



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?

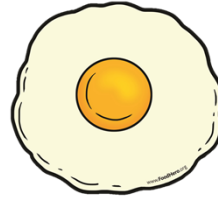
*****TEACHER NOTE:**

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.

SO MANY THINGS COME FROM THE FARM!



Did you guess any of these? Potatoes, beef/meat, eggs (thank you Henny Penny), cereal and even lotion and my chaps. Did some of those things surprise you? In this lesson you'll learn the difference between a main commodity and a by-product. There are so many things we eat and use every day that come from the farm.

It Starts on the Farm



Book: 'Til the Cows Come Home



Lesson: What are By-Products



Activity: Ag Tag Game



Fun Facts and Try It!



Here's our plan. First, we'll read a book about something special made from cows. We'll learn more about by products from the farm. Play a game called Ag Tag to connect to the original source of farm products. And of course, we'll end our lesson with Fun Facts and a recipe you can make at home. Yee-Haw, that's cowboy language for Let's have some fun!



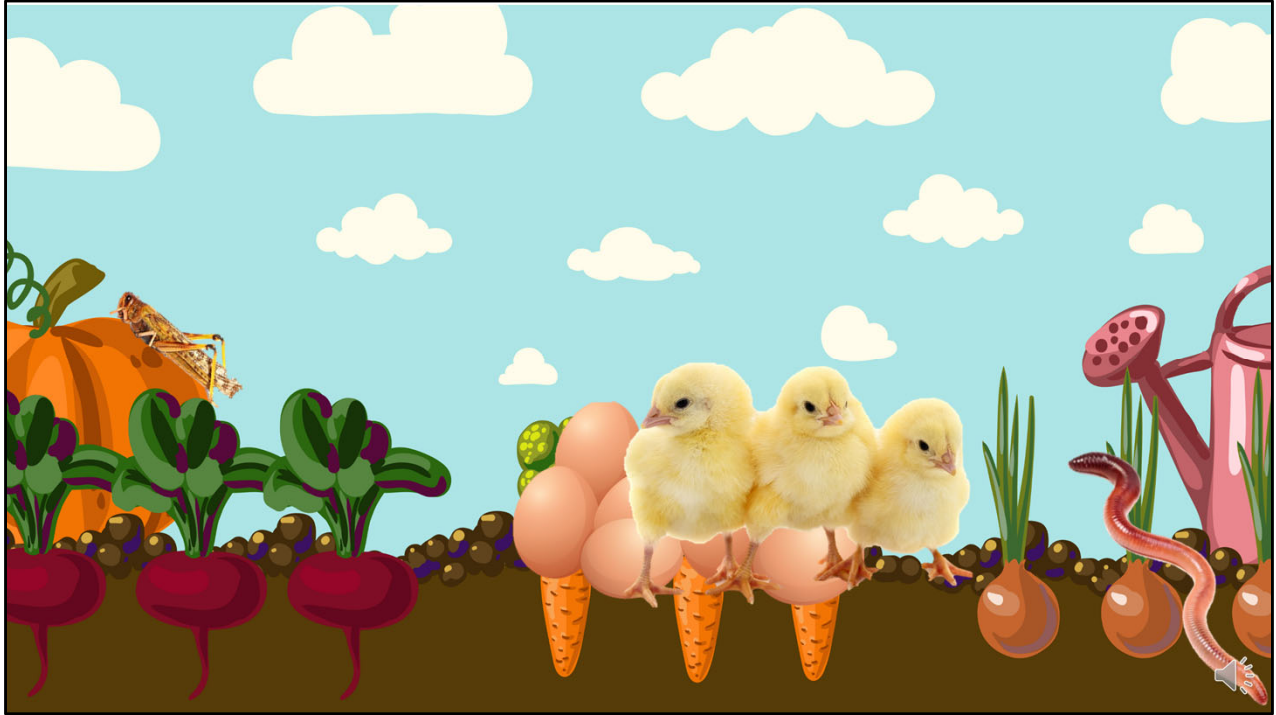
Here's our book: "'Til the Cows Come Home". This book tells the story of a cowboy that uses and reuses a special piece of leather from cow hide. Let's stop here and read it. Think about the something you've used over and over, where did it originally come from? If you've already read this book, let's continue with our lesson.

But first, here is a joke Henny likes: Why don't eggs tell jokes? They'd crack each other up!

*****TEACHERS NOTE:** You can check this book and/or lesson kit out by contacting your Klamath County's extension office's SNAP-Ed program. The books can be delivered with or without your classroom kit prior to the lesson date. An OSU educator will set up a time to pick up the book and/or lesson kit after the lesson date. Please pause here to read the book to students. If you have already read the book, move on to the next slide for discussion.



