

Oregon Grown

Klamath County Extension

With Mrs. Paolina!



INTRO SLIDE

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

***TEACHER NOTE:

Key Message: Students understand the products we use everyday start as a natural resource or an agricultural product.

This lesson meets Oregon state Standards: NGSS: 3-LS1-1; SS: 3.10; HE 1.3.3,2.3.1; RI: 3.4; SL 3.3; W: 3.8; Essential Skills: 4, 9

Length: 20 minutes without pauses for the activity and discussion. Total of approximately 45 - 60 minutes with activity and discussion pauses.

From the World to You



Book!



Vocabulary



Activity: Sorting game



Fun facts and Try it!



OVERVIEW PAGE

Today's Lesson is called From the World to You! This lesson will teach us about where things we use everyday, like a car or clothes, come from.

First, we get to hear about a book called: How Did That Get In My Lunch Box.

Next, we are going to learn vocabulary words that will help us understand where our foods come from

Then, a fun activity where we get to play a sorting game!

Finally, we will end our lesson with fun facts and a recipe you can try at home!

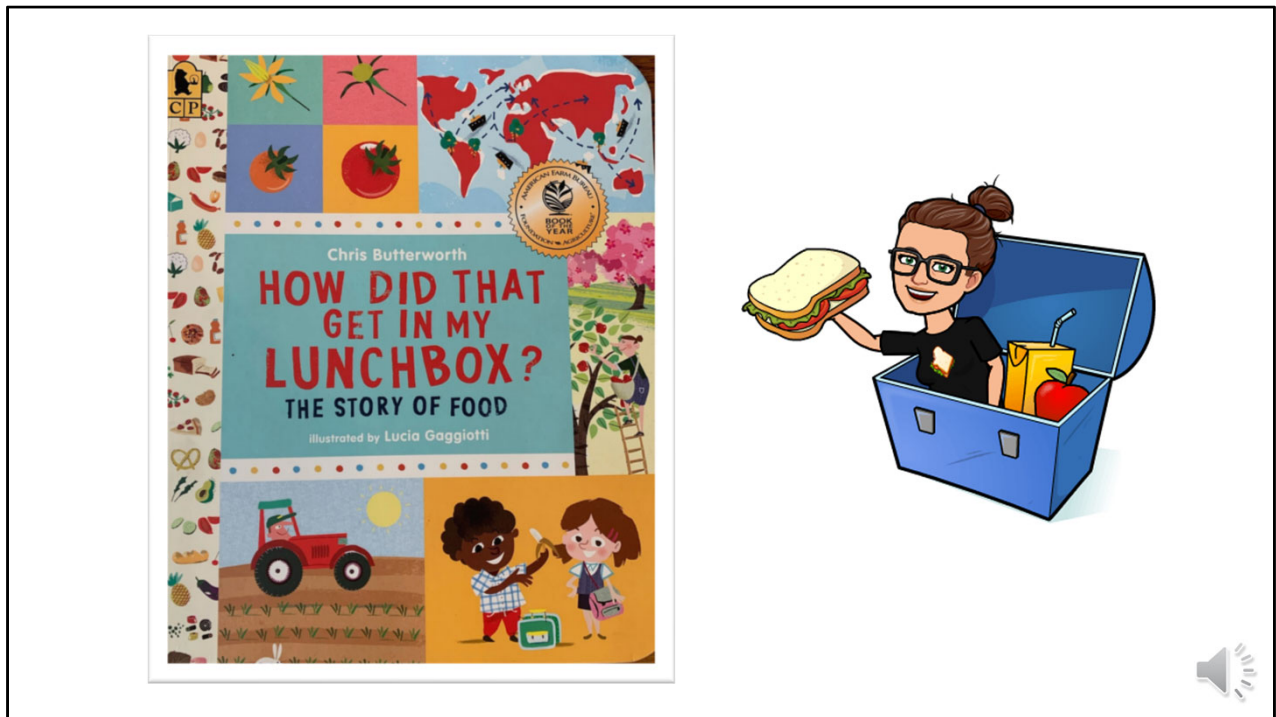
Are you ready?!



BOOK INTRO/DISCUSSION PAGE

Here it is! How Did That Get In My Lunchbox is a fun book I love to share with my students. This book tells us the story of how farmers and other workers work together to get foods to our lunch boxes so we can eat it. Have you read this book? If not, Let's stop here and read it! If you have already read this book, lets keep on learning!

