

Chapter 1

Why plant a garden?

We haven't much money and the children need to eat. Why don't we plant something and make a garden?

A garden..... but how?

Good idea!



Read this manual, it will help you find a solution.

What are the advantages of having a garden?

- 1- A healthier family.
- 2- Saving money and an increase in income.
- 3- Solving your own problems.



The whole family participates in the garden!



A garden will help you have a better nourished and healthier family.

The motor of a truck needs energy to work. Fuel provides that energy.

A child needs energy to grow healthy and strong. Food provides that energy.

The whole family needs energy from food to have good health.

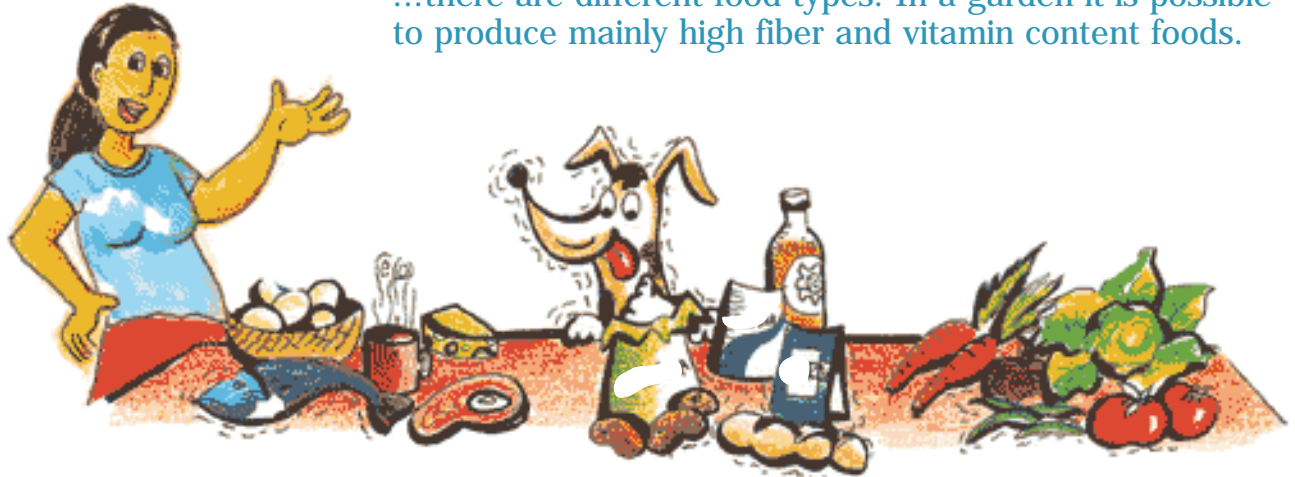


What kinds of food can we produce in the garden?



A garden will give you fresher, more nutritious and varied foods.

...there are different food types. In a garden it is possible to produce mainly high fiber and vitamin content foods.



High Protein Food for development:

meat
fish
cheese
eggs
milk

Calorie Food:

flour
bread
rice
potatoes
oil

High Fiber/Vitamin Food:

vegetables
fruits

Let's see if you can remember the previous information without looking at page 4

Test 1

What types of food are:
bread, potatoes, fish, milk, lettuce, carrot,
sugar, oil, orange, tortillas, eggs and onions.

Write each one in the group where it
belongs:

You will find many tests
like this one!
Look for the correct
answers in the following
pages.

High protein foods (for development)	Calorie Foods	High Fiber/vitamin Foods
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-----	-----	-----
-----	-----	-----
-----	-----	-----



For a nutritionally balanced diet you should always consume two or more foods from each group.

High protein foods (for development): Develop muscles tissue, bones and teeth.

Calorie foods: Provide the necessary energy to perform tasks.

High fiber/vitamin foods: Have vitamins, like vitamin "A" that is essential to good eye sight, and vitamin "C" which helps maintain healthy gums and blood vessels. They also provide minerals like iron, which form part of red blood cells. In addition they contain fiber which improves digestion.

