know, Mrs. Goodfood?” asked Becky Bread.

"WHEAT FOODS"

- CARBOHYDRATES
- FIBER
- B-VITAMINS
- IRON



"Well, wheat foods give us many nutrients. Let's take a look," Mrs. Goodfood said.

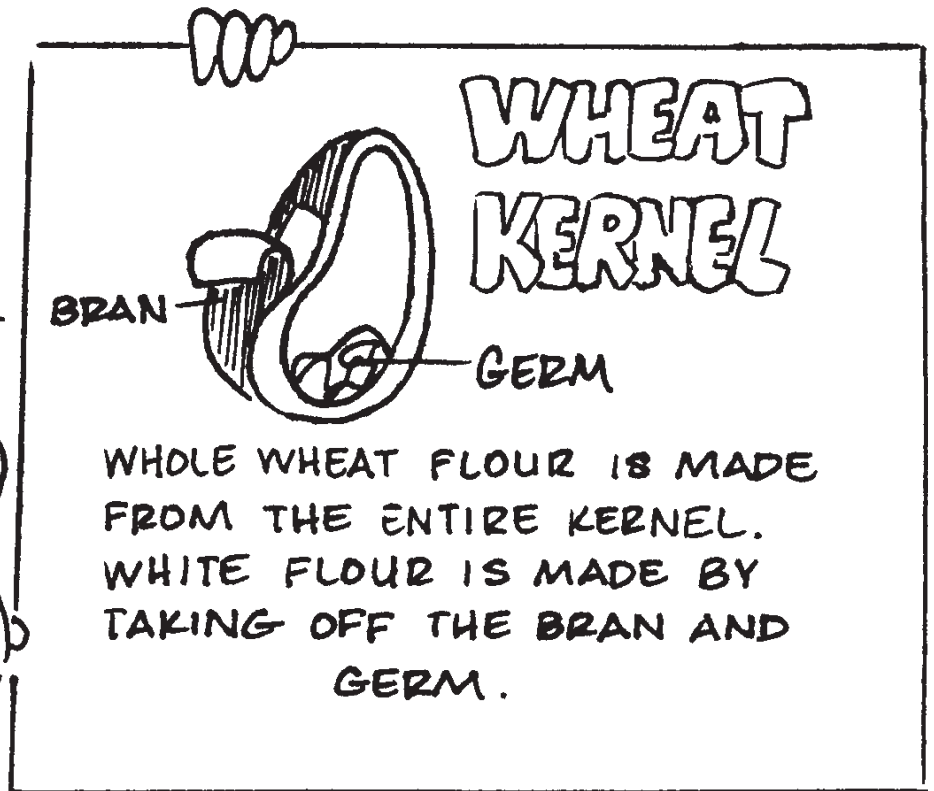
"Wheat foods give us **CARBOHYDRATES** and **FIBER**. Carbohydrates give us energy so we can run, work and play," Mrs. Goodfood said.

"What about fiber, Mrs. Goodfood?" Stacy Strawberry asked.

"Fiber keeps food moving through our bodies," she explained. "B-vitamins and iron are often added to some wheat foods too."

"B-vitamins help people use their food. Iron helps their blood," Becky Bread said.