*****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.



BOOK INTRO/DISCUSSION PAGE

How about that book? It is always interesting to stop and think where things come from and how they get to us. It is amazing how much work it takes to get a piece of bread or a slice of cheese ready for us to eat. In this book I noticed most items in our lunch box start with a product grown or raised on a farm. Let's look at some new vocabulary words that will help us learn more about the steps it takes to get foods and other items we use everyday to our homes.

Natural Resource: materials or substances such as minerals, forests, water and fertile land that occur in nature and can be used for economic gain



minerals



forests



water



fertile land
(Soil on a
farm)



economic gain



LESSON TOPIC INTRO/ Discussion

Our first vocabulary word is NATURAL RESOURCE! The meaning of a Natural Resource is: materials or substances such as minerals, forests, water and fertile land that occur in nature (on our earth) and can be used for economic gain. Economic gain what is that? That just means all of our natural resources can be made into businesses, create jobs and provide people money to pay bills and live off of.

*****TEACHER NOTE:** Pause here if you would like to discuss the vocabulary word further.

Farmland with fertile soil

Blackberry bush

Blackberries

S
w

lace or thing from
om

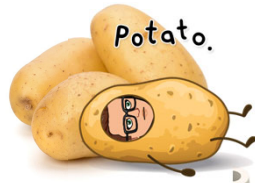
LESSON TOPIC Discussion

Our next vocabulary word is Source. The meaning of the word source is: a person, place or thing from which something comes from. For example, Blackberries grow on bushes that are planted on farms. This means the farm is the PLACE where the blackberries come from. This means the Farm is the source of the blackberries!

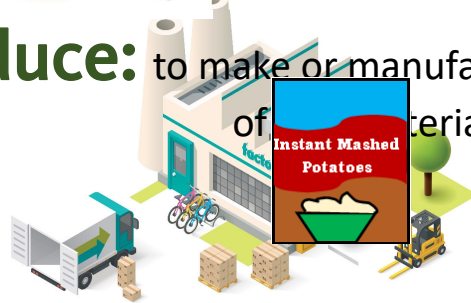
*****TEACHER NOTE:** Pause here if you would like to discuss the vocabulary word further.



fertile land
(Soil on a
farm)



Produce: to make or manufacture from components
of materials.



