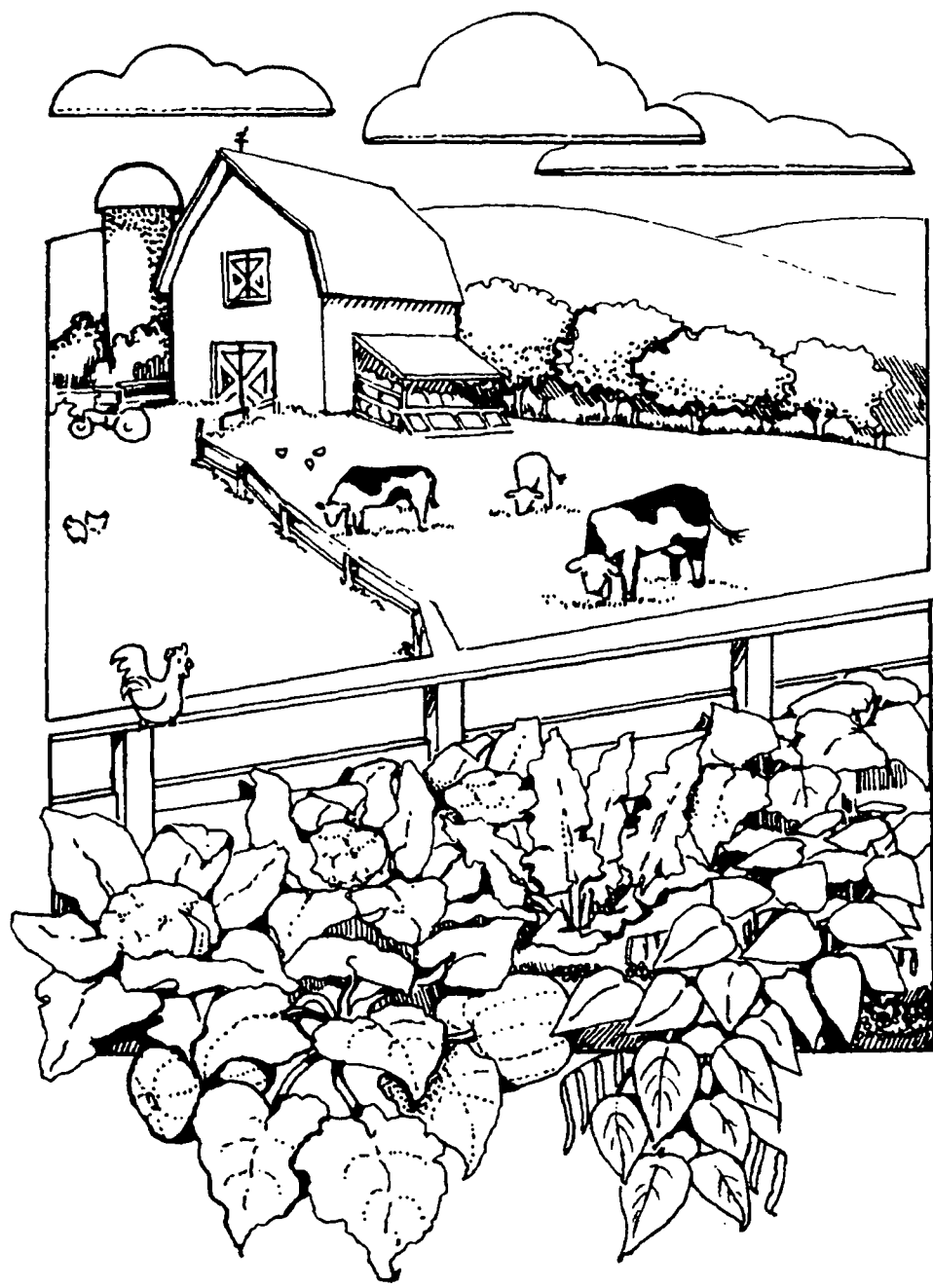


Date 1/8/96
Amount 1484-5
Pelf 0
Inv 39688

\$2.75

NUTRI-KIDS VISIT

Goodeater Farm



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

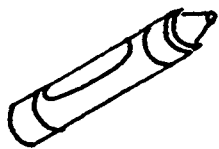


Nutri-Kids Visit Goodeater Farm

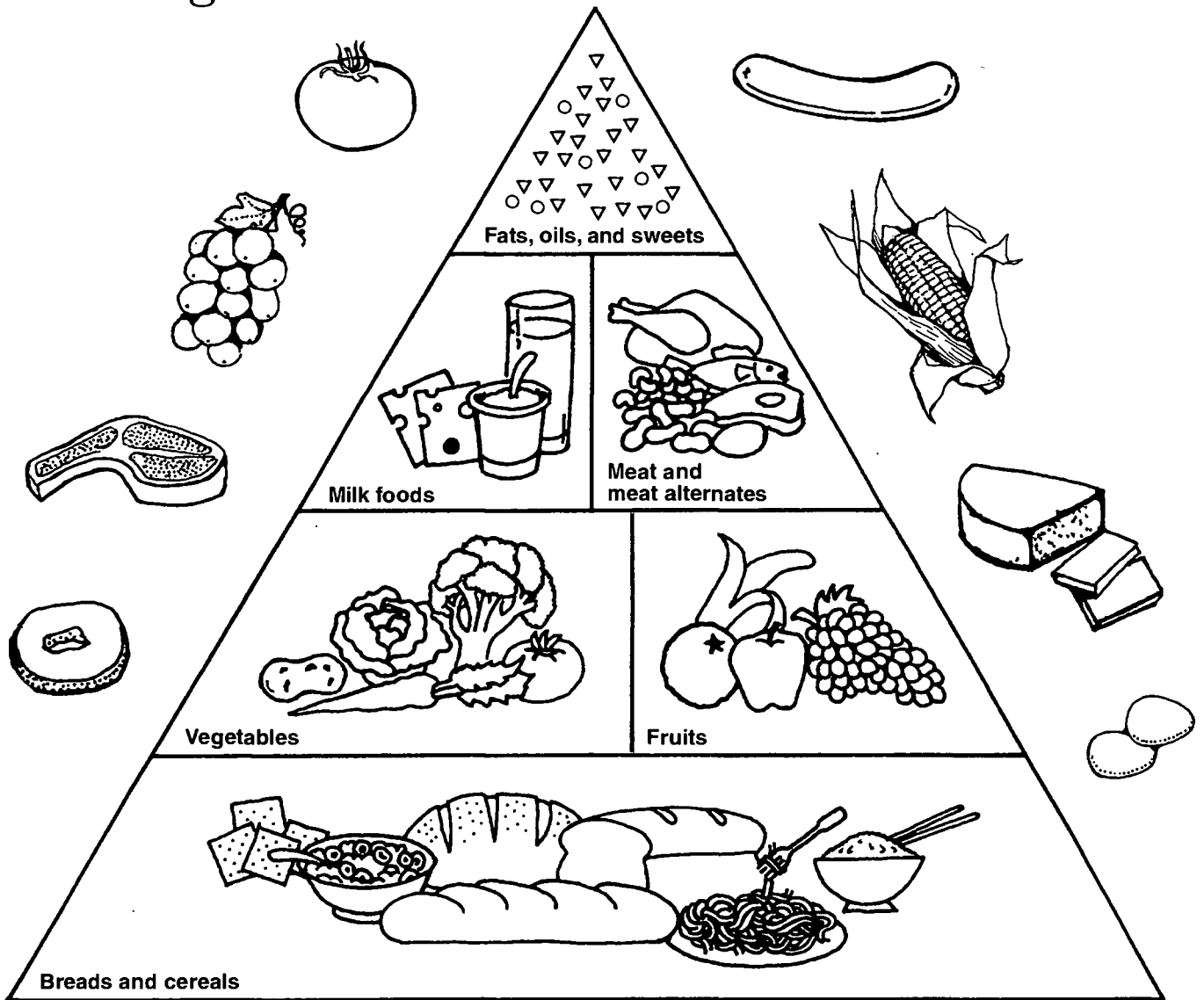
This is an Oregon 4-H Expanded Foods and Nutrition Education Program (EFNEP) School Enrichment publication. EFNEP is funded by the U.S. Department of Agriculture in cooperation with Oregon State University.

Nutri-Kids Visit Goodeater Farm was prepared by Bonnie A. Lorenz, former EFNEP program assistant; Michael H. Holroyd, Extension agent, Marion County; and Margaret Lewis, Extension agent, Lane County; Oregon State University. The 1996 version was revised by Joy Delgado, graduate student in education; and Maria Souza, graduate student in nutrition and food management; Oregon State University.

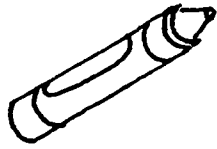
Which food group?



