



Oregon State
University

Oregon Grown

Klamath County Extension



Mrs. Case

CHAPS



Henny Penny



Hello Students! Welcome to the Oregon Grown classroom. In our classroom we'll explore all about food—where it grows, how it grows, who grows it and best of all, how we can eat it! My name is Mrs. Case and I've brought along my friend Henny Penny. Here chicky chicky Henny. Can you guess what we'll be talking about today (Hint—what am I wearing?). PAUSE. So many things come from the farm, even things like my chaps. Can you think of other things you use every day that come from the farm?

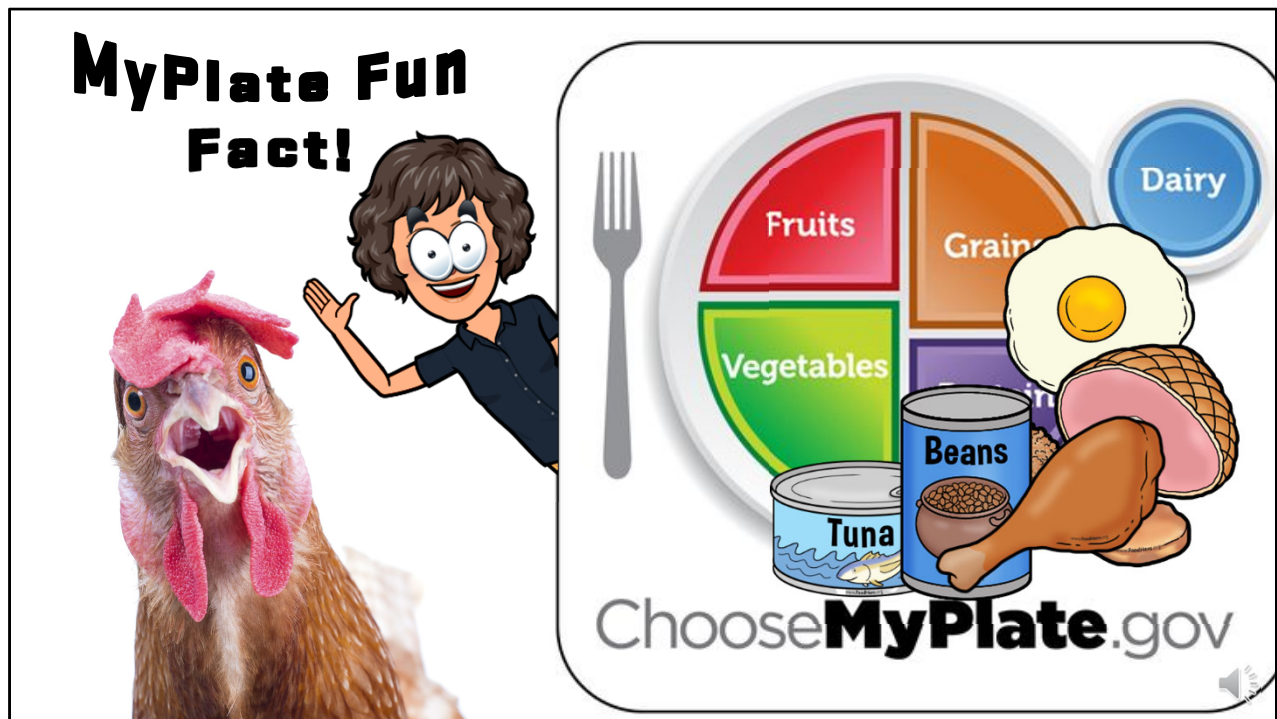
*****TEACHER NOTE:**

Key Message: Students will understand many agriculture products and waste materials can be made into products we use every day.

This lesson meets Oregon state Standards: NGSS 3-LS1-1; SS 3.10; RI 3.2, 3.7; Essential Skills 4, 9

Length: 13 minutes 25 seconds without pauses for the activity and discussion. Total of approximately 45 - 60 minutes with activity and discussion pauses.





Its time for MyPlate Fun Facts! How many of you have seen this picture of MyPlate? It reminds us to balance our meals with all the food groups. Henny Penny challenges you to guess what food we're featuring. Eggs of course! What food group do eggs belong to? Protein. Eggs and other protein food help repair our muscles and skin. The egg yolk has Vitamin A for vision. Can you name other protein rich foods? Pork and beef, beans, fish and chicken. Sorry Penny.

