



Oregon State  
University

# Oregon Grown

Klamath County Extension



Mrs. Case



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. Come on in Henny. Can you guess what we'll be talking about today (Hint—what's in my hand?). You guessed it—GRAINS. So many things we eat come from grains. My favorite is popcorn. Henny Penny likes barley. Can you name a grain?

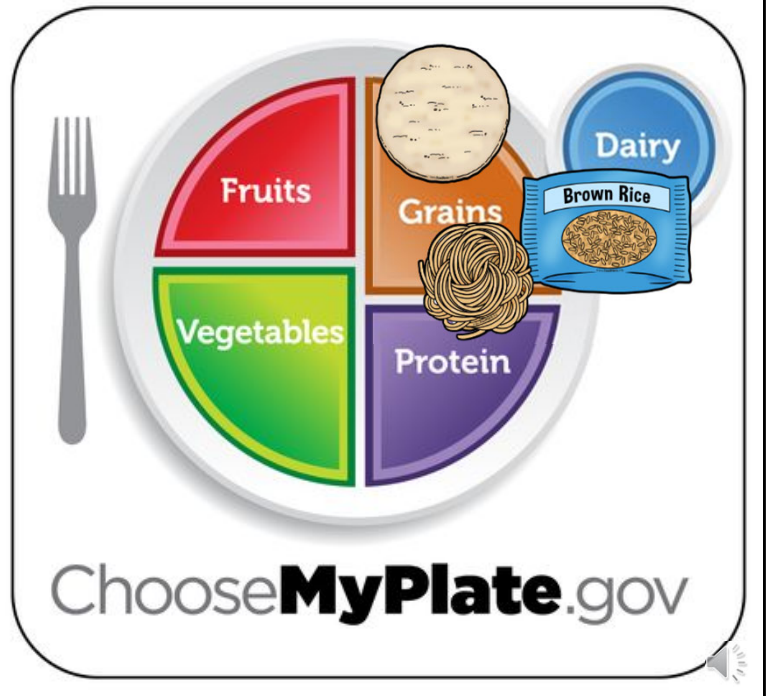
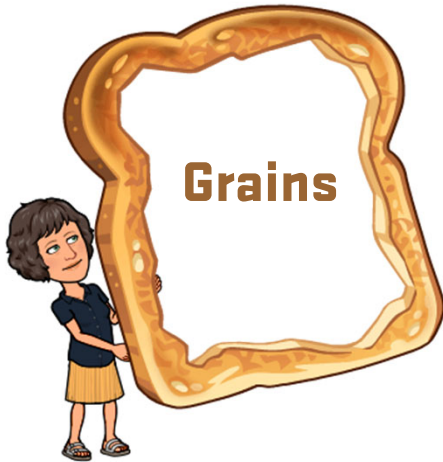
**\*\*\*TEACHER NOTE:**

Key Message: Students will be able to identify the difference between whole grains and refined grains; identify the parts of the grain; identify how grains are processed or milled; identify where grains are grown in Oregon.

This lesson meets Oregon state Standards: NGSS 3-LS1-1.B; SS 3.10; HE 1.3.3; RI 3.2; Essential Skills 4, 9

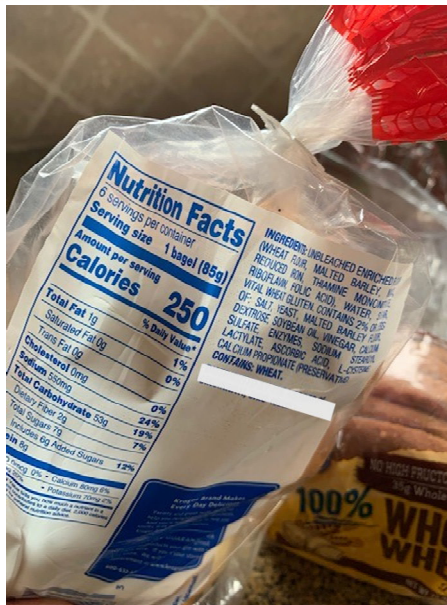
Length: approximately 5 minutes without pauses for the activity and discussion. Total of approximately 10-15 minutes with activity and discussion pauses.