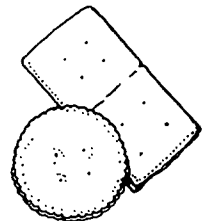
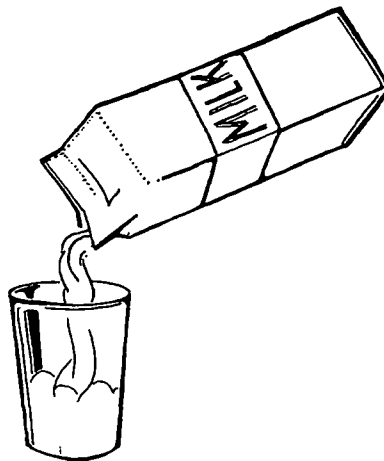
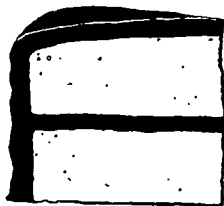
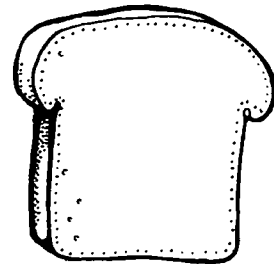
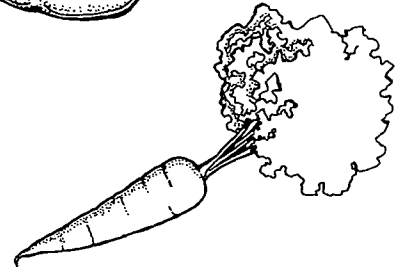
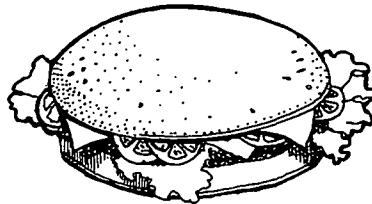
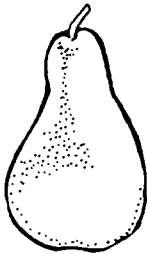
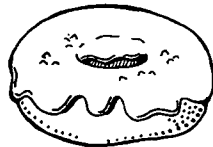
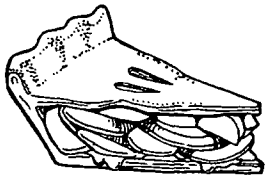
a line from the food to the group where it belongs.



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 _____ 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 -----

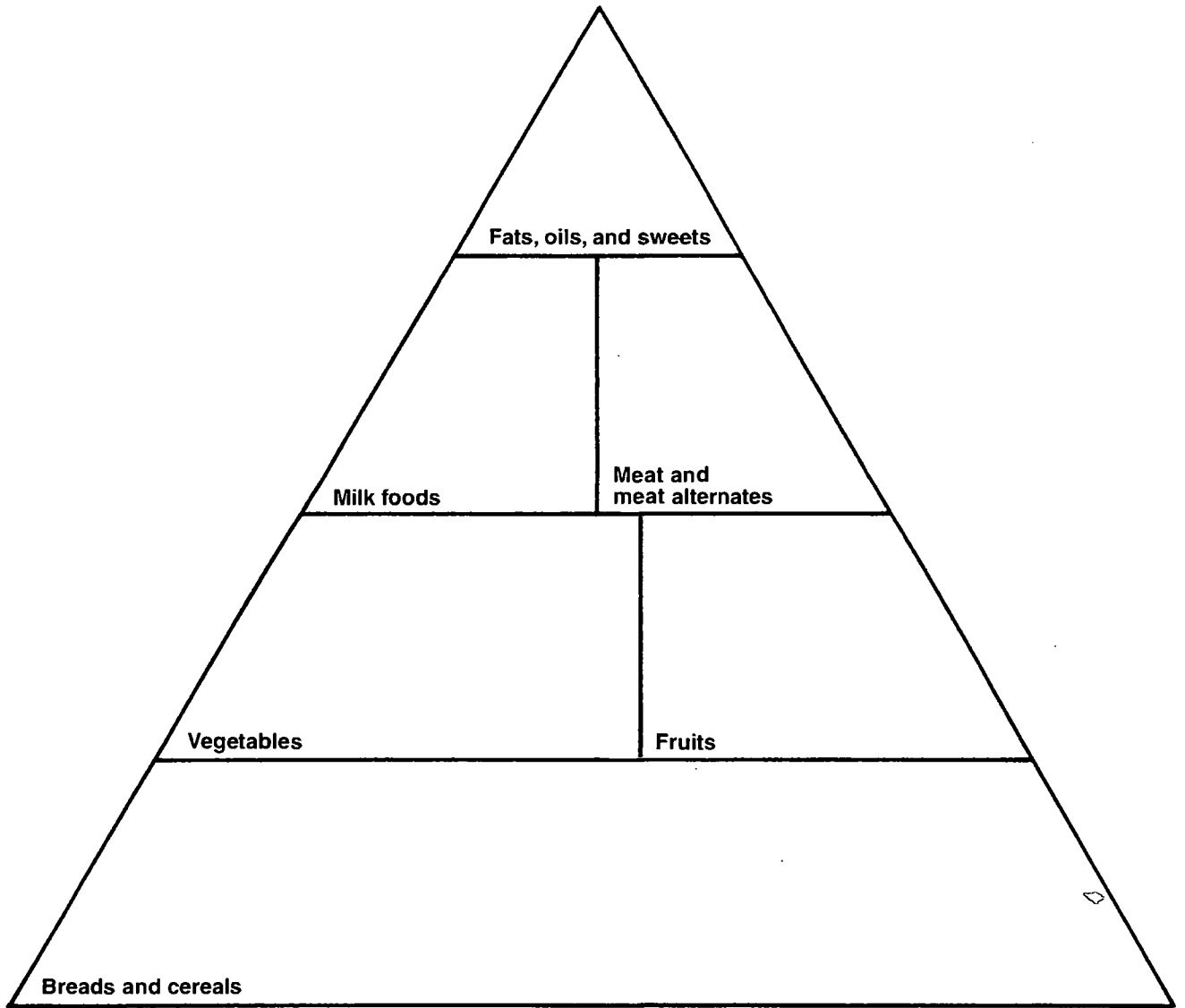
I would like to come help with the food preparation on _____
at _____ o'clock.