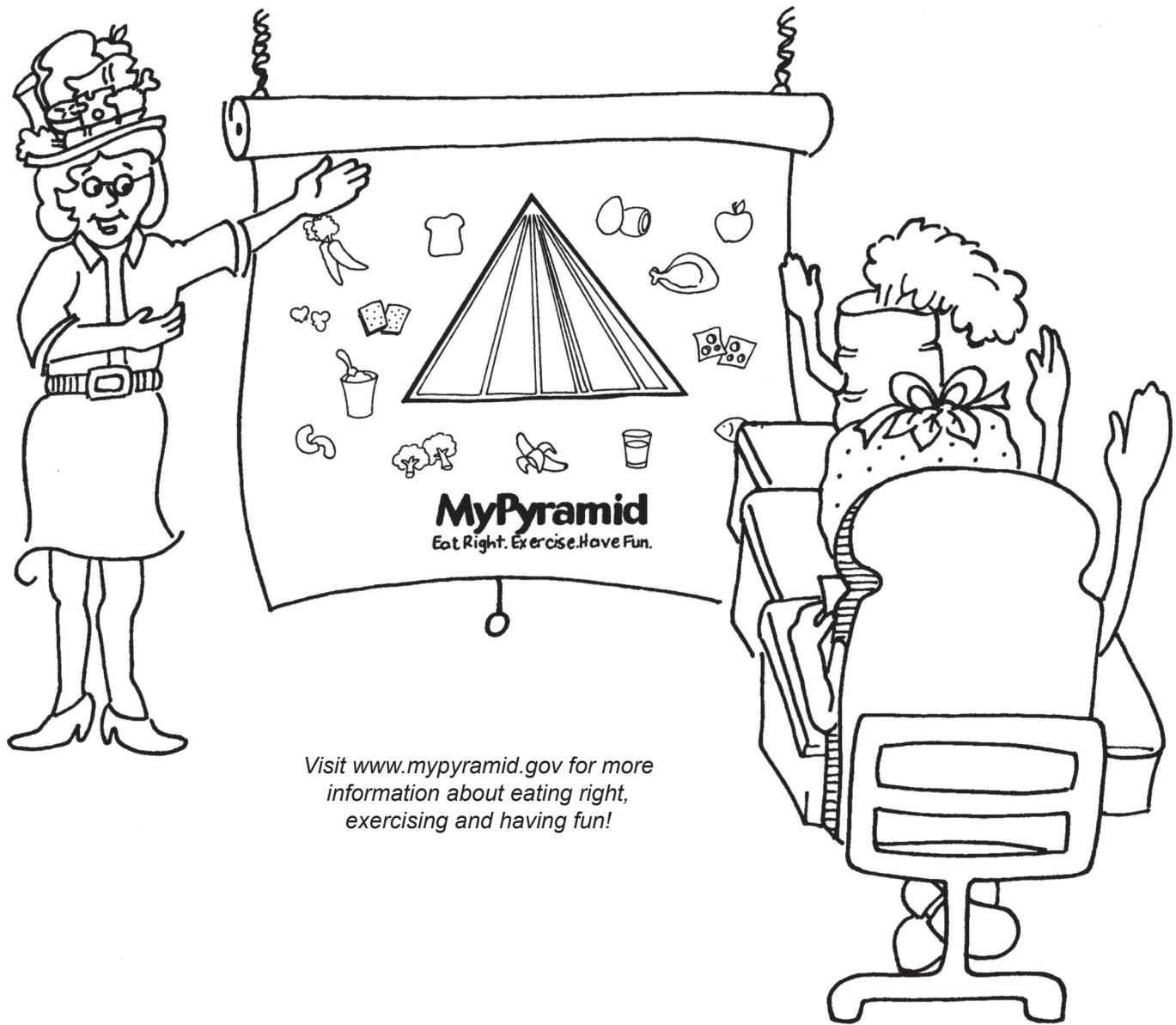
"That's right, Becky," Mrs. Goodfood said.



Courtney Carrot asked, "Mrs. Goodfood, Becky is white bread, not whole wheat. Is she nutritious?"

Mrs. Goodfood answered, "She sure is, Courtney. Both white and whole wheat breads are healthy foods. The main difference is the whole kernel is used to make whole wheat bread. This means whole wheat bread has more fiber than white bread."

"Oh, I see," Courtney said.



Visit www.mypyramid.gov for more information about eating right, exercising and having fun!

Mrs. Goodfood pulled down a chart. She asked, “Class, how many of you know what this is?”