# MyPlate Fun Facts!



Its time for MyPlate Fun Facts! You've seen this picture of MyPlate that helps us think about the kind of foods we should eat at every meal for a strong and healthy body. Give me names of grains that fit in  $\frac{1}{4}$  of your MyPlate. Now let me give you a fun fact on how to find which foods are whole grains.

# HOW TO FIND WHOLE GRAINS



... flour, water,  
... gluten,  
... salt, honey.

**is a whole grain**

... 100% whole  
... corn syrup,  
... oil, yeast,



Where do you get your bread? Most of us get it at the store. Since we don't make it ourselves, how do we know if its made from the whole grain? The clue is on the label under ingredient list. The ingredient list tells us everything that's in the food. And the order the ingredients are listed also gives us a clue. If its first on the list—that's the main ingredient. If you want to find the whole grain items, look to see that the first ingredient is a whole grain. Here are two examples. Which is whole grain bread?

# HOW TO FIND WHOLE GRAINS



## Harvest 7-Grain Bread:

INGREDIENTS: **Enriched wheat flour**, water, high fructose corn syrup, wheat gluten, soybean and canola oil, yeast, salt, honey.

**Clue: First ingredient is a whole grain**

## Honey Oat Bread:

INGREDIENTS: **Stone ground 100% whole wheat flour**, water, high fructose corn syrup, wheat gluten, soybean and canola oil, yeast, salt, honey.



You got it. Now you know how to choose the whole grain food. No one can fool you now. Choose whole grains whenever you can.

**Grown in Oregon**

*If there are 1 million kernels in a bushel of wheat and that makes 50 loafs of bread, how many kernels does it take to make one loaf of bread (1 pound loaf)*