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

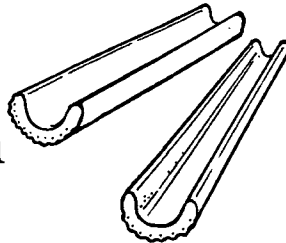


1. Wash and cut

2. Spread



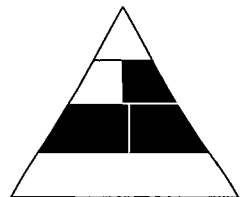
on



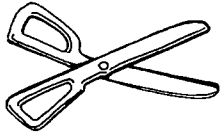
3. Add



=



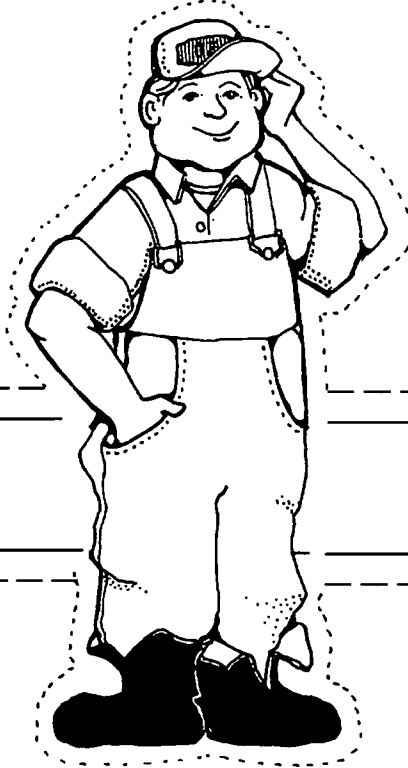
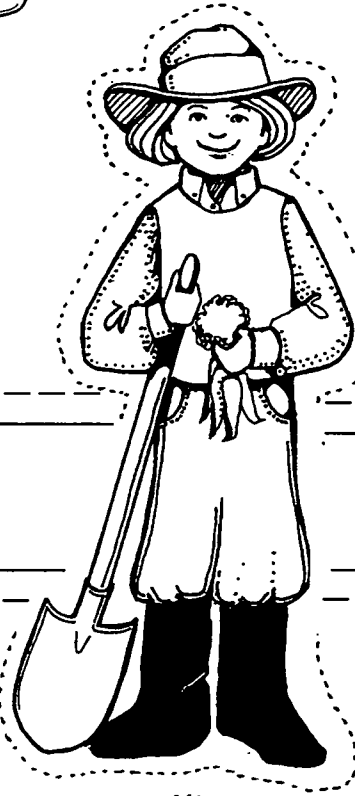
Finger or Stick Puppets



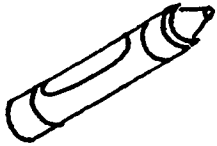
and



to a stick or to fit your finger.