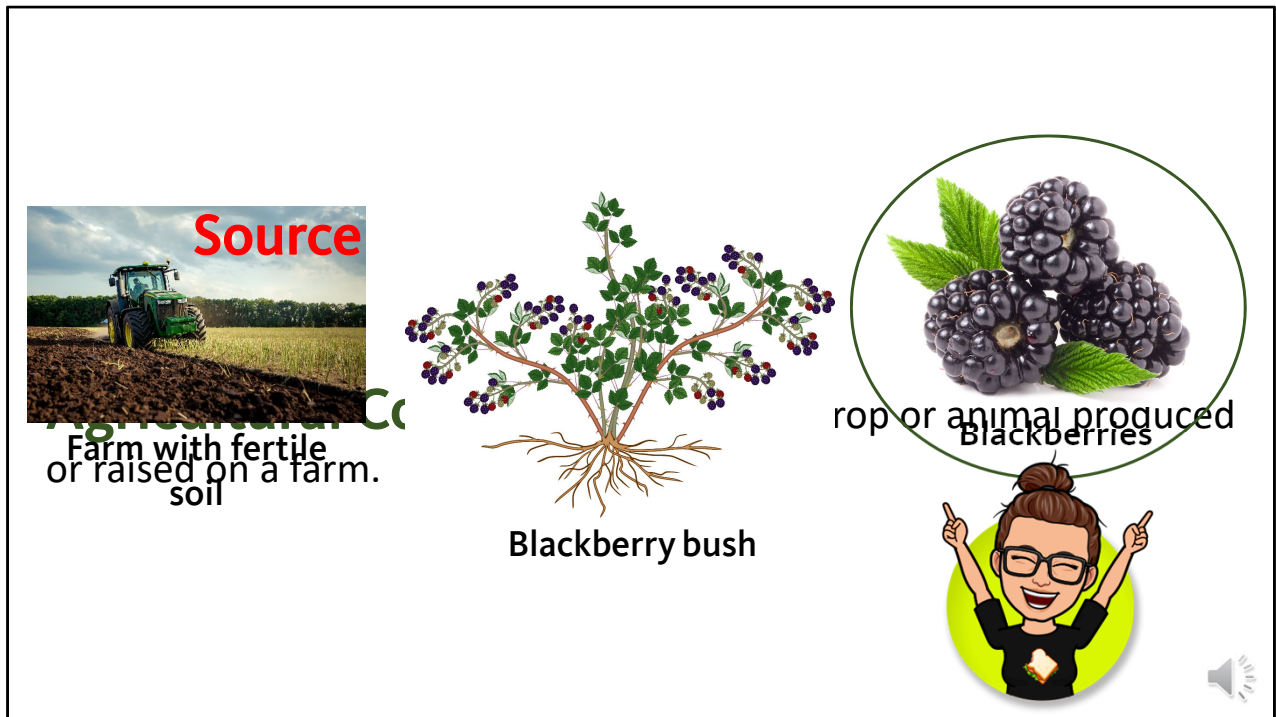
Takes raw potatoes and produces



LESSON TOPIC Discussion

Our third vocabulary word is produce. The meaning of the word produce is to make or manufacture from components of raw materials. For example, Let's go back to one of our natural resources, fertile land. This piece of fertile land is a potato farm. On this farm, the farmer grows potatoes and harvests them. The raw potatoes are then picked up and driven to a factory. At the factory, the workers and machines take the raw potatoes and produce instant mashed potatoes. The meaning of produce is to make or manufacture components of raw materials, that is why we say the factory takes the raw potatoes and PRODUCES instant mashed potatoes.

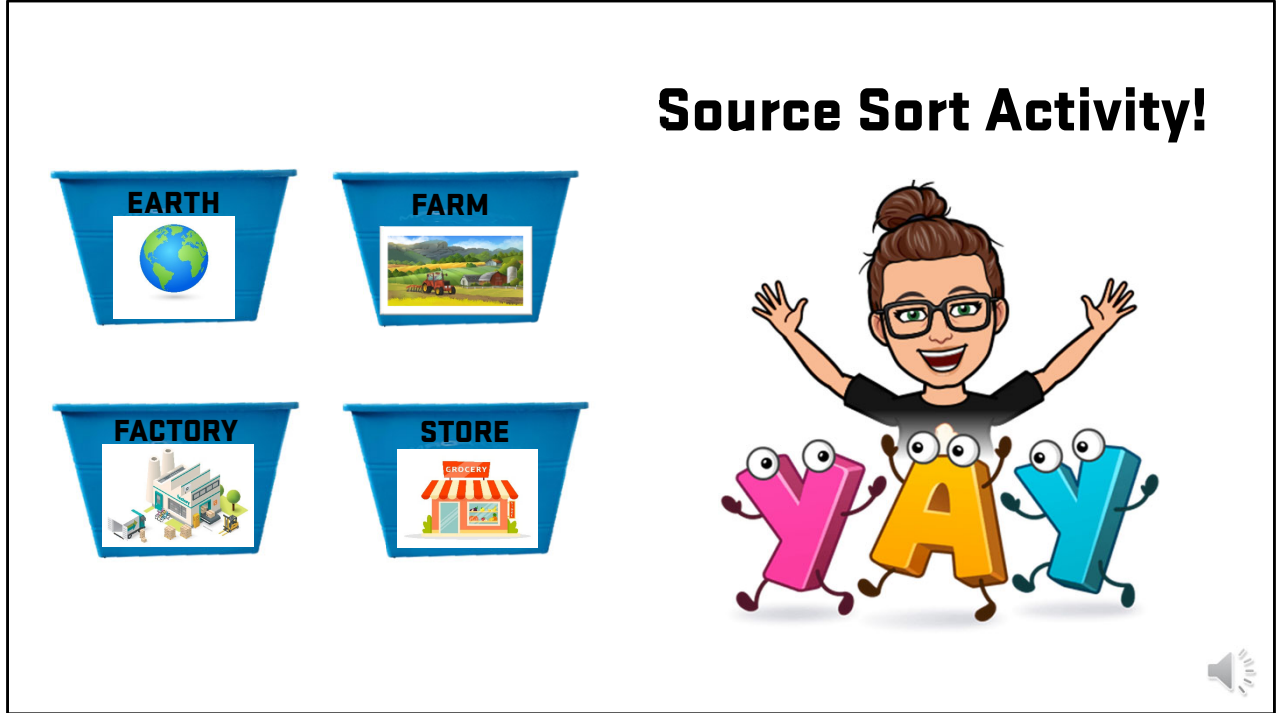
*****TEACHER NOTE:** Pause here if you would like to discuss the vocabulary word further.