**About 20,000 kernels!**

**Legend**

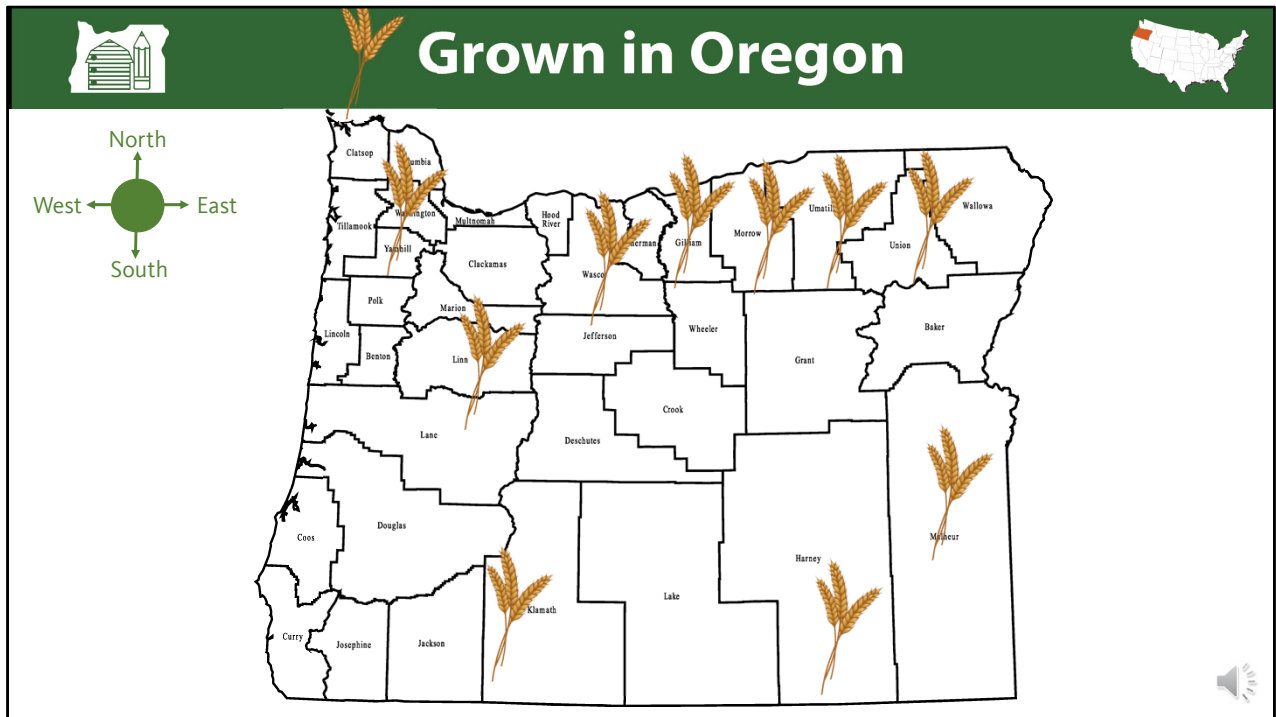
Oregon's Agricultural Regions

- Coast
- Willamette Valley
- Southern Oregon
- High Desert
- High Columbia
- Columbia Plateau
- Northeast
- Southeast

Apples, Beans, Beef, Blackberries, Blueberries, Broccoli, Cherries, Chicken/Eggs, Christmas Trees, Corn, Crab, Cranberries, Dairy, Easter Lily, Fish, Forestry, Grapes, Grass Seed, Greenhouse/Nursery, Hay, Hazelnuts, Hops, Onions, Pears, Peppermint, Potatoes, Pumpkins, Sheep, Shrimp, Sugarbeet, Vegetable/Flower Seed, Watermelon, Wheat/Barley

Its time for Farmer Fun Fact. Bread has been an important part of the human diet since early times. Loaves baked over 5,000 years ago have been found in ancient Egyptian tombs. Now, I'm not sure if Egyptians had farmers or bakers but most of us don't grow our own wheat for flour. So we depend on farmers to grow the grain for us. Let's learn about where grain is grown in Oregon. Before we do that, I have a math problem: 1 million kernels in a bushel makes about 50 loaves of bread (1 pound), how many kernels does it take to make one loaf? About 20,000. WOW! That's a lot kernels!

**\*\*\*Teacher Note:** If you would like, you can pause here and work out the math problem with the students!



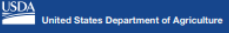

So where are most grains grown in Oregon. Here is a map of our state, with all 36 counties. Can you find Klamath county? Guess what? Klamath county is one of the areas that grows a lot of grains. Another area is the eastern side of Oregon. We also grow lots of grains on the north part of the state near Columbia River. We also grow some in the Willamette Valley. I'm glad farmers grow grains for us aren't you?



That concludes your Oregon Grown lesson. Remember to look for whole grains to eat more often, and see if you can see grains growing in the fields of Oregon. See you next time!

**\*\*\*TEACHER NOTE:** Please ensure students complete exit quiz after lesson on our website after lesson. This is how we are collecting data on how many students we are reaching and their understanding. It is a simple couple questions, like exit ticket for your lessons.

Grain field picture from Klamath County Research center grain fields. Photo by Tom Silberstein.

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Washington, D.C. 20250-9410; or

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

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

Afiche del Formulario AD-475-S SNAP y FDIR | Revisado Septiembre 2019

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

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## Credits (1 of 1)



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Oregon Agriculture in the  
Classroom Foundation

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Photos by: FoodHero.org; National Ag in Classroom (Enjoy the Harvest); Wholegrainscouncil.org; Pixabay.com (chickens, tractor, hole punch); shutterstock (Oregon map, chickens, etc); Extension & Experiment Communication (wheat fields)

#### Sources:

Oregon Ag in the Classroom  
National Ag in the Classroom  
Oregon Harvest for Schools  
Whole Grains Council

Grain field pictures from Klamath County Research center grain fields. Photo by Tom Silberstein.