So many things come from the farm. If you think about it, you'll find that the farm is the original source of most things we eat. And, surprise, even some things we don't eat! Like these leather shoes. The word commodity is a plant or animal that farmers raise for money. A commodity has both a main product its grown for as well as by products we use of other purposes.



To help you understand this, I'll tell you the story of Henny Penny. Henny's main job at my house is what? Lay eggs so I can have an omelet for breakfast. So eggs are Henny's main commodity. But Henny has other jobs. She eats bugs in my garden and I use her chicken poop as fertilizer. If I had a rooster, I could hatch baby chicks. These other jobs would all be called a by-product or secondary to her main purpose of laying eggs.



Let's review. What is a commodity? The main product for which the plant or animal is grown (its first and best use). And a by-product? The other products made from the original source (or secondary). Can you tell me the commodity or main product from a beef cow? Meat or hamburger, you got it. And what would be by-products from a cow? Remember the cowboy in the story that used leather to make chaps, vest, gloves. Leather comes from the tanning of animal skin or hide. Leather is a by product. Cow manure used for fertilizer and bones used in marshmallows are by products. Lets practice this some more!



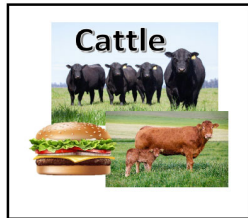
The banner features a wooden background. On the left is the 'FOOD HERO' logo with 'FoodHero.org' below it. On the right is the 'OREGON HARVEST for SCHOOLS' logo. The text 'Activity Time' is centered in large white letters. Below the banner is a white area with a yellow dotted border. A cartoon woman with brown hair, wearing a blue shirt and brown pants, is holding a large green checkmark. To her right is a blue square icon containing a green checkmark, followed by the text 'Ag Tag Matching Game'. A small speaker icon is in the bottom right corner of the white area.

Now its time to do an activity together. We are going to match the byproducts or tag them to their original source. Let's get started.

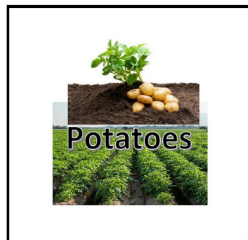
*****TEACHER NOTE:** You can request to check out a lesson activity kit from Klamath County OSU extension office. Activity options for this lesson include a physical (out of desk) Ag Tag relay game or a class set of individual (at desk) Ag Tag cards. Ag tag Cards are available on website to print or in a kit to check out & return.

If you have not received a kit. Pause here and please see the printable alternate activity kit materials and video on this lesson's webpage. You can watch the video and complete the activity using a blank piece of paper or print out the alternate activity page and use it to follow along with the video. Check out the Alternate activity section of Supporting Lesson Materials on this lessons webpage.

What you will need:

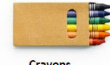


Ag Tag Matching
Game Card



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For this activity get out your Ag Tag Matching Game Card and the set of mini by-product cards. Ready?

*****TEACHER NOTE:** Pause here to ensure everyone has all materials. If you would like to provide real life examples, share real pieces of leather and wool with students so they can touch. Encourage discussion about the wool and leather pieces ask: are you wearing anything made of leather or wool?

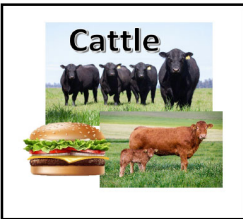
*If you have not received a kit, please see the printable alternate activity kit materials on the lesson webpage.

There are 5 commodity groups to choose from:



On your game card you have 5 commodity groups to choose from. Let's name them. Cattle, Corn, Sheep, Potatoes and Wheat.