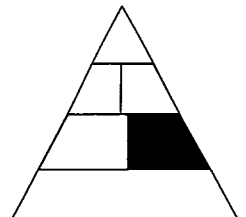
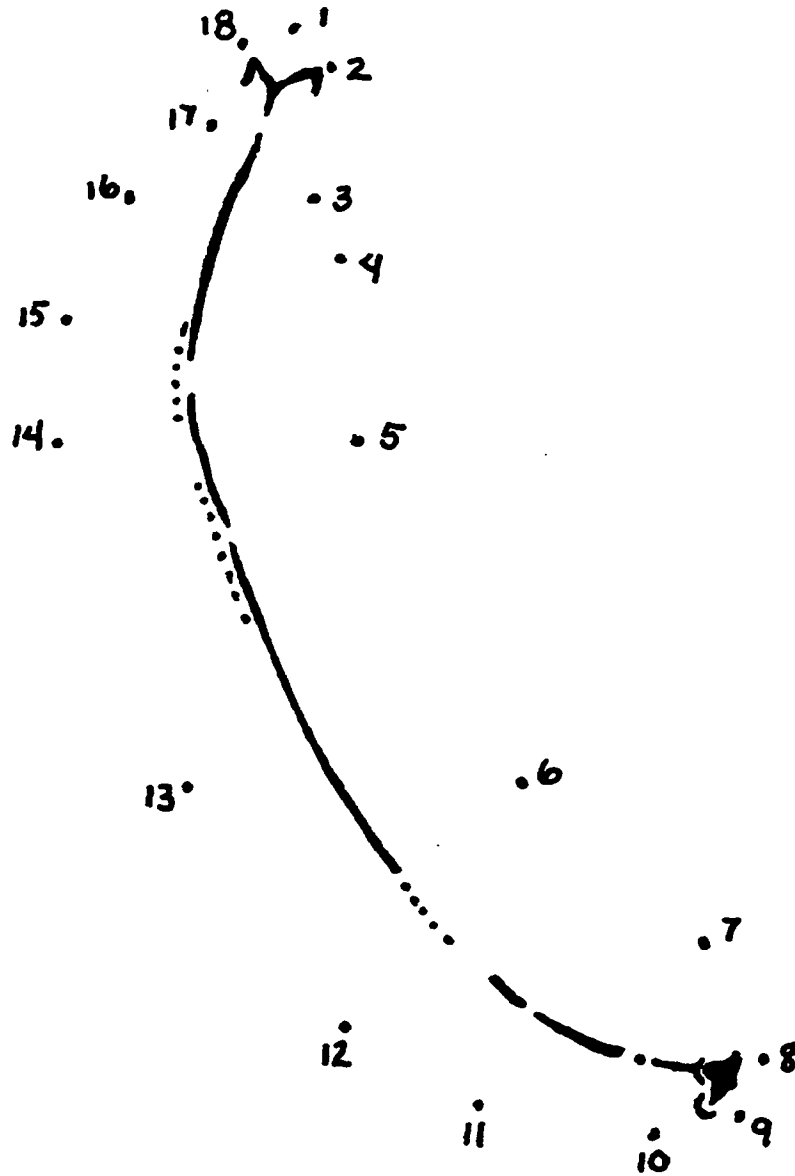


What Food is There?