LESSON TOPIC Discussion

Our fourth, and final vocabulary word is Agricultural Commodity. Can you say that with me? Agricultural Commodity... Great job! This fancy term means: a staple crop or animal produced or raised on a farm. To help us understand, let's go back to our Blackberry farm. We learned early that the Source is the farmland with fertile soil to help the blackberry bushes grow. Once the blackberries are done growing on the bush, the farmers can pick (or harvest) the blackberries. The blackberries are the agriculture commodity in this example because they were grown on the farm!

*****TEACHER NOTE:** Pause here if you would like to discuss the vocabulary word further.



ACTIVITY INTRO PAGE

Now for our source sort activity! Today our game is going to help us understand the SOURCE of different things we use every day! It is important for you to learn that before a product ever enters a factor or a store, it began as a natural resource or an agricultural commodity. Let's see what all we need to play this game.

*****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) Source Sort relay game or a class set of individual (at desk) Source Sort cards. Source Sort 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 (SUPPLY PAGE)

In your kit, you should have:

A game card with 4 categories labeled Earth, Farm, Factory and Store.

You Should also have 10 mini cards, each mini card has a picture on it. Let's check to make sure they are all there by counting them, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10!

Awesome! Next, we will learn the rules.

*****TEACHER NOTE:** Pause here to ensure everyone has all materials and an adult present to complete activity.

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



The rules to this game are easy. We have 4 different buckets pictured on our game card. Each bucket is labeled with a different SOURCE. Earth, Factory, Store and Farm. Now remember, the meaning of the word source is a person, place or thing from which something comes from. Your job is to sort the items pictured on the mini card onto the bucket labeled with the source you think that item came from. For example, I think my water mini card's original source is the earth, so I am going to place that card on the Earth bucket. I will give you time to sort through all of your cards. Don't worry about getting it right or wrong, just do what you think is right. If you do not know the source of an item on a card, set it to the side and move on. Then when everyone is done sorting, we can all learn the correct sources of each item together. Ready? Let's GO!

*****TEACHER NOTE:** Pause here and allow all the students to sort their items onto game card buckets. Press play when you are done, and the video will walk through each item and discuss the correct source.



Great job sorting!

Let's look at each mini card and learn the correct source. Don't worry about sorting your cards onto your buckets during this activity, just leave them in place. We will be looking at the cards on the screen. Remember I placed my water card onto the earth bucket. I think that the earth is the source of water because water occurs naturally without the management of humans or from mining.

What about cereal? Some of you may have put this onto the store bucket. You are right. However, the cereal had to be produced at a factory and the factory had to get the raw materials from a farm. Cereal is mostly made from grains such as wheat, corn, rice, or oats. I would place cereal on the farm bucket.

Items like the cereal, such as, Instant Mashed Potatoes and yogurt would also go onto the farm bucket. Why? Well, yes, you can buy Instant mashed potatoes or yogurt at the store but, these items must be produced in a factory from raw materials grown or raised on a farm. So, these items would also go onto the farm bucket.

Next are sneakers and a sweatshirt. What is the source of these items? Well, I buy them at the store, right? Yes, but the clothes have to be made, don't they? These clothes need to

be produced, but for these items to be produced we need raw materials from where? You guessed it! A farm. It takes cotton grown on a farm to make the sweatshirt; And leather from a cow raised on a farm to make the sneakers. I will place the sneakers and the sweatshirt items onto the farm bucket.