AG TAG MATCHING GAME



Ag Tag Matching
Game Card



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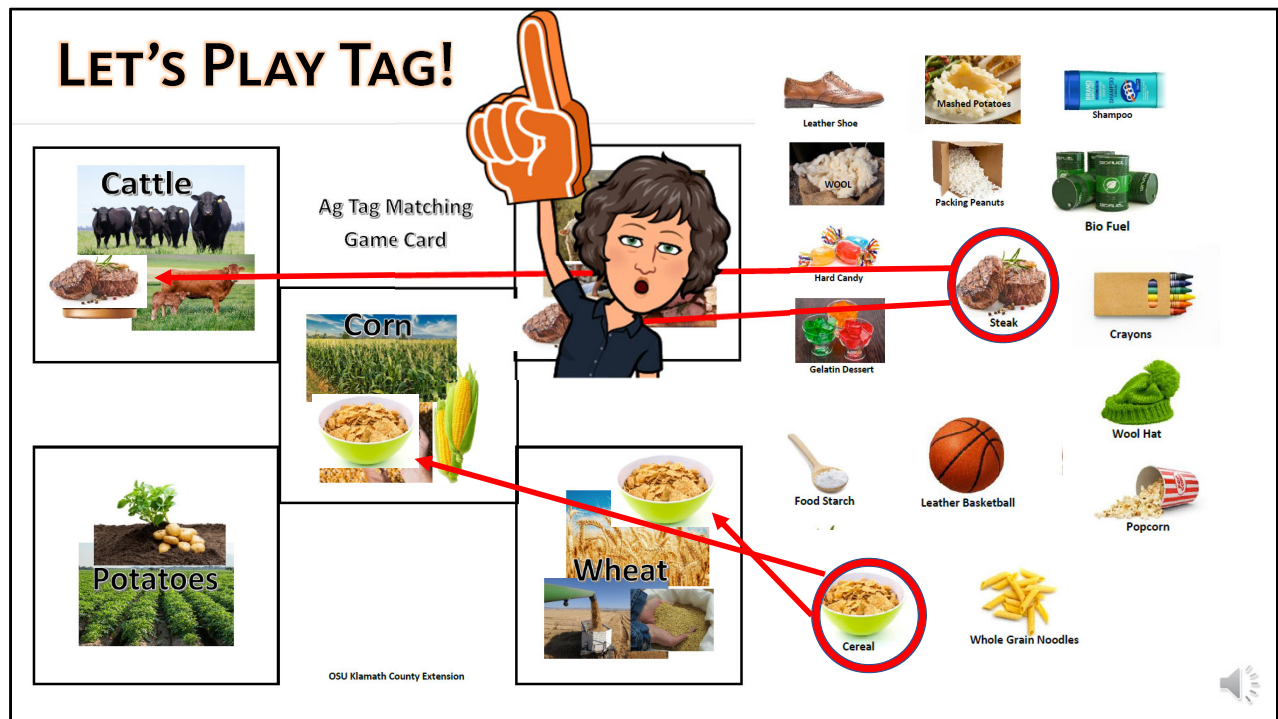
Commodities:
Main product
and
by-products



Ag is short for
Agriculture



Listen for instruction for the AG TAG Game. You'll match or tag pictures of by-products on your cards and place them under one of the 5 commodity groups on the AG TAG Matching Card. Remember: commodities have a main product they're raised for and also by-products that are used for other purposes. Consider all of the possible purposes for a commodity. Once we are done you will have all of your cards on the matching page. Then we'll compare our answers. Let's head 'em up and move 'em out. Y'all know why I call this game "AG TAG"? Ag is an abbreviation for Agriculture



Let's try a few together and then you can work on your own. I've got out my Matching Game Card and my mini cards. Let's look at steak. Which category should that go in? I think it should go under cattle or maybe sheep. There are more than one copy of some of the by-product cards which means they may belong in more than one commodity group. Since there are two steak cards I am going to put one under beef and one under sheep. There are two cereal cards, I know cereal is made from grain so I will put one under Wheat and one under Corn. Let's Play Tag – you're it.