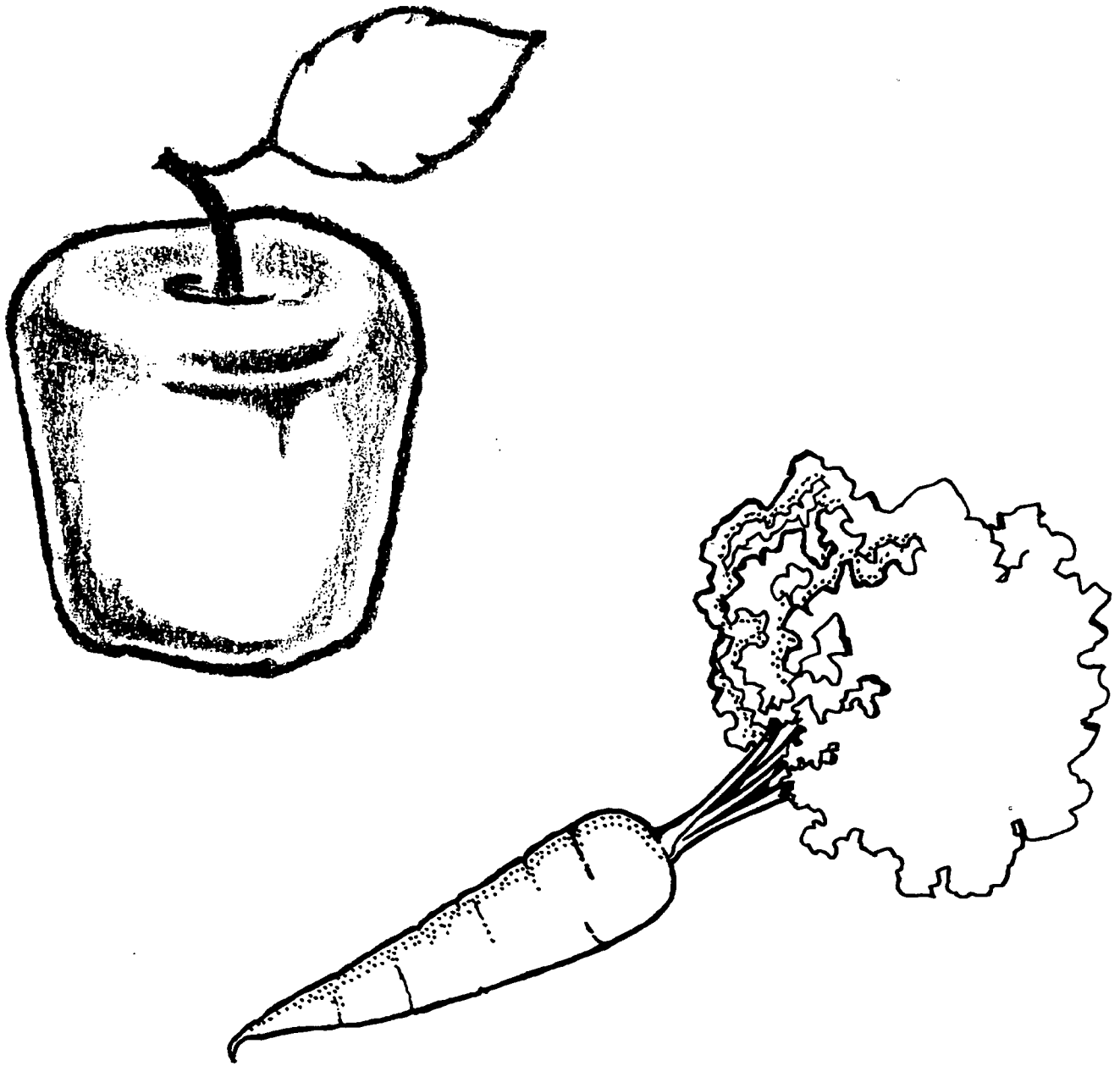


picture.

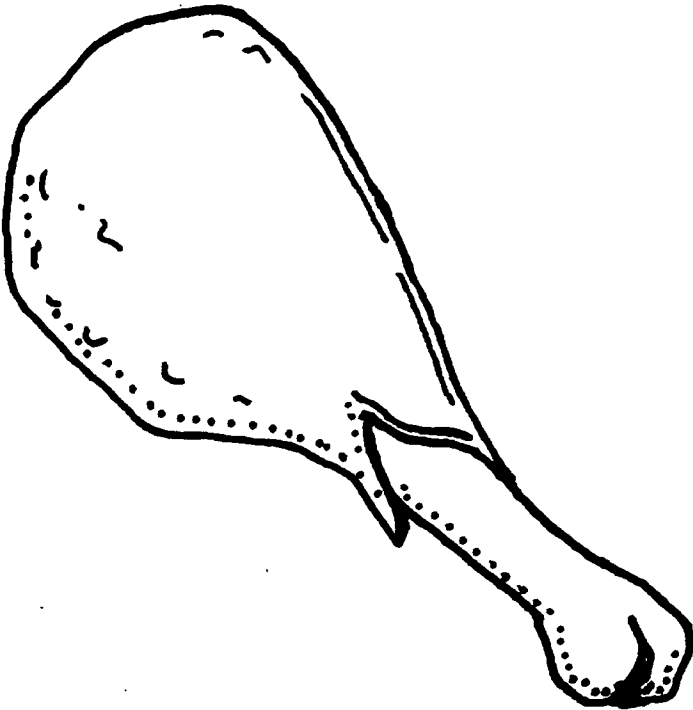
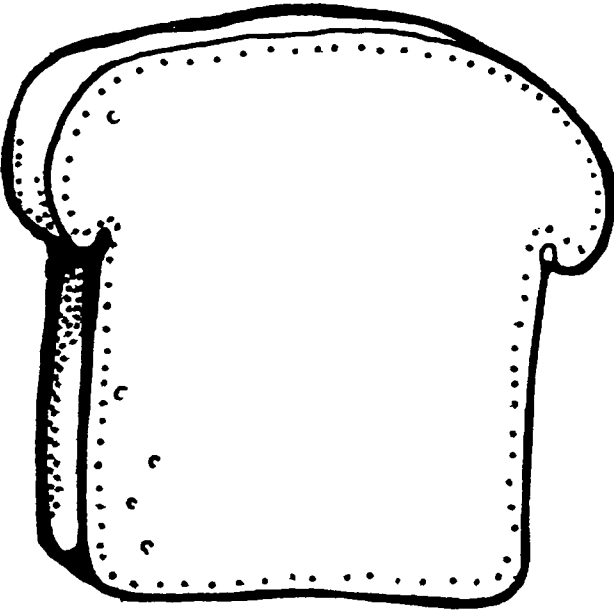
a line connecting the numbers in the