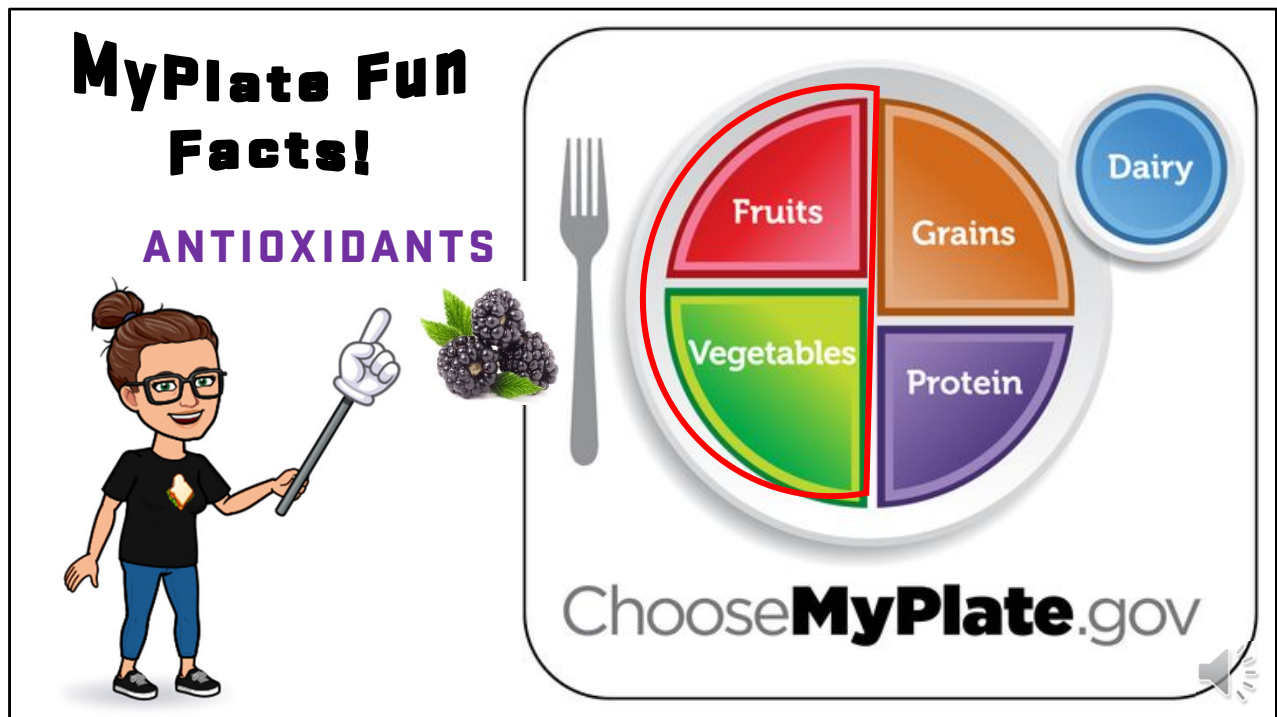
Time for an easy one. What is the source of these Marionberries? Store? Factory? You got it! The Farm!

Oh, this is one of my favorite foods! Shrimp. Shrimp is interesting because it can be sourced from the earth's oceans where they are born and grow naturally or be raised at fisheries (shrimp farms). For now, let's put shrimp on the earth bucket because these are wild caught shrimp right from the ocean.

Lastly, are two cards with items I know you and your people at home use everyday. A car and a cell phone. You may have put the phone on the store bucket and the car on the factory bucket. You are not wrong. We have to buy them but, the raw materials like metal and glass used to produce these items use natural resources from the earth (such as minerals) to make them.

So, if we stop and think about all the products we just placed on our buckets. All the products that you get from the store have to come from where? A factory. So I am going to place all mini cards on the store bucket onto the factory bucket. The Factory needs raw materials from the Farms to produce products for the store. So, let's take all mini cards from the factory place it on the farm bucket. Wait... Farms need land with fertile soil to raise and grow crops and animals....Land is a natural resource from our earth. Oh man we are going to have to place all our farm mini cards on the earth bucket. This means all the products on our mini cards would not be here for us to use without the raw materials and natural resources the earth provides us! THANK YOU, EARTH!

*****TEACHER NOTE:** Next up is a nutrition message.



FUN FACT - MYPLATE

Next up... MYPLATE FUN FACTS!

These are Marionberries. Marionberries, are a type of blackberry and are considered a fruit. They are considered a fruit because they have seeds! Blackberries are full of nutrients call ANTIOXIDANTS. Antioxidants can help protect cells in your body and keep you healthy. It is so important that we make half of our plate fruits and vegetables when we eat. This helps our bodies grow and stay healthy!