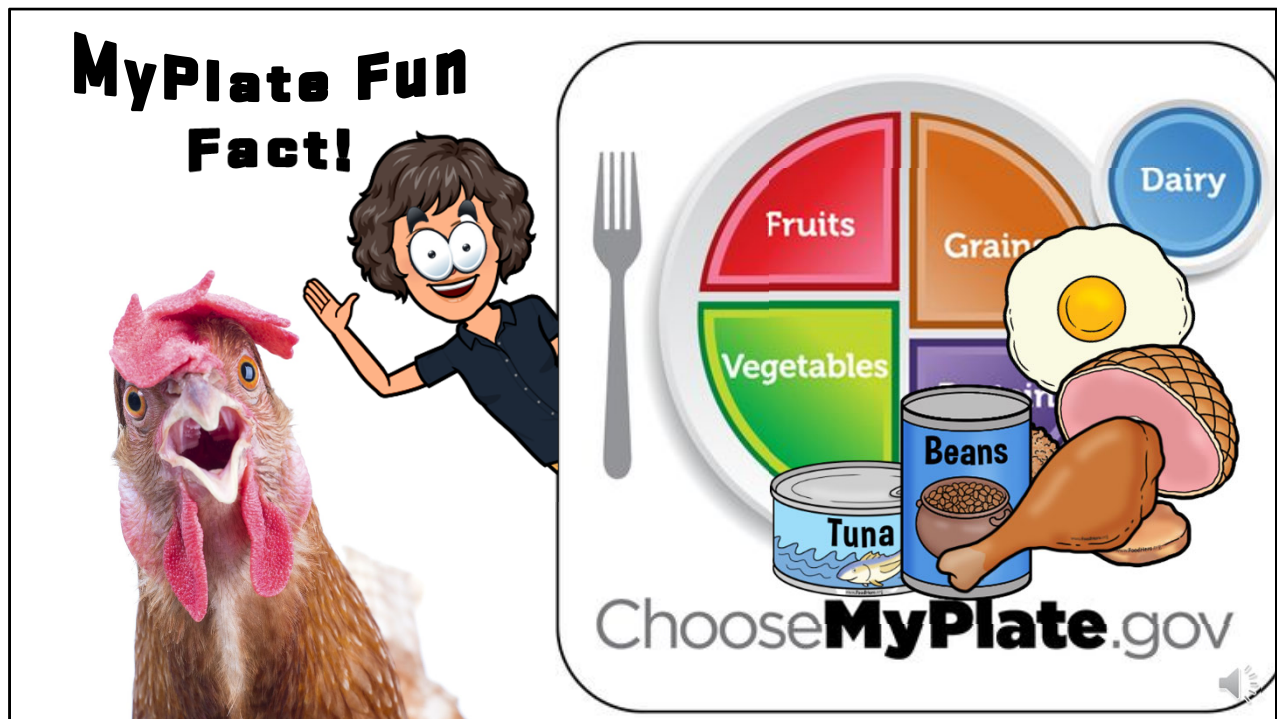
***** TEACHER NOTE:** Pause here to allow students to place cards in categories. Return to video for a review.



Let's see how your answer compare with mine. Basketballs and leather shoes are made of the cow's hide. Fat is used make crayons- so they can be under cattle and sheep. The bones from cows or sheep can be used in gelatin. Next is corn. Corn is used as a sweetener for candy; pop the kernel to make popcorn. The starch from corn can be made into packing peanuts or a as biofuel (ethanol) for cars. What items did you list under sheep? We can eat the meat. Or use the wool to make warm hats. Lanolin found in sheep skin and wool are used in lotions and shampoo. Leftovers or waste materials from animals or food provide food for our pets and farm animals. Potatoes become mashed potatoes; starch from the potatoes thickens foods like gravy or pies. Flour that comes from wheat is made into noodles or make sauces thick. Wow. Look at all those things that come from a farm? Very Gooood class.