Paper Bag Puppets

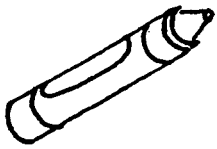


Paper Bag Puppets

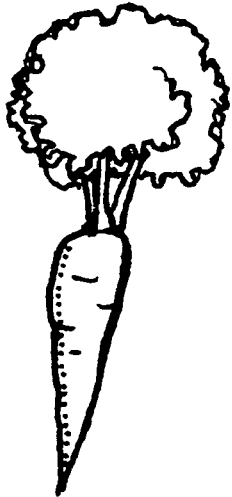
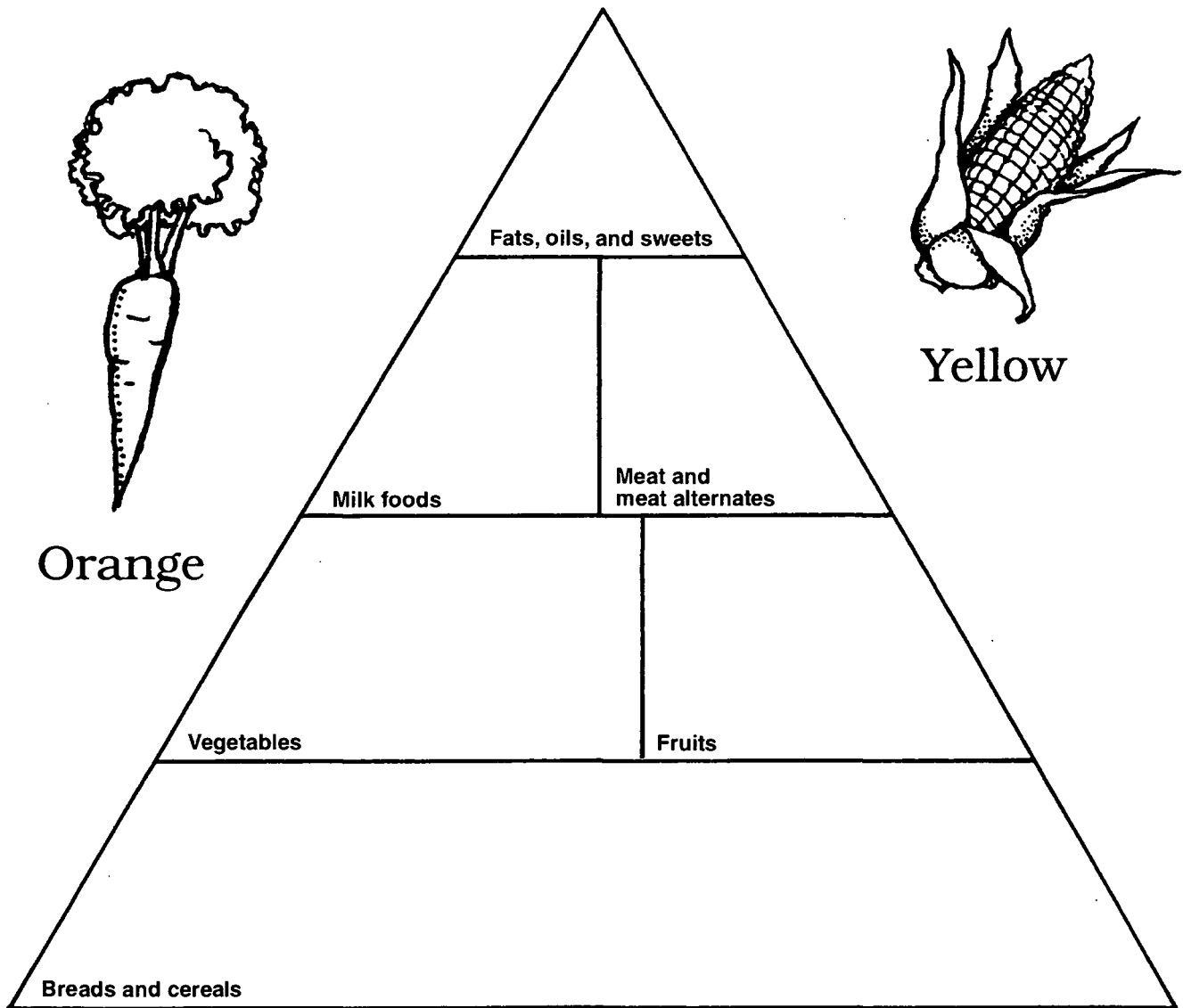


