**VOCABULARY**

- **Juice**: A liquid that is extracted from fruits and vegetables by pressing or squeezing. It contains all the natural sugars of the fruit. It can be consumed directly or used as a basis for other products such as syrups, 果酱, and 果冻.
- **Dried Fruits**: These are fruits that have been dehydrated to remove moisture, making them shelf-stable and portable. Examples include 枸杞, 枣, 红枣, and 果干.
- **Vegetable Juice**: This is a variety of juice made from vegetables. It can be packed with vitamins and minerals, and is often marketed for its health benefits.
- **Vegetable**: A food that contains the seeds of the plant. A food that contains the seeds of the plant. Examples include vegetables such as 西红柿, 茄子, and 胡萝卜.

**Nutrition**

Nutrition specialists know how much of each food group kids and adults should get every day to have a healthy diet. The daily value (DV) tells you how much of this food you should eat to meet these daily goals.

- **Sodium**: A mineral that is essential for maintaining fluid balance in the body.
- **Potassium**: A mineral that helps maintain healthy blood pressure and supports muscle and nerve function.
- **Calcium**: A mineral that is necessary for strong bones and teeth.
- **Protein**: A nutrient that is essential for growth and repair of body tissues.

**Did you know?**

- **1 cup of Grape Juice = 1 cup of Dried Mangos**

**THE MATHEMATICS OF FRUIT**

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Price Per Pound (lb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>$1.00</td>
</tr>
<tr>
<td>Apples</td>
<td>$1.00</td>
</tr>
<tr>
<td>Oranges</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**Health Eating, Smart Learning!**

- **Nevada’s School Meal Pattern**
  - It is designed to improve the health of Nevada’s children.
  - It encourages:
    - Healthy eating habits.
    - Incorporating whole grains.
    - Right-size meal portions.

**Nutrition**

- **Calcium**: Essential for strong bones and teeth.
- **Iron**: Important for carrying oxygen in the blood.
- **Vitamin A**: Necessary for good vision and immune system function.

**Did you know?**

- **One banana, one apple or one orange?**
- **What is the price per pound advertised for each of these fruits?**
- **Which weighs more?**

**THE MATHEMATICS OF FRUIT**

- **How much is the price per pound advertised for each of these fruits?**
  - Bananas: $1.00 per pound
  - Apples: $1.00 per pound
  - Oranges: $1.00 per pound

**Budgeting**

- **When looking for the weight on food packaging, pounds will often be abbreviated to lb.**

**Farm to Table**

- **Auction**: A location where farmers and vendors come together to sell their products directly to consumers.
- **Farmer’s Market**: A place where farmers sell their products directly to people.
- **Patent**: The exclusive right granted to an inventor to manufacture, use, or sell an invention for a limited time.
- **Pruning**: To cut off undesired twigs, branches or roots.

**Agriculture**

- **Vegetable**: A food that contains the seeds of the plant.
- **Fruit**: A food that contains the seeds of the plant.
- **Dried Fruits**: Fruits that have been dehydrated to remove moisture, making them shelf-stable and portable.

**School Gardens**

- **A fun way to learn about your food is to grow it!**
- **A number of schools have started gardens or greenhouses for students to learn about food and science.**

**Did you know?**

- **One of the best ways to stay healthy is to participate in farm activities.**

**Gardening**

- **Botany**: The study of plants.
- **Agritourism**: The practice of touring agricultural areas to see farms and learn about agriculture.
- **Canning**: The process of cooking and/or storing food to preserve it for later use.

**Smart Learning!**

- **Healthy Eating, Social Studies:**

**Visit agclassroom.org and agri.nv.gov for more resources.**
**Activity Time!**

**Word Scramble**

Using what you learned about Nevada’s famous fruit, unscramble the words below.

- LimeCAutn
- Erbst fo DOo
- VITaEInE
- SWEEtIEInE
- BERRYVULL COUNTRY
- SIEMEn
- ENVIRonInE
- ERAB
- ELYAB
- AFRICH

**SCIENCE VOCABULARY**

- **Enzyme:** Protein molecules that react with other molecules to create a reaction.
- **Oxidation:** An enzymatic reaction that causes some food to live brown when exposed to oxygen.
- **pH level:** A measure of acidity or basicity on a scale of 0 to 14: solutions below 7 are acidic, solutions above 7 are basic, and solutions at 7 are neutral.
- **Acid:** A substance below 7 on the pH scale and characterized by a sour taste; can be used as a preservative in food.

**Experiment:**

Soak apple slices in a lemon bath.

1 teaspoon lemon juice in 1 cup of water – to prevent them from turning brown!

**NEVADA’S FAMOUS FRUIT**

Churchill County is known for its high-quality and delicious melons, particularly the “Hearts of Gold” cantaloupe. First farmed in Nevada by G.J. Vannoy in 1911, farmers including Lattin Farms in Fallon still grow the sweet melons today. Compared with other cantaloupes, the Hearts of Gold melons have a shorter shelf life only lasting about three days once they are ripe. According to the Seed Savers Exchange, which tracks the seed source of many varieties of fruits and vegetables, the Hearts of Gold was first introduced in Michigan when a man named Roland Mill crossed the Osage melon with the Nettled Gem melon to produce the new variety. He was granted a patent for the new seed variety in 1914. The melon is so popular that each September Fallon plays host to the annual Fallon Cantaloupe Festival, formerly called the “Hearts of Gold Cantaloupe Festival,” the longest running food festival in the state celebrating the popular melon’s harvest season.

**Career Corner**

Jack Jacobs, Owner of Jacobs Family Berry Farm, Gardnerville, NV

Q. Describe Jacob’s Family Berry Farm and your job there.

A. Set on a 5 acre farm dating back to 1870, I decided to transition a 1 acre alfalfa field into a berry field. We planted almost 1,000 berry plants and today produce 6 varieties of blackberries, 2 varieties of black raspberries and 7 varieties of red raspberries. In addition to growing and harvesting the berries, we sell the berries to the public in a store on the farm. When the plants aren’t producing berries, we spend our time freezing berries or using them to make jams, syrups, butters, pies and sauces to sell in our store year-round.

As the owner I oversee all aspects of the operation from growing, harvesting, marketing and selling. One of the challenges of berry farming is that you only have a few days to sell your product once it’s been harvested. As a result we do aggressive marketing. We also do a lot of research. I work with the University of Nevada to conduct experiments on the varieties to see what grows well within the state and what people like.

Q. How did you get into this line of work?

A. I was a civil engineer for many years and looked at farming as a new challenge. I was very specialized in my former career. Berry farming required a broader scope of understanding from planting, nurturing, harvesting, marketing, selling and running the business. I found the diversity exciting!

Q. What is a typical day like for you?

A. My day depends on the season. I have a few employees and based on the growing season we’ll be pruning, spraying, or harvesting. In our store we could be holding a taste testing to get customer feedback on the most desirable varieties or working on marketing our product.

**BERRY VARIETIES – THE SAME, BUT DIFFERENT?**

It may just look like a raspberry to you, but that berry actually has a special name. Each type of berry variety is named for its unique qualities of color, taste and/or size. Next time you’re at the store looking for the berries with different names and see if you can figure out how they are different!