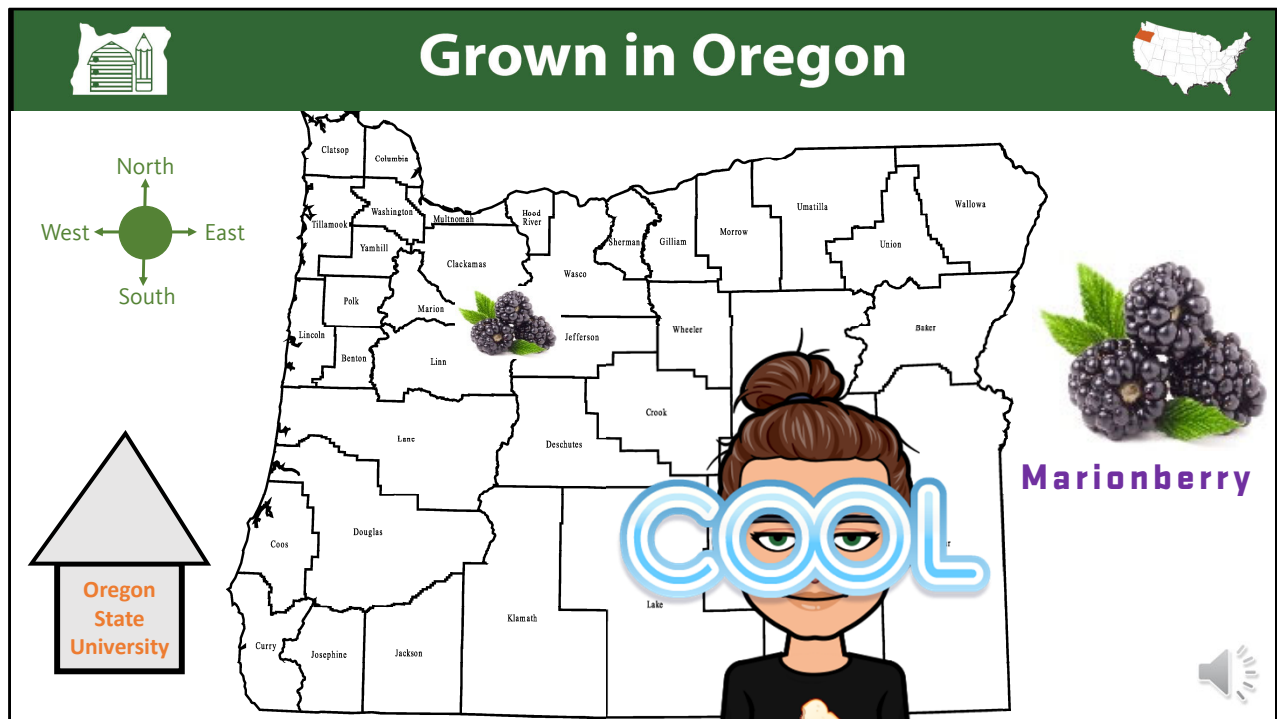
*****Teachers Note:** Frozen Marionberry tasting opportunity for students if you are able.



FARMER FUN FACT – Oregon grown

And now... FARMER FUN FACT!

Oregon produces several types of berries. The Willamette Valley region, the green region you see on the map, is an area known for being Oregon's berry farmland!