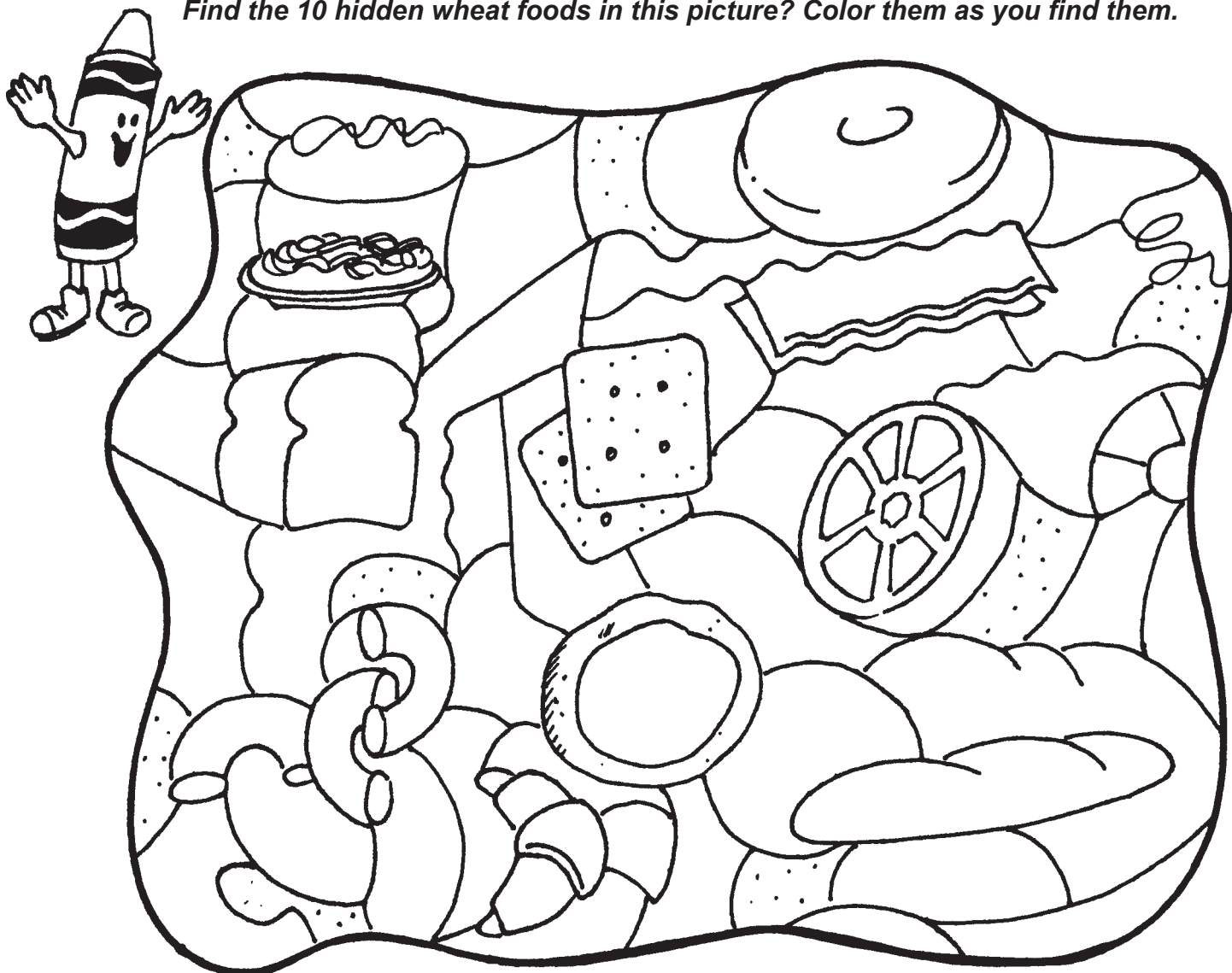
Hands shot up. “I know! I know!” the class cried.

Mrs. Goodfood said, “Becky, what does this chart show?”

“It is **MY PYRAMID** for **KIDS**, Mrs. Goodfood. It tells you how to make good food choices all day. Following it helps kids to eat right, exercise and have fun,” Becky said.

CAN YOU FIND THEM?

Find the 10 hidden wheat foods in this picture? Color them as you find them.



