

Kentucky Foods

The following is a list of common foods grown or processed in Kentucky. Most of the vegetables listed will be enjoyed fresh or preserved at home.

Fruits/Vegetables

Tomatoes
Green Beans
Potatoes
Sweet Corn (Corn-on-the-Cob)
Squash
Watermelon
Cabbage
Lettuces
Grapes
Apples
Peaches
Cucumbers

Meat & Dairy

Chicken
Eggs
Beef
Pork
Milk
Eggs
Ham, especially Country-Style Ham
Sausage
Bacon
Pork Chops
Pork Ribs
Cheese
Hot Dogs
Lunch Meats

Grain Foods

Vegetable Oil (Soybeans)
Corn Tortillas and Chips
Popcorn
Cookies
Crackers
Biscuit and pancake mixes
McDonald's' Biscuits and Pancakes
Cracker Barrel Biscuits and Pancakes
Weisenberger Mills Baking Mixes
Krusteaz Baking Mixes
Girl Scout Cookies

Other

Jif Peanut Butter
Hot Pockets
Red Baron Pizzas
Marzetti Branded Foods
Sister Shubert's Dinner Rolls
Kelloggs Pop-Tarts and NutriGrain Bars
Airheads
Mentos
Kentucky Proud marked products

Origins of Common Foods & Products

The countries and states listed are either the largest producer or the primary country that exports that product into the US. Students could also be asked to research this information on their own.

Almonds - US (California)	Guava - Mexico
Apples - US (Washington, Michigan, New York)	Kiwi - Chile
Avocados - Mexico	Lemons - Mexico, Argentina
Bananas - Guatemala, Costa Rica	Lumber - US (Alaska, Oregon)
Beans - US (Michigan)	Mango - Mexico, Peru
Beef - US (Texas, Nebraska, Kansas)	Mushrooms - US (Pennsylvania)
Blueberries - US (Michigan)	Oats - US (South Dakota, North Dakota)
Broccoli - US (California)	Onion - US (Washington)
Cabbage - US (New York, Texas, California, Florida)	Oranges - US (Florida, California)
Carrots - US (California)	Peaches - US (California)
Cheese - US (Wisconsin)	Peanuts - US (Georgia)
Cherries - US (Washington)	Pecans - US (Georgia)
Chicken - US (Southeast)	Peppers - US (California)
Chocolate - Top processors are Germany, Belgium, Netherlands, US. Cocoa beans come from West Africa	Pineapples - Costa Rica, US (Hawaii)
Coconut - Indonesia, Philippines	Pistachios - US (California)
Coffee - Brazil, Canada, Mexico, or Hawaii	Pork - US (Iowa)
Field Corn - Corn used for snack foods, breads and cereals - US (Iowa, Illinois, Nebraska)	Potatoes - US (Idaho, Washington)
Cotton - US (Texas, Georgia)	Rice - US (Arkansas, Louisiana, Texas, Mississippi)
Cranberries - US (Wisconsin)	Soybeans - US (Illinois, Iowa)
Cucumbers - Mexico	Sugar - US (Louisiana, Texas, Florida, Hawaii)
Eggs - US (Iowa)	Syrup (Maple) - US (Vermont)
Fish - US (Alaska)	Tea - China, India
Flowers - US (California)	Tomatoes - US (Florida, California)
Grapes - US (California)	Turkeys - US (Minnesota, North Carolina)
Green House Vegetables - US (California)	Walnuts - US (California)
	Watermelon - US (Texas, Florida)
	Wheat - US (Kansas, North Dakota)
	Yogurt - US (New York)

How Large is Your Ecosystem?

Plot or color the countries of origin of your favorite foods, clothing, and consumer goods. Then find the two farthest points on the map and write down the distance in miles. You may need to conduct research. This distance represents the size of your ecosystem.

