

# NUTRITION IN VERMONT



25% OF VERMONT'S LAND IS MADE UP OF FARMLAND



# PEOPLE IN VERMONT EAT VERY HEALTHY.

Since Vermont has a lot of farms, people in Vermont eat mostly what we grow. Food that is commonly grown and eaten in Vermont is...

Vegetables: tomatoes, carrots, kale, onions, lettuces, squashes, corn, peas, potatoes, asparagus, cucumbers, peppers and radishes.

Fruit: Strawberries, blueberries, raspberries and blackberries.

Meat: Meat farms produce pork, beef, venison and poultry (such as chicken, duck and pheasant).

# THE MORE FARMS, THE MORE FOOD GROWN LOCALLY

Locally grown food includes vegetables, herbs, fruits and meat.



# FARMERS SELL THEIR FOOD AT FARMERS MARKETS

Foods grown locally such as vegetables, fruits, meats and homemade bread are what make up the diet of most people in Vermont. The general diet of a Vermonter has protein, carbohydrates and fats.



# NUTRITION IN UNITED STATES



# WEST COAST

The West Coast of the USA has a lot of variety in the diet. There is a large influence of Mexican food on the West Coast as California and Arizona border Mexico. A lot of the West Coast has warm climate that allows the growth of some tropical foods such as avocados, nuts, bananas, pineapples. This food allows for a very healthy diet.



# THE SOUTH

The South is famous for its home cooking. Southern cooking includes what is known as “soul food”.

Soul food are dishes such as fried chicken, collard greens, okra, baked beans, biscuits, gravy, mashed potatoes, corn bread, casseroles, sweet potatoes, barbeque, coleslaw, macaroni and cheese and for dessert things such as pies.

The food in the south is very rich and is often cooked with a lot of butter. Many dishes in the south are fried.



WHEN DO WE EAT?

# DAILY MEAL TIMES

In the USA we eat 3 meals a day. Our meal times are much different than Spain and the rest of Europe. These are the times we eat in the USA...

Breakfast: 7am-9am

Lunch: 12-1pm

Dinner: 6-8pm

In big metropolitan cities such as New York City, Boston, Los Angeles, Las Vegas, etc... dinner can be eaten as late as 10pm. However, that ONLY exists in large cities.



# SCHOOL MEALS

Children in Middle school and High school in the USA are fed lunch during school. The lunch at schools in the USA is served at 12pm. There is a break between classes for 30 minutes to one hour for lunch time.

Unfortunately school lunches in the USA are not very healthy. Often school lunches are pizza, chicken fingers, french fries, burgers and other fast food. Recently there's been a movement to incorporate more vegetables and fruits into the school lunch menus. States in the USA are trying to make school lunches healthier. They want kids to have more protein and less sugars and fats.

