Healthy Life In The

= Healthy Life From The Soil

Many of the things we take for granted in our daily lives depend upon soil. For example:

some components of both cell phones and computers are manufactured using materials mined from soil, our homes are built with materials that grow in soil, the air we breathe is produced by plants that grow in soil, and most of the food we eat grows in or on soil.

For all of these reasons and many more it is important that our soil is healthy. HEALTHY soil needs air, water, minerals, organic matter, and living elements such as insects, worms and microbes.

EARTHWORMS

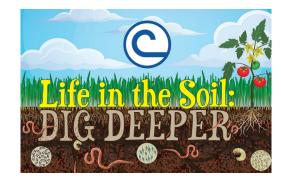
Healthy Soil Word Search Find the words listed below on this placemat AND in this puzzle and circle them in **BOTH** places. Words in the puzzle can run up, down, forwards, backwards or diagonally.

	V	w	т	Т	С	L	R	С	Ζ	Ζ	Ρ	J	Е	Х	Ρ
	0	Ε	Χ	S	Κ	R	0	S	Υ	Α	Α	V	Α	Т	L
	Q	D	G	S	0	Ν	Е	Ν	Е	F	Υ	Χ	R	J	Α
	S	Ρ	R	Е	S	Ρ	В	С	D	Е	Е	S	Т	Υ	Ν
	S	С	Μ	Е	Т	F	Μ	E	Υ	В	R	Т	н	R	Т
	1	0	R	С	С	Α	Е	0	Q	С	Α	Т	W	Е	S
	W	V	0	R	1	Α	Т	Υ	С	L	L	Χ	0	Т	J
Î	Е	Υ	0	F	G	Ν	Н	1	D	Υ	Κ	Е	R	Α	L
	Ρ	Ρ	Х	U	1	Т	Ρ	Ν	0	F	Е	F	Μ	W	Υ
	S	G	н	С	L	U	Μ	0	D	Ν	Ν	U	S	L	D
4	н	Q	Μ	Α	S	Χ	С	1	0	R	G	Α	Ν		С
1	Α	0	Е	G	R	0	W	S	Т	С	V	S	D	F	В
	В	Н	Μ	Α	Т	Ν	1	0	Т	L	0	0	D	Е	Μ
	Κ	G	Ρ	Е	Υ	W	Κ	R	Ν	Т	0	Ζ	Ν	Т	E
	S	L	Α	Μ	1	Ν	Α	E	L	F	G	Е	I.	Υ	Х
1	AIR ANIMALS COMPOST CONSERVE			CROPS EARTHWORM EROSION FOOD			GROW HEALTHY HOME LIFE		MULCH ORGANIC PLANTS RECYCLE			T V	SOIL TREES VEGETATION WATER		

There are MILLIONS of living organisms in every GRAM of soil! (One gram of soil is about the size of a navy bean.) These organisms do many things that make our life better such as: • increase soil fertility - providing us with nutrient rich food.

 produce some of the medications we use - like antibiotics.
recycle carbon used by plants during photosynthesis - giving us air to breathe.
filter water as it passes through - helping purify our drinking water.

Healthy Lives Depend on Healthy Soil!



ational Association of	
onservation Districts	

Item

Cheese

3

Na



Draw of white on the plate what you ate during your most formation of the plate what you at a set of the plate wha

A Healthy Meal

List two of the items from your plate on the lines below and relate each item to soil. For example, if one of the items you ate contained cheese:

> Visit www.nacdnet.org/general-resources/stewardship-andeducation-materials/2019-life-in-the-soil-dig-deeper and www.soils4teachers.org for additional education materials.

How Item Is Related To Soil

Cheese is made from milk which comes from

cows, who eat grasses that grow in soil.

Plant It!

Prevent soil erosion by planting trees, grass, flowers, herbs and edible vegetation. The fertile layer of topsoil is actually a thin layer.

Planting vegetation helps prevent both wind and water erosion.

Rotate It!

Rotating the crops grown in the same field, for example a grain versus a bean, will increase the fertility of the soil as well as increase yields.

Worm It!

Organisms living in soil break down organic material, such as leaves, that plants need for growth and help aerate the soil. Avoid excessive use of fertilizers and pesticides as they can destroy beneficial organisms like earthworms.

Mulch It!

A 2-4 inch layer of mulch can help conserve moisture, control weeds, and even help cool the soil in extreme temperatures.

1 Type Compost It!

SOIL

CONSERVATION

Μ

WE

Composting is a great way to recycle paper, leaves, lawn clippings and vegetable scraps. Compost enriches soil with nutrients, improves soil texture and encourages better water retention by soil. Composting is easy and doesn't take much space.

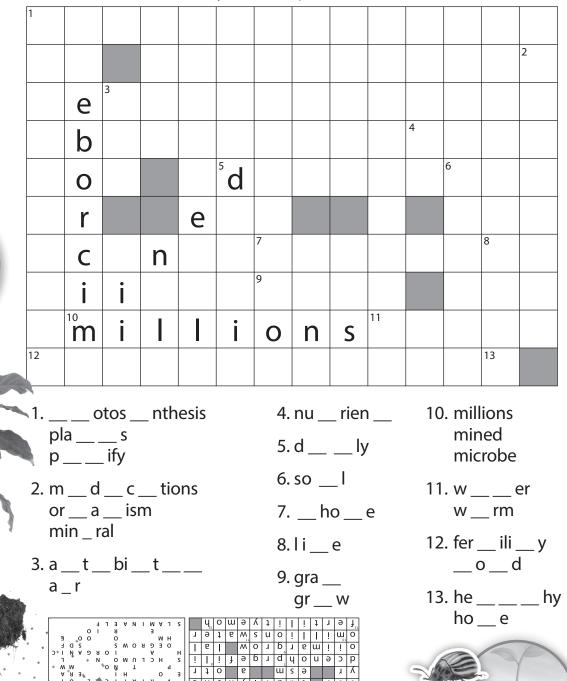
Unscramble The Tiles

NACD www.nacdnet.

and put them in their proper order to discover an important message about soil.

WELI	CE. LTH	•	ΝΙ	OUR	O N
RTA Y S	LY SOI	RE	ΝΤ	ΗΕΑ	S A
RESMPO	OIL				
				* * * *	

Read **Healthy Life in the Soil = Healthy Life from the Soil** on the other side and then fill in the blanks to complete each word. Use the words to fill in the puzzle. The word(s) in each numbered group start or end on the same number in the puzzle. Words can read in all directions: forward, backward, up, down or diagonally. Words may overlap so that some letters can be used more than once. Number 10 has been done for you as an example.



I IIE SCRAMDIE: SOIL IS AN IMPORTANT RESOURCE. WE RELY ON HEALTHY SOIL.