**Survival of the Fittest State**

\*Adapted from *Gardening for Nutrition* lesson ‘Survival Florida’ page 190

**Directions:**

1. Get into groups. Groups will be assigned by colored paper as you walk in the door.
2. Get assigned a region of the U.S.
   1. Blue – Pacific Coast (Oregon and California)
   2. Red – Southwest (Oklahoma and Texas)
   3. Yellow – Midwest (Iowa and Illinois)
   4. Green – Southeast (Kentucky and Florida)
   5. White – Northeast (Maine and New York)
3. Visit USDA Statistics (http://www.nass.usda.gov/Statistics\_by\_State/) and print out the state information. For today’s activity we have printed those for you.
4. Figure out nutritional requirements for a specific individual. Today the requirements are going to be for a 15 year old female that is 5’4” and 125 pounds. Visit https://supertracker.usda.gov/myplan.aspx to set up your own plan.
5. As a group determine if the commodities grown in your region will give you enough food to fulfill your nutrient requirements. Use websites to determine caloric value of your commodities; https://www.supertracker.usda.gov/foodapedia.aspx and http://ndb.nal.usda.gov/ndb. Decide if your commodities can meet the daily recommended caloric intake and food group amounts. Use information to complete the poster.

On Poster:

* Your region and states will be your title
* Make the following columns
  + Grains
  + Vegetables
  + Fruits
  + Dairy
  + Protein
  + Oil
* Place the commodities grown in your region in the correct column. If you have more than 10 for one category pick your favorite 10.
* On the back of the poster plan a sample menu for all meals for one day using commodities grown in your region, use the internet to estimate calories of each meal.

