

Where Do French Fries Come From?

- The grower/farmer and his employees maintain the soil and production facilities year-round. This step also affects jobs involved in real estate, banking, and insurance necessary to own and maintain a farm.
- The grower plants potatoes in the spring based on weather, price, and financial considerations. Consider as well the jobs involved in purchasing and maintaining machinery and equipment (fuel, repair, etc.).
- Throughout the summer, the farmer and his employees cultivate the crops, fertilizing, watering, weeding, etc. (Affects jobs involved in producing and distributing the fertilizer, insecticide, irrigation equipment, etc.)
- In the fall, they harvest the potatoes, using additional temporary labor, including students and day laborers.
- Potato packers or brokers grade the potatoes, sorting them by size and quality.
- The potatoes are stored in a holding facility to await shipment.
- They are washed for better presentation.
- The potatoes are bagged in desired quantities.
- Brokers or wholesalers work to find buyers and arrange conditions of the sale (in this case, a national fast-food chain).
- Truckers deliver the potatoes to the fast-food chain's distribution center. (Or shippers deliver them to overseas markets.)
- The potatoes are sent out to individual franchises (restaurants) where they are processed into French fries.
- Food service workers prepare them and serve them to customers.



Influences on My Physical Activity

Directions: For one school week, keep a record of possible influences on your physical activity.

Example:

Activity: Rode my bike to school.
Place and time: Monday morning
Companions: My mom and brother
How I was feeling: It was fun once we got started.
Other influences: It was Bike to School Day. The weather was nice.

Activity: _____
Place and time: _____
Companions: _____
How I was feeling: _____
Other influences: _____

Activity: _____
Place and time: _____
Companions: _____
How I was feeling: _____
Other influences: _____

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Influences on My Physical Activity, continued

Activity: _____
Place and time: _____
Companions: _____
How I was feeling: _____
Other influences: _____

Activity: _____
Place and time: _____
Companions: _____
How I was feeling: _____
Other influences: _____

Activity: _____
Place and time: _____
Companions: _____
How I was feeling: _____
Other influences: _____

Activity: _____
Place and time: _____
Companions: _____
How I was feeling: _____
Other influences: _____

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Foods Containing Iron

Food Item	Approximate Iron Content
• Beef, cooked reg. hamburger (4 oz.)	2.1 mg.
• Steak (3 oz.)	2.6 mg.
• Ham—light cured (3 oz.)	0.7 mg.
• Lamb chop (3 oz.)	1.7 mg.
• Fish sandwich w/cheese (1)	1.8 mg.
• Pork, cooked—shoulder (3 oz.)	1.3 mg.
• Bacon (3 slices)	0.3 mg.
• Scallops (6)	2.0 mg.
• Shrimp (fried) (3 oz.)	1.4 mg.
• Veal cutlet (3 oz.)	0.8 mg.
• Black beans (1/2 cup)	2.45 mg.
• Pork & Beans (1/2 cup)	2.5 mg.
• Chick peas (1/2 cup)	2.45 mg.
• Tofu (soybean curd)—1 piece = 2 1/2" x	1.9 mg.
• Chili con carne w/beans (1 cup)	4.3 mg.
• Pizza (cheese—1 slice)	1.6 mg.
• Chicken breast (3 oz.)	0.9 mg.
• Tuna in oil (3 oz.)	1.6 mg.
• Tuna in water (3 oz.)	0.6 mg.
• Light & dark turkey (3 oz.)	1.4 mg.
• Cashew nuts (1 oz.)	1.7 mg.
• Eggs (2 med.)	1.4 mg.
• Peanuts (1 oz.)	0.5 mg.



Foods Containing Iron, continued

Food Item	Approximate Iron Content
• Peanut Butter (1 Tbsp.)	0.3 mg.
• Mixed nuts (dry roasted—1 oz.)	1.0 mg.
• Apple juice (1 cup)	1.9 mg.
• Prune juice (1 cup)	3.0 mg.
• Tomato juice (1 cup)	1.4 mg.
• Beets, cooked (1/2 cup)	1.5 mg.
• Kale, leaves only, cooked (1 cup)	1.2 mg.
• Spinach, raw chopped (1 cup)	1.5 mg.
• Spinach, cooked (1 cup)	6.4 mg.
• Peas—frozen, cooked (1 cup)	2.5 mg.
• Raisins (1 oz. or 1 1/2 Tbsp.)	0.3 mg.
• Apricots, dried (1/2 cup)	3.0 mg.
• Strawberries, whole (1 cup)	0.6 mg.
• Watermelon, diced (1 cup)	0.3 mg.
• Molasses, blackstrap (2 Tbsp.)	10.1 mg.
• Noodles, enriched, cooked (1cup)	2.6 mg.
• Corn chips (1 oz.)	0.5 mg.
• Tortilla (1)	2.2 mg.

Source: Gebharts and R. Matthews. 1991. "Nutritive Value of Food." Washington, DC: U.S. Department of Agriculture Bulletin #72.

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Am I Rich (in Iron)?

My Personal Iron Log

Day	Foods I Ate	Mg. of Iron	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- Approximately how many milligrams of iron did I eat per day?

- Did I meet the daily recommended amount of iron per day?

- My goal is to eat _____ milligrams of iron per day.
- My plan to eat the recommended daily value of iron is _____

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