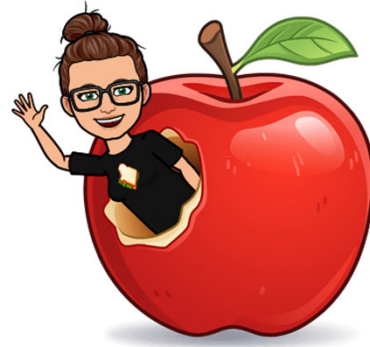




# Oregon Grown

Klamath County Extension

With...Mrs. Paolina!

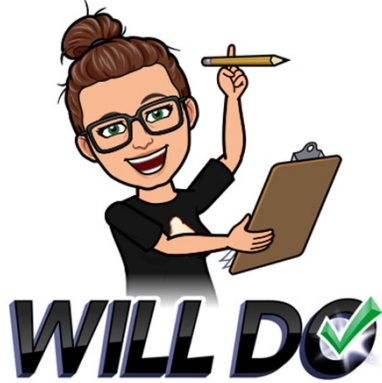


Hello Students! Welcome to the Oregon Grown classroom with Mrs. Paolina. Here we get learn all about Oregon grown foods and healthy ways we can eat them!

**\*\*\*TEACHER NOTE:** This is a short lesson just educating the kids on nutrition and farmer fun facts!

Length: 2 Minutes and 41 seconds

# Mini Lesson



Fun facts!



Today's mini lesson is all about fun facts!

**7 gallons of milk per day**

**FARMER FUN FACT**

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Don't forget our FARMER FUN FACT!!

Did you know there are 7 counties in Oregon that have dairy farms full of cows! Milk produced in Tillamook and Coos counties on the Oregon Coast are used to produce cheese. The other top dairy producing counties in Oregon are: Yamhill, Polk, Lane, Morrow, Malheur and Klamath County. That is where we live! I guess that is why milk is Oregon's official state beverage.

Let's check out this Milk Math – One dairy cow can produce around 7 gallons of milk a day. That comes out to about 112 school milk cartons per cow, per day!

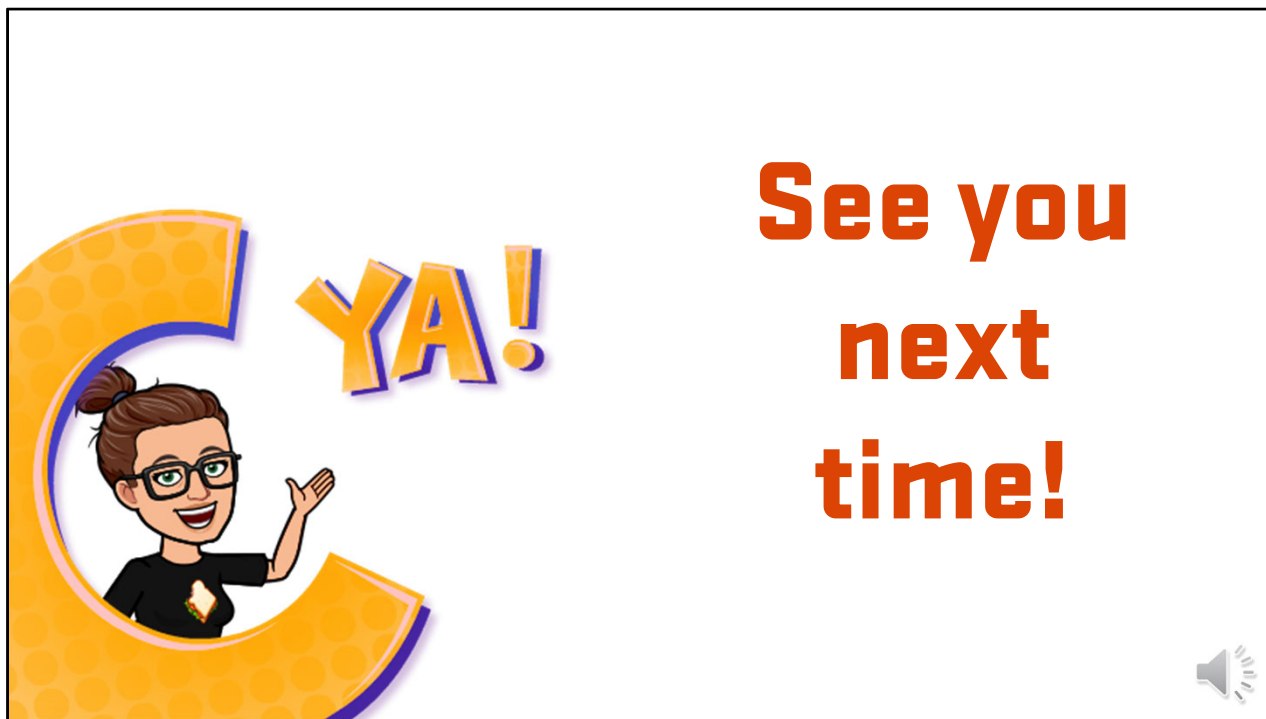
# MyPlate Fun Facts!

**CALCIUM + Movement = STRONG BONES**

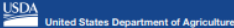

Choose **MyPlate**.gov

## FUN FACT - MYPLATE

Milk belongs to the dairy group, along with other foods made from milk such as yogurt, and cheese. Milk has a healthy nutrient called calcium. Foods that keep the calcium after being made from milk belong to the dairy group. Foods made from milk that lose the calcium such as cream cheese, cream and butter are not part of the dairy group. Calcium is important in our bone health! It helps our bones stay strong and healthy. If we combine our calcium with movement (kinetic energy) our bones will continue to grow strong! Movement + Calcium from dairy foods = STRONG BONES!



That is the end of our lesson today. Thank you for learning with me in our online Oregon Grown classroom! See you next time!

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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:

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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;

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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;

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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 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 & Shutterstock (Invoice available upon request).

Farmer fun facts by: Oregon dairy council & <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

