



Oregon Grown

Klamath County Extension



With Mrs. Todd!

INTRO SLIDE

Hello Students! Welcome to the Oregon Grown classroom with Mrs. Todd where we learn all about Oregon grown foods and healthy ways we can eat them!

*****Teacher Note:** This lesson video is 2 minutes and 36 seconds in length.

Share Your Food Traditions



Food traditions



Recipe handout

OVERVIEW PAGE

Today's Lesson is all about Your Food Traditions!

Throughout our Oregon Grown Curriculum we discuss foods and recipes based on Oregon's food culture. However, today, we want to hear from you!

First, we will talk about what is a food tradition.

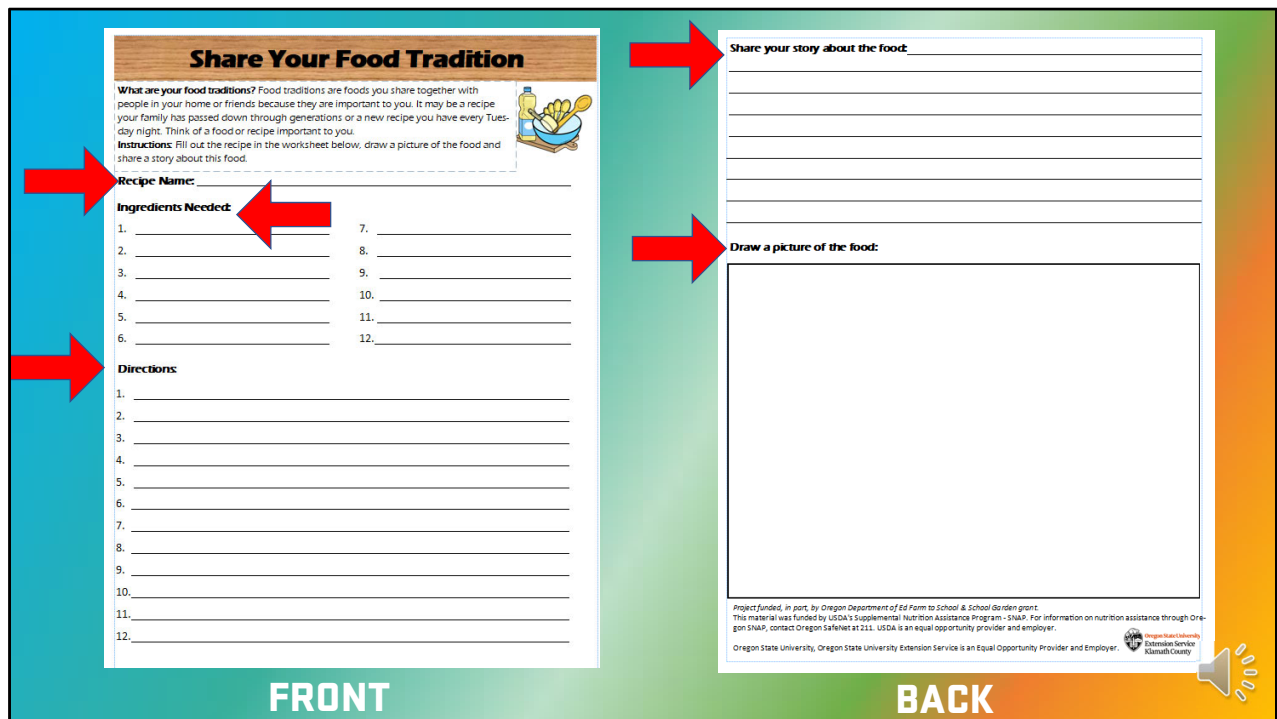
Then we will show you the recipe handout you can use to share your food tradition!

Are you ready?!



ACTIVITY INTRO PAGE

All of your classes food tradition recipes will be made into a classroom cookbook. The cookbook gives us an opportunity to share all of your food traditions and cultures with each other.



ACTIVITY INTRO PAGE

The first step is to choose your recipe. Think about a recipe that is important to you. Maybe it's your favorite dish to eat on a holiday. Maybe it's a dish that brings back a special memory. Maybe it's a dish that represents your culture or heritage. Pick One!

Next, write the recipe name under the instructions. ***CLICK*** If your recipe doesn't have a name, then you get to name it.

The next step is to think of all the different ingredients you need to make this recipe. ***CLICK*** Your recipe may have a couple ingredients, or it may have a lot of ingredients. Just make sure to write them all down.

Directions. ***CLICK*** This is where you tell someone how to make your recipe. You can use each line as a different step if that helps. Be sure to use detail and tell which kitchen utensil you use to complete each step.

When you are done with the directions, think about why you chose this recipe to share with your class. Share your story about this food. ***CLICK*** Be sure to include why this recipe is important to you.

Lastly, ***CLICK*** use your best coloring skills and draw a picture of the recipe that you chose to share with the class. ***CLICK again to make the last arrow disappear***

*****TEACHER NOTE:** Make sure you print this document front to back for each student to take home. You will find the document under this lesson video on the lesson webpage.

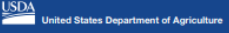

See you next time!

BYE!



Well, that was our activity for today. Thank you for learning with me in our online Oregon Grown classroom. See you next time!

*****TEACHER NOTE:** OSU Extension may be able to print copies of your cookbooks with a color cover for your class. Please contact OSU if you are interested in help with color copies and printing of the of your class cookbook. Use the contact us link on the webpage

AND JUSTICE FOR ALL

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Form AD-475-S SNAP and FOPRR Poster Revised September 2019

Afiche del Formulario AD-475-S SNAP y FOPRR / 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 Slide (1 of 1)



Oregon State University
Extension Service



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This material was funded 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.

Photos Source: FoodHero.org

Farmer fun facts by: <https://oregonfb.org/2018agweek/> & <https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Pages/OregonHarvestforSchools.aspx>

Activity Source: Oregon Agriculture in the Classroom Foundation



Oregon Agriculture in the
Classroom Foundation