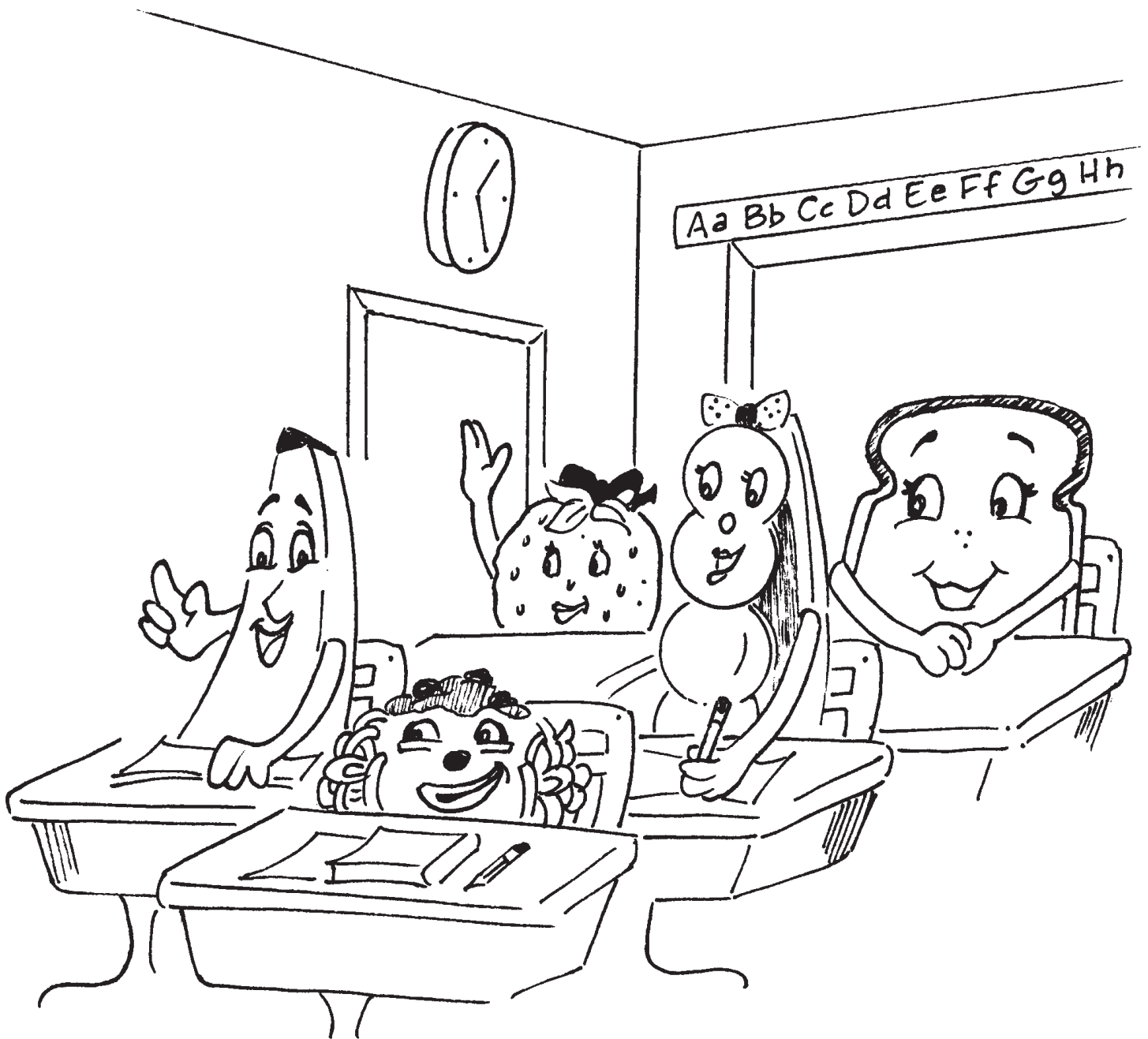
ANSWERS: spaghetti, bagel, white bread, crackers, lasagna, wagon wheel, macaroni, crescent roll, pizza crust, and French bread.

“You’re right. My Pyramid helps us to know how many servings from the grain group we should eat based on our age and how active we are each day. This is the group Becky and Sammy are in,” Mrs. Goodfood explained.

“How big is a serving?” Billy Banana asked.

“In the **GRAIN GROUP**,” Sammy said, “a serving is a slice of bread, a small plate of pasta or a small bowl of cereal. My Pyramid says we should make half the grains we eat whole-grains, like the one’s in a lot of our favorite breakfast cereals?”

“Oh, I see,” Billy Banana said.

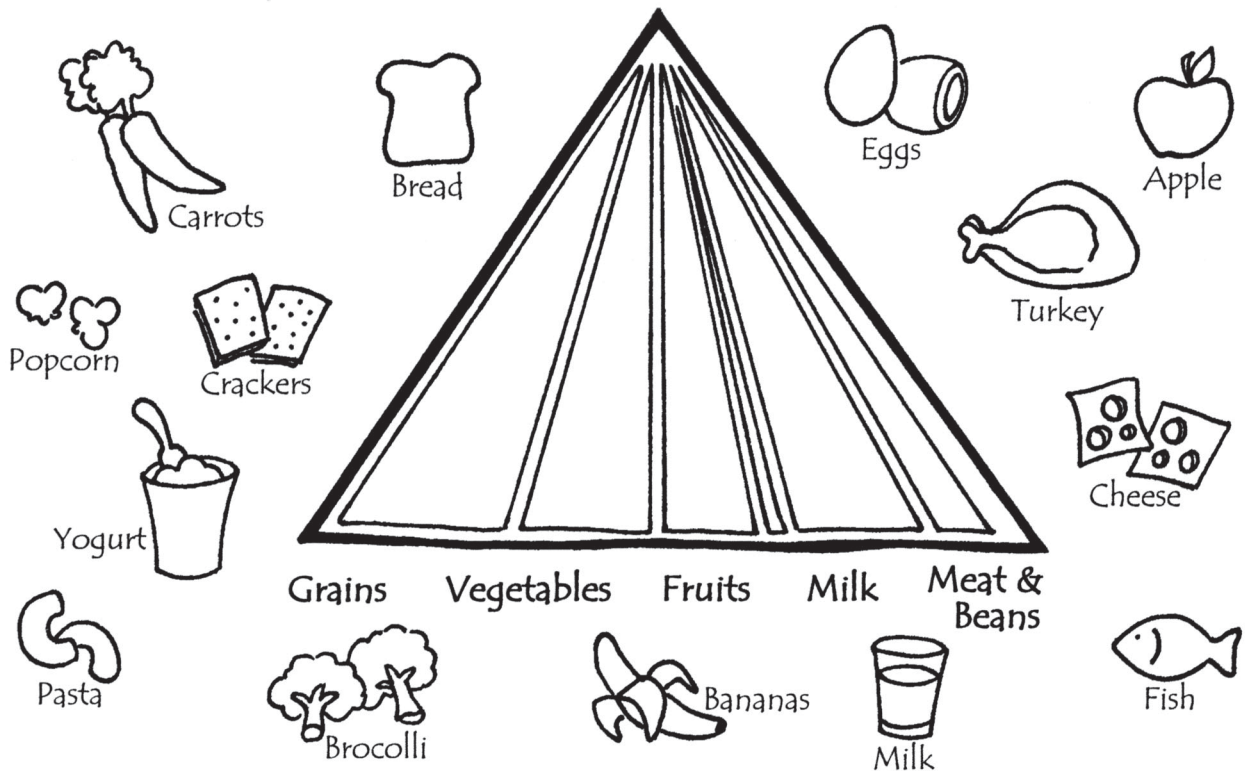


“What food group am I in, Mrs. Goodfood?” Patty Peapod asked.

“The **VEGETABLE GROUP**. Peas, broccoli and carrots are all vegetables. We need foods from all the groups to stay healthy. It’s important that we remember to eat vegetables of different colors like green broccoli and orange sweet potatoes,” Mrs. Goodfood said.

Billy Banana said, “I know I am a fruit. What should people remember about the **FRUIT GROUP**, Mrs. Goodfood?”

Foods from the grain group are important for good health. So are fruits, vegetables, meat and dairy products. Draw a line from each food to the section in which it belongs My Pyramid.



Answers: Grains — bread, crackers, pasta, popcorn. Vegetables — carrots, broccoli. Fruits — apple, bananas. Dairy — yogurt, cheese, milk. Meat — eggs, turkey, fish.

“Fruits are nature’s treat because they are sweet and delicious. You should try and have a piece of fruit everyday for a snack,” Mrs. Goodfood answered. “The dairy group is next. Matthew, do you know why your food group is important?”

Matthew Milk said, “The **MILK GROUP** provides calcium which help builds strong bones. Milk makes lots of good foods like yogurt and cheese, right Mrs. Goodfood?”

“Yes, Matthew, that’s true,” she said. “We also need to remember the **MEAT and BEANS GROUP**. It provides us with the iron and protein we need to build strong muscles. Lean beef, pork, chicken, turkey, fish, nuts, beans, peanut butter and eggs all come from this group.”

“What group is that really skinny stripe?” Courtney Carrot asked.

“Fats, oils and sweets, Courtney. We should eat less of these foods, like candy and chips,” Mrs. Goodfood said.



“People are supposed to eat a lot of foods from the grain group though, aren’t they?” Courtney Carrot asked.

“Yes, Courtney. Foods like **BECKY BREAD** and **SAMMY SPAGHETTI** are important for good health. That’s why their strip is the widest one in My Pyramid. We need more of them than any other food group,” Mrs. Goodfood said.

“You and Sammy Spaghetti sure had a great summer growing up as North Dakota wheat and turning into nutritious food,” Stacy Strawberry said.

“We had a super time,” Becky Bread said.

“Yes,” Sammy Spaghetti agreed, “and the best thing is that our fun isn’t over. Now we will help feed people all over the world.”



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MAKE HALF YOUR GRAINS WHOLE

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*Story written by Julie Schaff Ellingson & Sandra McMerty.
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