Veggie Omelet in a Mug

Ingredients

- 2 eggs
- 2 Tablespoons low-fat or nonfat milk
- 1 dash salt
- 1 dash pepper
- ¼ cup finely chopped vegetables (any type)
- 2 Tablespoons grated cheese (any type)

Directions

1. Wash your hands with soap and water. Gather ingredients and cooking tools.
2. Lightly grease the inside of a 12-ounce microwave-safe mug.
3. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well.
4. Mix in the vegetables and cheese.
5. Microwave on HIGH for 45 seconds. Stir.
6. Return to microwave and cook on HIGH until the mixture has puffed and set, 60-90 seconds. The omelet may look wet on top but it will dry as it cools.
7. Refrigerate leftovers within 2 hours.



Just 10 minutes and you have a great start to your breakfast



Shell color
does not affect
egg nutrition or
safety.

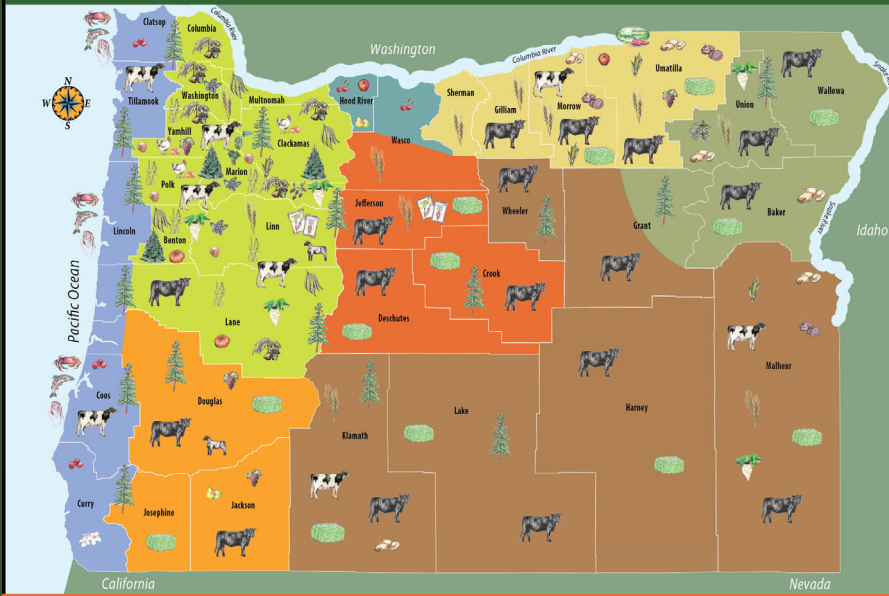
Here's a simple recipe featuring eggs you can make with the help of an adult. Start by washing your hands. Then mix all the ingredients in a microwave safe mug. You'll have your own omelet in 10 minutes, just the way you like it. Ever wonder why some eggs are brown? Hens with white feathers usually lay white eggs while those with red feathers lay brown eggs. They ALL taste good.

*****TEACHER NOTE:** See individual recipe handout or visit www.foodhero.org to print. At <https://foodhero.org/recipes/veggie-omelet-mug>

Video of recipe being prepared available at: <https://youtu.be/-VmxjxjTsbI>



Grown in Oregon



Legend

- Oregon's Agricultural Regions
- Coast
 - Willamette Valley
 - Southern Oregon
 - High Desert
 - High Columbia
 - Columbia Plateau
 - Northwest
 - Southeast
- Apples
 - Blackberries
 - Cherries
 - Corn
 - Dairy
 - Forestry
 - Greenhouse/Nursery
 - Hops
 - Peppermint
 - Sheep
 - Vegetable/Flower Seed
 - Beans
 - Blueberries
 - Chicken Eggs
 - Crab
 - Easter Lily
 - Grapes
 - Onions
 - Potatoes
 - Shrimp
 - Watermelon
 - Beef
 - Broccoli
 - Christmas Trees
 - Cranberries
 - Fish
 - Grass Seed
 - Hazelnuts
 - Pears
 - Pumpkins
 - Sugarbeet
 - Wheat/Barley