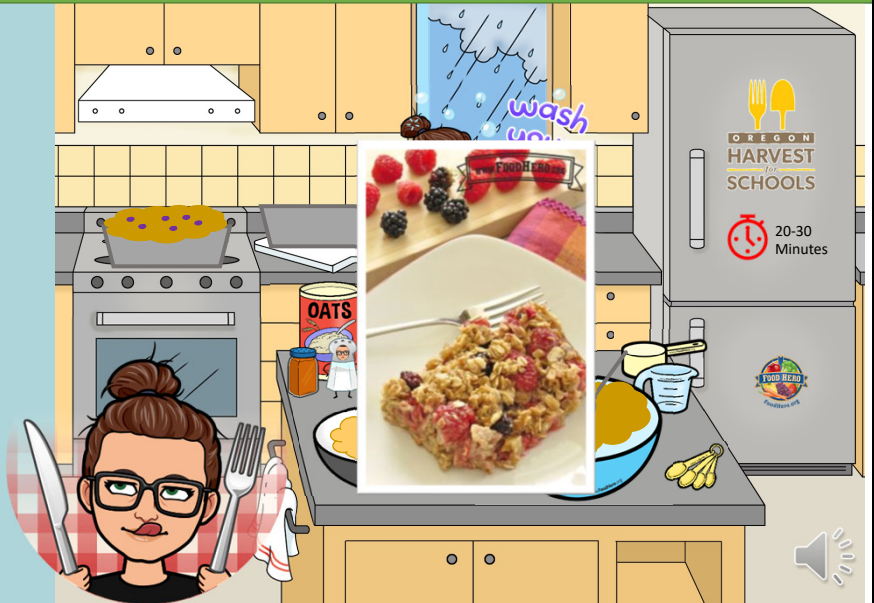


Did you know Oregon State University, that is the college that I work for, worked together as a team with the U.S. Department of Agriculture and created a blackberry called the... Marionberry! The marionberry is a type of blackberry specific to Oregon. There are many types of blackberries but, more than half the blackberries grown in Oregon are Marionberries! The Marionberry got it's name from the county that it was developed in...MARION COUNTY OREGON!

Try It! BAKED BERRY OATMEAL

Ingredients

- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 eggs
- ½ cup packed brown sugar
- 1 ½ teaspoons vanilla
- 2 cups nonfat or 1% milk
- 4 teaspoons margarine or butter, melted
- 2 cups cane berries, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup chopped walnuts (optional)



Today's recipe I would like to share with you is Baked Berry Oatmeal. This recipe is in celebration of Oregon's Marionberry.

You can watch me make it and see if you want to try it!

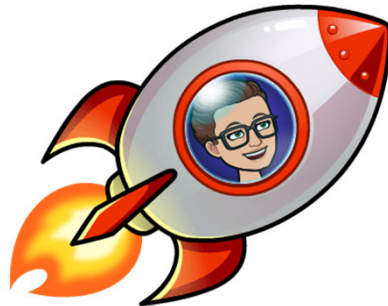
- First, before I do anything, I am going to wash my hands. Next I will preheat oven to 375 degrees F. Never use the oven or stove without an adult around.
- In a medium bowl, I am going to add 2 cups old fashioned rolled oats.
- 1 teaspoon baking powder.
- 1 teaspoon cinnamon
- ¼ teaspoon salt.
- Mix all the dry ingredients until combined. You know it is combined when all the ingredients are one color.
- In a separate bowl I will add 2 eggs
- ½ cup packed brown sugar.
- 1 ½ teaspoons vanilla extract
- 2 cups nonfat or 1% milk
- 4 teaspoons melted margarine or butter, today I am using butter.
- Mix the wet ingredients until all one color.
- Next, I will add the wet ingredients into the dry ingredients and stir until

combined.

- Now Add the marionberries these can be fresh or frozen, stir just a few times.
- Pour mixture into a 2-quart baking dish. Sprinkle with $\frac{1}{4}$ cup chopped nuts if you would like. You do not have to.
- Put in the oven and set your timer, this will bake in the oven for 20 to 30 minutes or until the top is golden brown.
- When it is done, mmmm delicious!

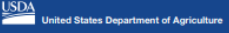
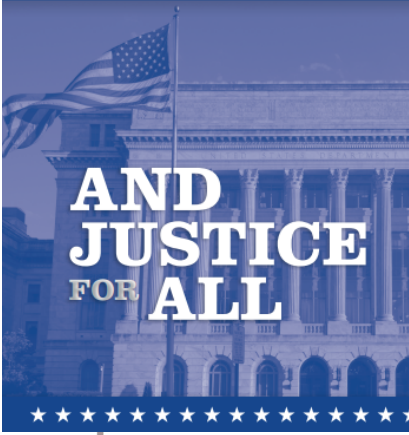
*****TEACHER NOTE:** If you have not already received the recipe handout. You can find a printable version on our website located on this lesson webpage under supporting materials.

See you next time!



Well, that was our lesson for the day. Thank you for learning with me in our online Oregon Grown classroom. 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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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



Project funded, in part, by Oregon Department of Ed Farm to School & School Garden Grant

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.

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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



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