The answers for Test 1 are:



High protein foods (for development)	Calorie Foods	High Fiber/vitamin Foods
fish	bread	lettuce
milk	potatoes	carrot
meat	sugar	orange
eggs	oil	onion
	tortillas	

As we can see, a garden provides us mainly with high fiber/vitamin foods, but also some calorie and protein foods.

Garden vegetables are:

- h fresher
- h healthier
- h more nutritious
- h and cheaper



Test 2

Write the most suitable word on the dotted line. Choose one from the words in brackets ().

- 1- Good health requires a/andiet.
(varied-abundant)
- 2- A garden provides fresher.....
(protein-vegetables)
- 3-foods provide vitamins, minerals and fibers. (High fiber/vitamin - development)

What do vegetables provide?

Carbohydrates:

Example: potatoes, sweet potato, and yucca,

Proteins:

Example: beans, peas, sweet corn and many leafy vegetables like cabbage and cauliflower.

vegetables

Vitamins and minerals:

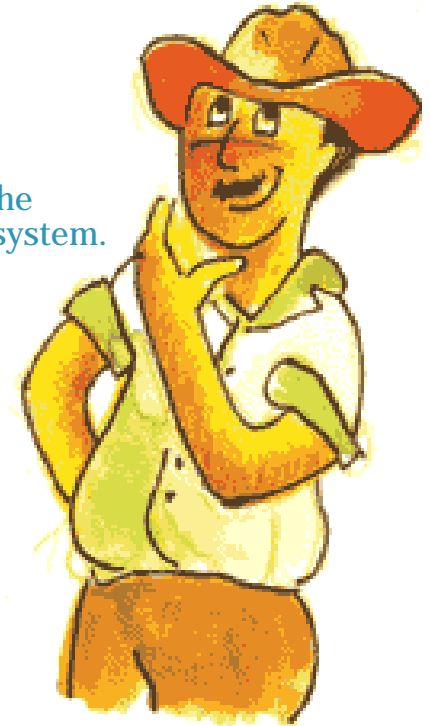
There are many vegetables rich in vitamin A and C.

Fibers:

Improve the digestive system.

Fats:

Example: soybean or soy and many mature vegetable seeds (pumpkin).



Answers for test 2

- 1- varied
- 2 -vegetables
- 3 -high fiber/vitamin

Planting vegetables means eating better and saving money.

Vegetables from the garden are:

- h fresher
- h healthier
- h more nutritious
- h cheaper

Benefits of a garden:

- 1-It provides food for the family.
- 2-You can sell part of the produce to neighbors or in the nearby market.
- 3- Together with the produce of other families, a large amount and variety of vegetables can be assembled for selling.
You need to get organized!
- 4-You can make sauces, jams and preserves with the vegetables for family use or to sell. Some vegetables can be sun dried and stored.



Everyone can do something in the garden

Small children:

- remove stones
- weed
- catch worms and bugs
- help in the harvest

Bigger children:

- weed and till the soil
- sow
- water
- harvest

The father and the mother:

- teach the children to do the jobs and to work together to make a nice garden.



You already know many things about a garden. Let's see how much you have learned and if you remember it.



In this chapter we have seen:

- 1- Connection between food and health.
- 2- Nutritional qualities of vegetables.
- 3- The importance of a garden.

Test 3

In the circle at the end of each sentence place a "T" if the sentence is true and a "F" if it is false, as shown in the example:

Example:

Food energy allows us to grow healthy and strong.

T

Exercises:

- 1- To do any activity it is necessary to have energy.
- 2- It is not necessary to consume food from all the food groups.
- 3- Many nutritious foods can be produced in a garden.
- 4- Garden produce cannot be preserved.
- 5- Potatoes and bread contain carbohydrates.
- 6- Planting a garden lets you save money.
- 7- The father and the mother must teach the family how to work in the garden.
- 8- Small children can work in the garden.

If all the answers were correct, you can now go up one step. Congratulations!

Answers for test 3

- 1- T
- 2- F
- 3- T
- 4- F
- 5- T
- 6- T
- 7- T
- 8- T

If two or more answers were not correct, you should review the material in Chapter 1

Expert horticulturists

Chapter 7

Chapter 6

Chapter 5

Chapter 4

Chapter 3

Chapter 2

Chapter 1