*****TEACHER NOTE:** Pause here and all the students to clean up their game cards. Up next are MyPlate fun Facts!





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

Farmer Fun

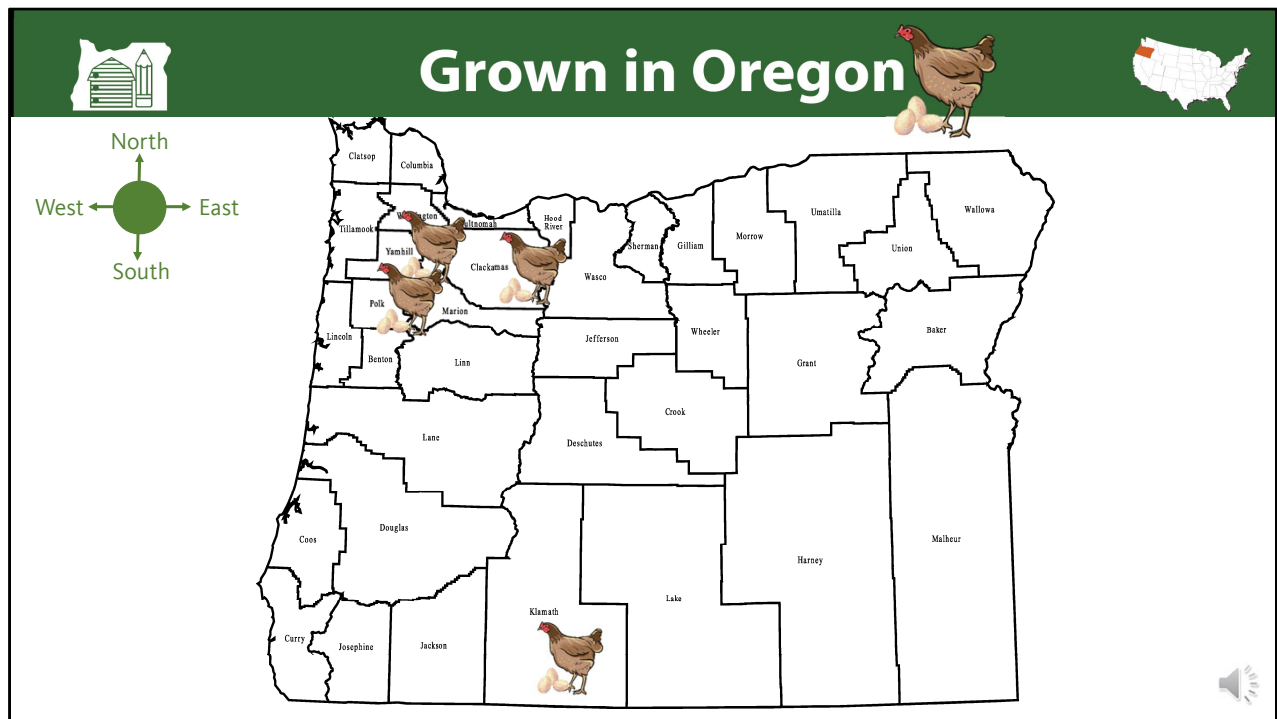
One hen = about one egg a day

One hen = 265 eggs a year!

One human = 250 eggs a year!

Oregon Agriculture in the Classroom Foundation • oregonaitc.org

Its time for Farmer Fun Fact. How many eggs does a hen lay each year? A hen lays one egg almost every 24 hours (that’s about one day). How many eggs would that be each year? Did you guess 365? You were close, its about 265. Henny’s gotta take a few days off, right? Here’s another interesting fact: the average American eats 250 eggs each year—that’s about one chicken needed per person! Let’s find out where those eggs are produced in Oregon.



This is a map of Oregon showing all 36 counties. You can raise chickens in every county, maybe even in your own backyard. In fact, in the 1920s most eggs were produced in backyards of peoples homes. But now a lot of us buy our eggs at the store. If we look at the counties that raise the MOST eggs that would be in Clackamas, Polk and Yamhill. You may have heard of Willamette Egg Farm in Canby, Oregon, its in this region (between Woodburn and Molalla).

Egg Production in Oregon. Video from Oregon Ag in the Classroom:

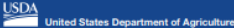

<https://youtu.be/XloI3ZQVprM> (20 minutes long)

Food Hero: <https://youtu.be/OhExaDLWf1E> (2.30 minutes) Oregon Harvest for Schools video



That concludes your Oregon Grown lesson. Be sure to think about all the things you use everyday that start on the farm. Thank you plants, animals and farmers too. See you next time!

*****TEACHER NOTE:** After this lesson, please ensure students complete post assessment exit ticket. You can find the link on our website located on this lesson webpage under main lesson materials. This is how we are collecting data on how many students we are reaching and their understanding of our lessons. It is two questions, multiple choice/true or false.

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The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o'

fax:
(833) 256-1665 o' (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

Form AD-475-S SNAP and FOPIR Poster Revised September 2019 Afiche del Formulario AD-475-S SNAP y FOPIR / Revisado Septiembre 2019

*****TEACHER NOTE:** If program delivered in a non-school setting, you must read the script below

Oregon State University's Klamath County Extension Service would like to take a moment to share with you the And Justice For All poster, something we display when we are teaching. It provides non-discrimination information stating that our institution is prohibited from discriminating in accordance with civil rights regulations and policies. For more information see this link -> <https://www.fns.usda.gov/cr/and-justice-all-posters-guidance-and-translations> This program is partially funded USDA's Supplemental Nutrition Assistance Program.

Credits [1 of 1]



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Extension Service



Oregon Agriculture in the
Classroom Foundation

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This material was funded in part by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

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Photos by: FoodHero.org; Oregon Ag in Classroom, Shutterstock

Sources:

Oregon Ag in the Classroom
Food Hero Newsletter
Oregon Harvest for Schools

Acknowledgements:

Stacy Johnson, Teacher at Shasta Elementary School (project advisor)
Patty Case, OSU Klamath Extension (developed lesson materials)
OSU Klamath Extension Nutrition Education Team

Supplemental Activities that align with this Lesson:

Grown in Oregon Scavenger Hunt from Oregon Ag in Classroom available at
<https://oregonaitc.org/lessonplan/grown-in-oregon-map-savenger-hunt/>

Additional Videos: