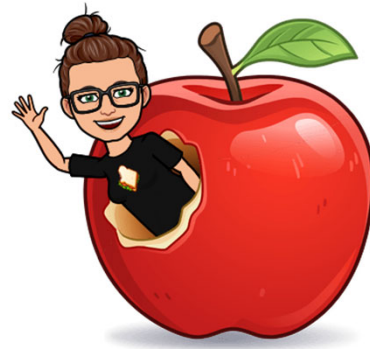




Oregon Grown

Klamath County Extension

With...Mrs. Paolina!

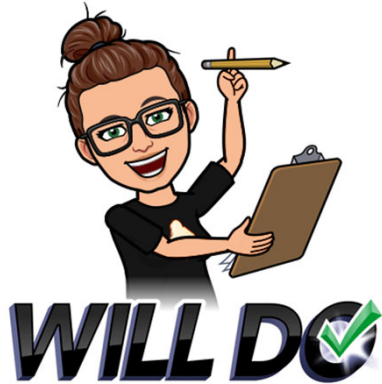


Hello Students! Welcome to the Oregon Grown classroom with Mrs. Janice. Here we get learn all about Oregon grown foods and healthy ways we can eat them!

*****TEACHER NOTE:** This is a short lesson just educating the kids on nutrition and farmer fun facts!

Length: 2 Minutes and 41 seconds

Mini Lesson



Fun facts!



Today's mini lesson is all about fun facts!

***** TEACHER NOTE:** Up next I will mention the Milk From Cow to Carton book, asking the students if they read it. If you have not read this book already, it is best to have the read-aloud YouTube link pulled up in a separate window so you can pause the lesson video and play it. You can also choose to read the book prior to the lesson if you prefer.

Grown in Oregon

7 gallons of milk per day

FARMER FUN FACT

Legend

Oregon's Agricultural Regions

- East
- Willamette Valley
- Southern Oregon
- High Desert
- Mid-Columbia
- Columbia Plateau
- Northwest
- Southeast

Apples, Beans, Beef, Blackberries, Blueberries, Broccoli, Cherries, Chicken Eggs, Christmas Trees, Hazelnuts, Raspberries, Strawberries, Sugarbeets, Sugarcorn, Sweet Peas, Walnuts, Wheat, Wine Grapes, Yak

Don't forget our FARMER FUN FACT!!

Did you know there are 7 counties in Oregon that have dairy farms full of cows! There is Tillamook. Have you seen Tillamook cheese at the grocery store? That is where that milk comes from to make that cheese, Tillamook county. We also have Yamhill, Polk, Lane, Coos, Morrow, Klamath (that is where we live!) and Malhuer county! I guess that is why Milk is Oregon's official state beverage.

Let's checkout this Milk Math – One dairy cow can produce around 7 gallons of milk a day. That comes out to about 112 school milk cartons per cow, per day!

MyPlate Fun Facts!

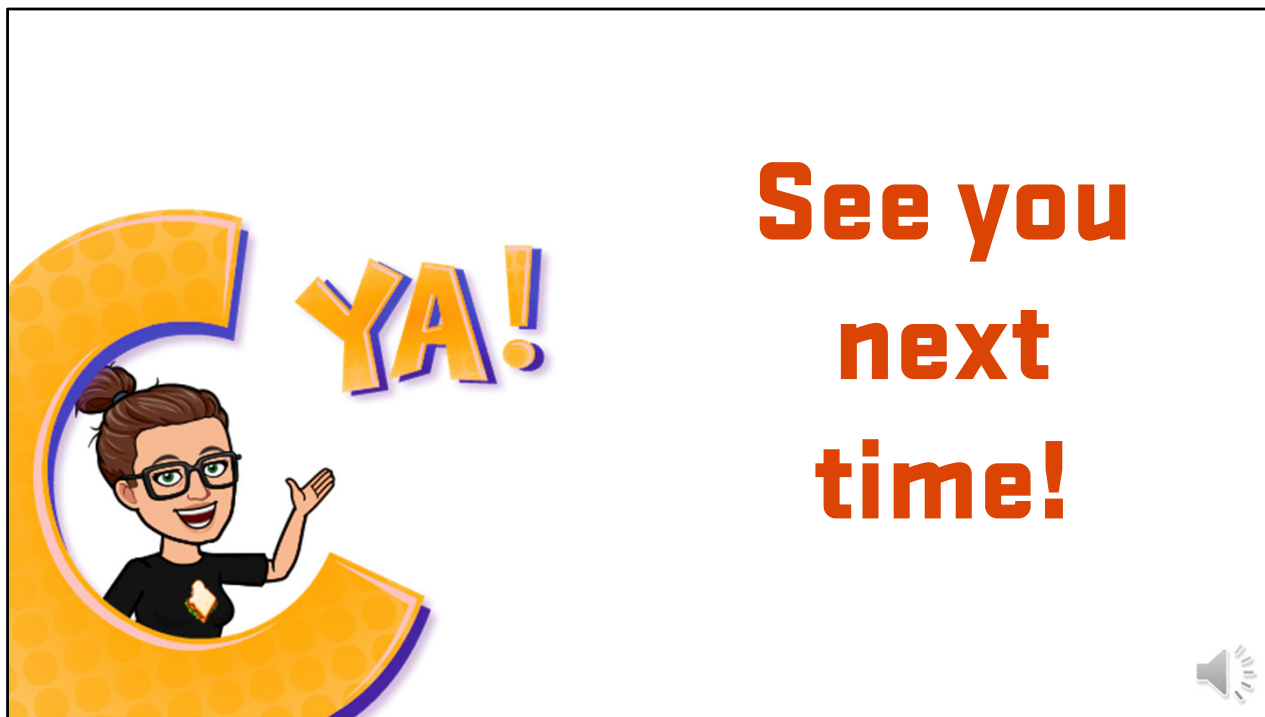
CALCIUM + Movement = STRONG BONES




Choose **MyPlate**.gov

FUN FACT - MYPLATE

Milk belongs to the dairy group, along with other foods made from milk such as yogurt, and cheese. Milk has a healthy nutrient called calcium. Foods that keep the calcium after being made from milk belong to the dairy group. Foods made from milk that lose the calcium such as cream cheese, cream and butter are not part of the dairy group. Calcium is important in our bone health! It helps our bones stay strong and healthy. If we combine our calcium with movement (kinetic energy) our bones will continue to grow strong! Movement + Calcium from dairy foods = STRONG BONES!



That is the end of our lesson today. Thank you for learning with me in our online Oregon Grown classroom! See you next time!

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 Source: FoodHero.org & Shutterstock (Invoice available upon request).

Farmer fun facts by: Oregon dairy council & <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

