

OSU EXTENSION SERVICE
Klamath Basin Research & Extension

Grow It, Cook It, Like It

Farm to School and Nutrition Education Program



Oregon State
University

Hello my name is Diane Silberstein. I look forward to sharing a fun and delicious recipes with you as we discover tasty Oregon grown foods together.

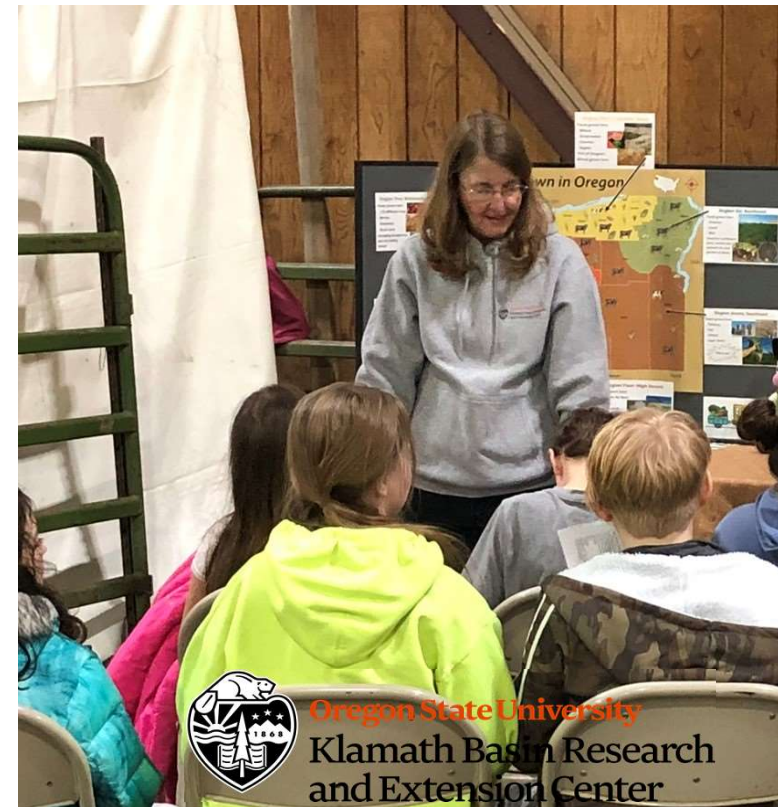
What is your favorite plant to grow?

My favorite plant to grow is snap peas. They are one of the first things I plant in my garden each spring. They have pretty blossoms and the pods are fun easy to pick . Peas can be eaten fresh, with lots of crunchy sweetness to enjoy!



Diane Silberstein

diane.silberstein@oregonstate.edu



Introduce topic: Cook It!

Today we are going to create a healthy sandwich while learning about apples in Oregon

Q: Why do we call it a sandwich?



The sandwich was invented in England almost 300 years ago, when the fourth Earl of Sandwich, a member of the British nobility, was too busy to sit down to a meal. Instead, he asked to be served slices of cold beef between two pieces of bread . . . and the rest is sandwich history.



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Q: What are we going to do?

- 1 -Make an Apple Sandwich Snack!
- 2 –Learn about Apples in Oregon

Q: What tools will we need?

An Adult in kitchen when you are cutting apples
Cutting board and knife
Clean hands
Set of measuring spoons



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Visit <https://youtu.be/nS6Fl632iYI> to watch a video of how to make this recipe

For more great recipes visit:
<https://www.foodhero.org/recipes/healthy-recipes>

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Apple Sandwiches

Ingredients

- 1 medium **apple**
- 2 Tablespoons **peanut butter**
- 1 Tablespoon **raisins**

Directions

1. Wash the apple under cool running water and dry. Cut in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
4. Continue with remaining apple slices.



Enjoy eating your sandwich- what might you add from the vegetable, grain or dairy group?

OREGON APPLE TRIVIA

Let's Learn Together



Q: How many pounds of apples do Oregon farmers grow each year? 148 thousand or 148 million

Q: Is it a good idea to eat an apple with the peel still on it? Yes No

Q: When is Oregon's apple harvest? July through November June through August

Q: Which is NOT the name of an apple variety grown in Oregon ? Fuji, Gala, Red Delicious, Granny Smith, Sunshine Bright, Golden Delicious, Honeycrisp, Pink Lady

Visit the next slide to check your answers.

Check your answers!



148 MILLION pounds of apples were harvested in Oregon in 2019



Yes, it is good to eat the peel because it is a good source of fiber.

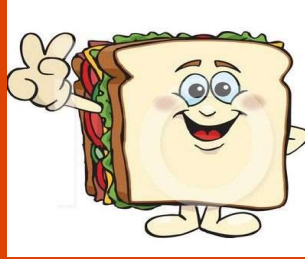


Apples are harvested July through November



Sunshine Bright is not the name of a variety of apple

What's Next?



- ***The MyPlate Sandwich Challenge visit the Connect to Wellness page and create your own recipe for a healthy MyPlate sandwich!***
- ***Color the Apple Coloring Page***
- ***Check out the Apple Family Newsletter to discover more about apples***
- ***Send us a photo of your yummy Apple creations: diane.silberstein@oregonstate.edu***



**Klamath Basin Research
and Extension Center**

References, Learning Objectives & Science Standards

Use this slide to list what learning objectives and science standards were met and what references were used to create the material. Add acknowledgements and identify pictures if possible.

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Learning Objectives

By the end of the program, you will be able to:

Safely prepare a recipe with ingredients from food grown in Oregon

Identify where and how food is grown in Klamath/Oregon

Identify an Oregon grown food and taste it

PE.3.1.4: Differentiates between healthy and unhealthy foods.

PE.3.4.7: Discusses the importance of hydration and hydration choices relative to physical activities

PE.3.5.6: Analyzes the impact of food choices relative to physical activity, youth sports & personal health

PE.3.6.12: Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.

SOURCES:

History of Sandwich: Source: <https://www.americastestkitchen.com/kids/activities/make-it-your-way-challenge-sandwiches>

_Apple Sandwich recipe: FoodHero.org

Apple Trivia <https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Pages/OregonHarvestforSchools.aspx>

Apple Production data https://www.nass.usda.gov/Quick_Stats/Ag_Overview/stateOverview.php?state=OREGON