NUTRI-KIDS VISIT

Goodeater Farm

Student Workbook
Expanded Food and Nutrition Education Program (EFNEP)
4-H 9391 • Revised July 1996

OREGON STATE UNIVERSITY
EXTENSION SERVICE
Nutri-Kids Visit Goodeater Farm
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Which food group?

a line from the food to the group where it belongs.
Foods that are best for you

a  ○  around the foods that help you.
Dear Parents:

We are happy to share with you a new set of lessons we will be learning in school. We are beginning nine lessons on foods and nutrition to help children learn where some of the foods we eat are grown.

I hope you share in your child’s excitement about these new ideas. This is important information and helpful to your child’s health and well-being. We will be preparing food in the classroom on __________ and at __________ o’clock. We invite you to join us and help with the food preparation. Please sign the bottom of this page if you can join us, and tell us what day to look forward to your visit. If you have any questions, please contact me in writing or call me at ________________. We hope you will be able to join us in this foods and nutrition lesson series.

Sincerely,

------------------- tear off ------------------

I would like to come help with the food preparation on______________
at ______________ o’clock.

Student’s name_____________________________________________________

Parent or guardian___________________________________________________

Telephone__________________________

Comments: (If you wish to join us, return this to school with your child or by mail as soon as possible.)
Ants on a Log

1. Wash and cut

2. Spread PEANUT BUTTER on

3. Add =
Finger or Stick Puppets

and glue to a stick or to fit your finger.
What Food is There?

a line connecting the numbers in the picture.
Paper Bag Puppets
Paper Bag Puppets
Fruits and Vegetables of Many Colors

each food in the color shown.

Orange

Yellow

Red

Green

Blue
What Fruit Do You See?

a line connecting the numbers in the picture.
Recipe

Applesauce

1. Cut, core, and peel.

2. Add \( \frac{1}{2} \) cup.

3. Cook over low heat.

4. Mash until soft = Applesauce.
Orchard with Berries in Front
In the Tree, on the Ground, Where can These Foods be Found?

a line from the food to where it is grown.
Veggie Smiles

1. Wash and cut into.

2. Wash and slice into.

3. Add 1 cup and 3/4 cup.

4. Cook till tender.

5. Put on a.

6. Make a!
Vegetable Snacks

Wash and cut up

[drawings of vegetables]
What was in my dinner, and where did it come from?

Dear Parent:

Please help your child write down all foods that were in your dinner and where they come from. Return the paper to school tomorrow.

From the fruits group

From the meat/meat alternate group

From the vegetables group

Other foods like butter, margarine, soy sauce, salad dressing, soda pop, and anything else.

From the breads and cereals group

From the milk group
Getting Ready to Eat

In what order do you do the things below? Write the number in the box: 1, 2, 3, 4.
Granola

1. Mix together in a 1 cup + \( \frac{1}{3} \) cup + \( \frac{1}{4} \) cup.

2. Add \( \frac{1}{4} \) cup + 1 Tablespoon + \( \frac{1}{4} \) cup + 1 Tablespoon.

3. In another , mix together 2 Tablespoons + 2 Tablespoons + 1 Tablespoon.


5. Bake at 375° for 10 minutes. Cool, break, and eat.
Hot Cereal Recipe

1. Boil 3 cups in

2. Add and stir 1 1/2 cups.

3. Add 1/2 cup raisins.

4. Cook 1 minute.

5. Take off stove. Let sit 3 minutes.

From wheat to food you eat!

a food made from
Bread and cereal foods

out the bread and cereal foods.
Oatmeal Muffins

1. Mix together in 1 1/2 cups flour + 2 teaspoons + 3/4 cup quick oats + 1/2 teaspoon baking powder + 1/2 cup milk.

2. Mix together in another 1 cup + 1 egg + 3 Tablespoons + 2 Tablespoons + 1/2 cup oil.

3. Mix and together until lumpy.

4. Put in with papers or greased.

5. Bake 20 minutes at 400°.
How Wheat Becomes Bread

Plating
Farmers usually plant wheat with a grain drill pulled by a tractor.

Harvesting
The combine cuts and threshes (separates the grain heads from the stems). The grain is transferred from the combine to a truck and hauled away for storage in a grain elevator until it is taken to a mill.

Baking
The bakery buys bags of flour to make bread.

Milling
Milling machines grind the wheat grains into flour. The flour is packaged into bags.
Milk Maze

Name ____________________________

a line from ☢ to 🥛.
Which animal's milk do we drink?

a [ ] around the cow.
Recipe

Vanilla Pudding

1. Put + 2 cups in a jar.

2. Blend in or shake in jar.
Where Does Milk Come From?

Refrigerated storage tank at farm

The raw milk goes through a clarifier (to purify the milk) and a balance tank (to keep the milk flowing evenly) before going to the homogenizer (where the butterfat is broken into tiny bits and mixed into the rest of the milk).

Refrigerated tanker truck takes raw milk to dairy for processing.

The milk then goes to the pasteurizer (where it is heated quickly to kill any bad germs and then is very quickly cooled).

The milk is transported in refrigerated trucks to different destinations, including the grocery store...and finally to your home!
Match the foods

a line from each food to where it came from.
Recipe

Hard-Cooked Eggs

1. In put 6.

2. Cover with water.

3. Bring to a boil, reduce heat to low.

4. Simmer 15 minutes.

5. Cool, peel the. Cut in half.
Peanut Butter

1. Put 2 cups peanuts

+ 1 Tablespoon

in

or

2. Grind all

= Peanut Butter

3. Spread on
Chickens in the Chicken House
Which food group?

a line from the food to the group where it belongs.
Foods that are best for you

a circle around the foods that help you.
Neat Treats to Eat
**Popcorn**

There are two ways to cook popcorn. Use number 1 or number 2:

1. **Popper:** Put 1 cup popcorn in popper. Follow directions for popper.

2. **Saucepan:** Put 1/2 cup in covered saucepan. Add 1 cup popcorn.

Shake pan on stove. Let the corn pop.
Recipe

Sandwich Smiles

1. Take 1 .

2. Spread either or or .

3. Add and and make a !