



OSU EXTENSION SERVICE

Klamath Basin Research & Extension

Grow It, Cook It, Like It

Farm to School and Nutrition Education Program

Food Starts on the Farm



Oregon State
University

Getting to Know You

Question:

What's your favorite meals in the school cafeteria or at home?

I bet one of your favorites is pizza, right? Where did that pizza come from? Did the farmer grow it on a pizza tree?

Here's a picture of my grandson eating tomatoes in my garden.

Tomatoes grow on tomato plants on the farm. They are often processed into other foods like catsup or pizza sauce.

Another picture of me in my garden next to a tree that grows food. Can you guess what kind? And, no, its not a pizza tree!

*Hey, here's a food joke....When do astronauts eat?
Answer: At launch time 😊*



E-mail me questions about food and farms and I'll get the answer for you:

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What is something you eat that doesn't come from a farm or ranch?



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Almost all the food we eat has ingredients (or parts of food) that come from a farm, ranch or dairy. Even a pizza!

Anatomy of a Pizza




Follow the steps from the farm to your cafeteria or your table.

1 

Farmer (Producer)
A person/company who grows and harvests food on a farm

2 

Food Transporter
A person/company who moves food from one location to another, such as by truck, train, ship, or airplane

3 

Food Processor
A person/company who washes, cuts, mixes, and packages food from the farm

4 

Food Transporter
A person/company who moves food from one location to another, such as by truck, train, ship, or airplane

5 

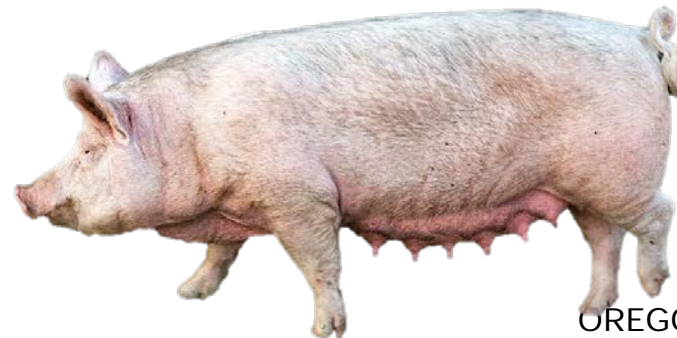
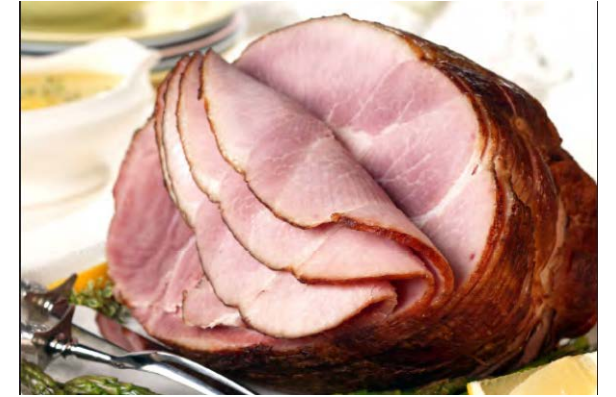
Grocer/Food Retailer
A person/company who sells food to consumers (such as through a grocery store or supermarket)

6 

Consumer
A person who buys the food that has been grown or prepared

One US farm makes enough food to feed 165 people. More than 21 million Americans work in agriculture (Ag in Classroom) 4

Match up the processed food with its original source from the farm



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Match up the processed food with its original source from the farm



Match up the processed food with its original source from the farm



Answers to Match Up Activity:

Eggs = Chicken

Ham = Pig

Hamburger = Beef Cow

French Fries = Potatoes

Peanut Butter Sandwich = Peanuts
(and wheat)

Sugar = Sugar Canes

Tomato Sauce = Tomatoes

Taco Shell = Corn

Milk = Milk Cow

Vegetable Soup = Canned Soup

Bread = Flour from Wheat

Applesauce = Apples

Chocolate = Cocoa Beans

Turkey Dinner = Turkey

Oatmeal = Oats

Extra Activities: Food Starts on the Farm

- Author Tom Darbyshire reads his book *Who Grew My Soup* (7 minute video)

https://www.agclassroom.org/teacher/soup_movies.cfm

- Make pop-up guessing game on foods that come from the farm at https://naitc-api.usu.edu/media/uploads/2017/07/06/all_pop_ups.pdf

- Go on a virtual farm tour:

Ag in Classroom (videos 30-50 minutes)

<https://oregonaitc.org/programs/virtual-farm-field-trips/watch-previous-virtual-farm-field-trips/>

Oregon Farm Bureau (videos under 3 minutes)

<https://oregonfb.org/take-a-virtual-farm-tour/>

What did you learn?

- Name 5 ingredients that go into a pizza and tell how they came from a farm.
- Name a food you like to eat and describe how all of its part (or ingredients) came from a farm.
- Email me your answers to these questions
patty.case@oregonstate.edu



What's Next?

Join me again as we learn about food grown in Klamath County and the people that grow it for us to eat.

Next we'll be visiting Lost River Junior High-High School farm to see what they grow for the school cafeteria.

Don't forget to submit your entry for the art contest

<https://workspace.oregonstate.edu/farm-to-school-and-nutrition-art-contest>

Patty Case, patty.case@oregonstate.edu
Associate Professor OSU Extension Family and Community Health
<https://workspace.oregonstate.edu/klamathfood>



Meghan Miller, Agriculture Teacher at Lost River School



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Klamath Basin Research
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References, Learning Objectives & Science Standards

Learning Objectives:

1. Identify where and how food is grown in Klamath/Oregon
2. Identify an Oregon grown food.

NGSS Standards Used in Garden Education 3rd Grade:

3-LS1-1 From molecules to Organisms: Structures and Processes

Develop models to describe that organisms have unique and diverse life cycles but all have in common birth, growth, reproduction, and death.

3-LS3-1 Heredity: Inheritance and Variation of Traits

Analyze and interpret data to provide evidence that plants and animals have traits inherited from parents and that variation of these traits exists in a group of similar organisms.

3-LS4-3 Biological Evolution: Unity and Diversity

Construct an argument with evidence that in a particular habitat some organisms can survive well, some survive less well, and some cannot survive at all.

3-ESS2-1 Earth's Systems

Represent data in tables and graphical displays to describe typical weather conditions expected during a particular season.

Photos:

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Credits/Sources: National Ag in Classroom Lesson Who Grew My Soup (grade3-5; Who Grew My Soup? By Tom Darbyshire: Oregon Ag in the Classroom; Oregon Farm Bureau

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