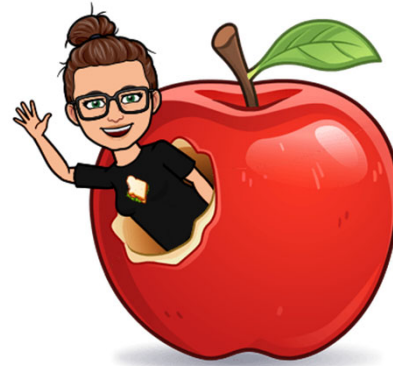




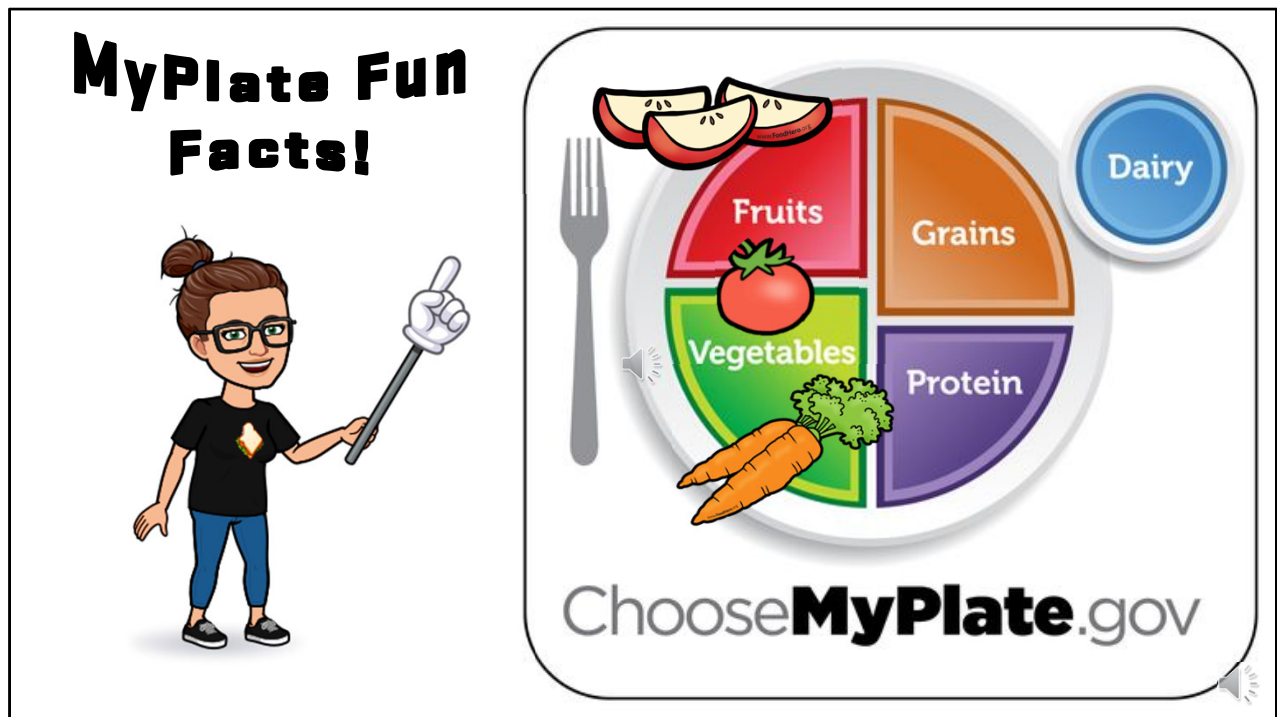
# Oregon Grown



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!



Are you ready for MYPLATE FUN FACTS!

All the different parts of the plant we eat are fruits and vegetables. So, how do you tell the difference? Fruits are the fruit part of the plant and carry seeds. Vegetables are all other parts of the plant, like roots, stems, leaves and flowers that do not carry seeds. For example, Apples are the fruit of a plant and carry seeds, so they belong to the fruit group. Carrots are the root part of a plant and do not carry seeds, so they belong in the vegetable group.

What about tomatoes! They have seeds but most people call them a vegetables. It depends on who you are talking to, a chef will call a tomato a vegetable, but a plant scientist (also called a botanist) will call it a fruit because it carries seeds and is the fruit part of a plant! So, I always just put them in the middle so it can belong to both groups.

Now fruits and vegetable play a very important role in our health. They help our body in all its different functions and they are rich in fiber. Fiber is important in heart health and our intestines. `



Don't forget our FARMER FUN FACT!!!

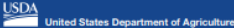

Oregon farmers, ranchers, and fisherman produce more than **225** crops and livestock, making Oregon one of the most diverse agricultural states in the nation.

Farmers are important people in our lives. Without them we would not have all things we use and eat every day! **GO FARMERS!**

# See you next time!



Well students, 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:

**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](mailto: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:**  
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Form AD-475-S SNAP and FOPIR Poster Revised September 2019

Alzha 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 Sources: FoodHero.org Plant parts poster & quiz provided by <https://www.fns.usda.gov/tn/dig-handouts> 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