Name _____

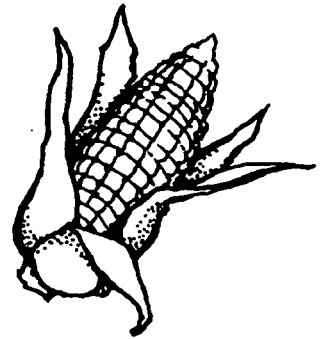
Fruits and Vegetables of Many Colors



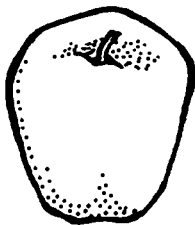
each food in the color shown.



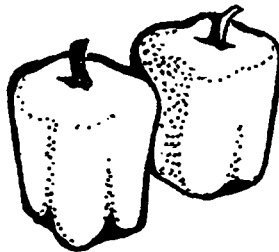
Orange



Yellow



Red

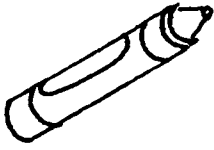


Green

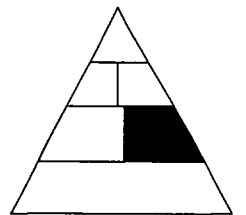
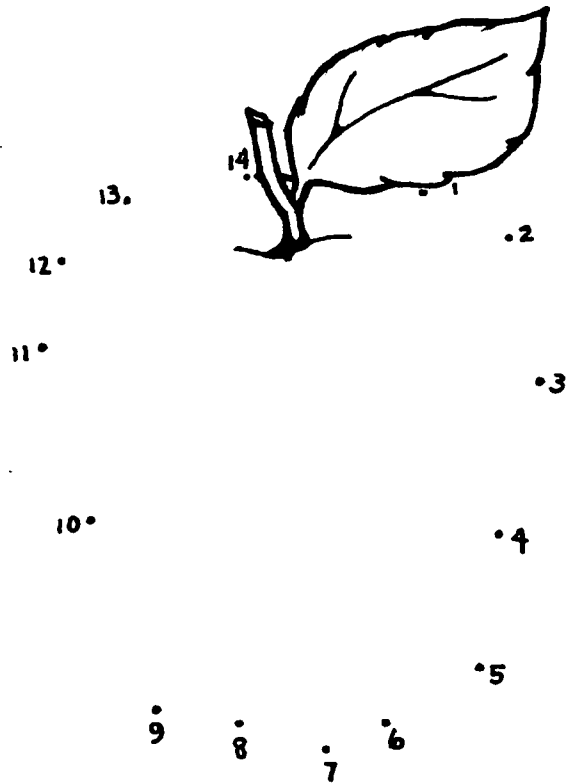


Blue

What Fruit Do You See?

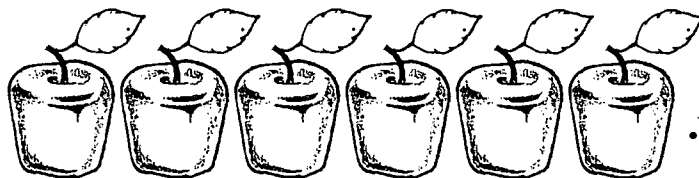


a line connecting the numbers in the picture.

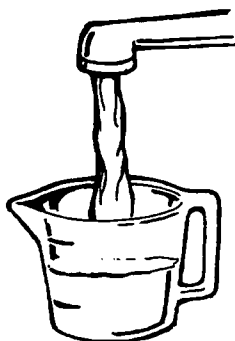


Applesauce

1. Cut, core, and peel



2. Add $\frac{1}{2}$ cup

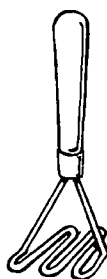


3. Cook

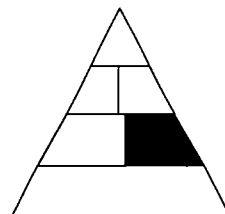
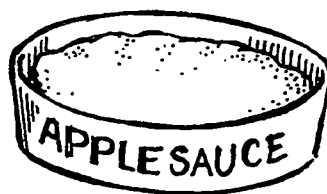


over low heat.

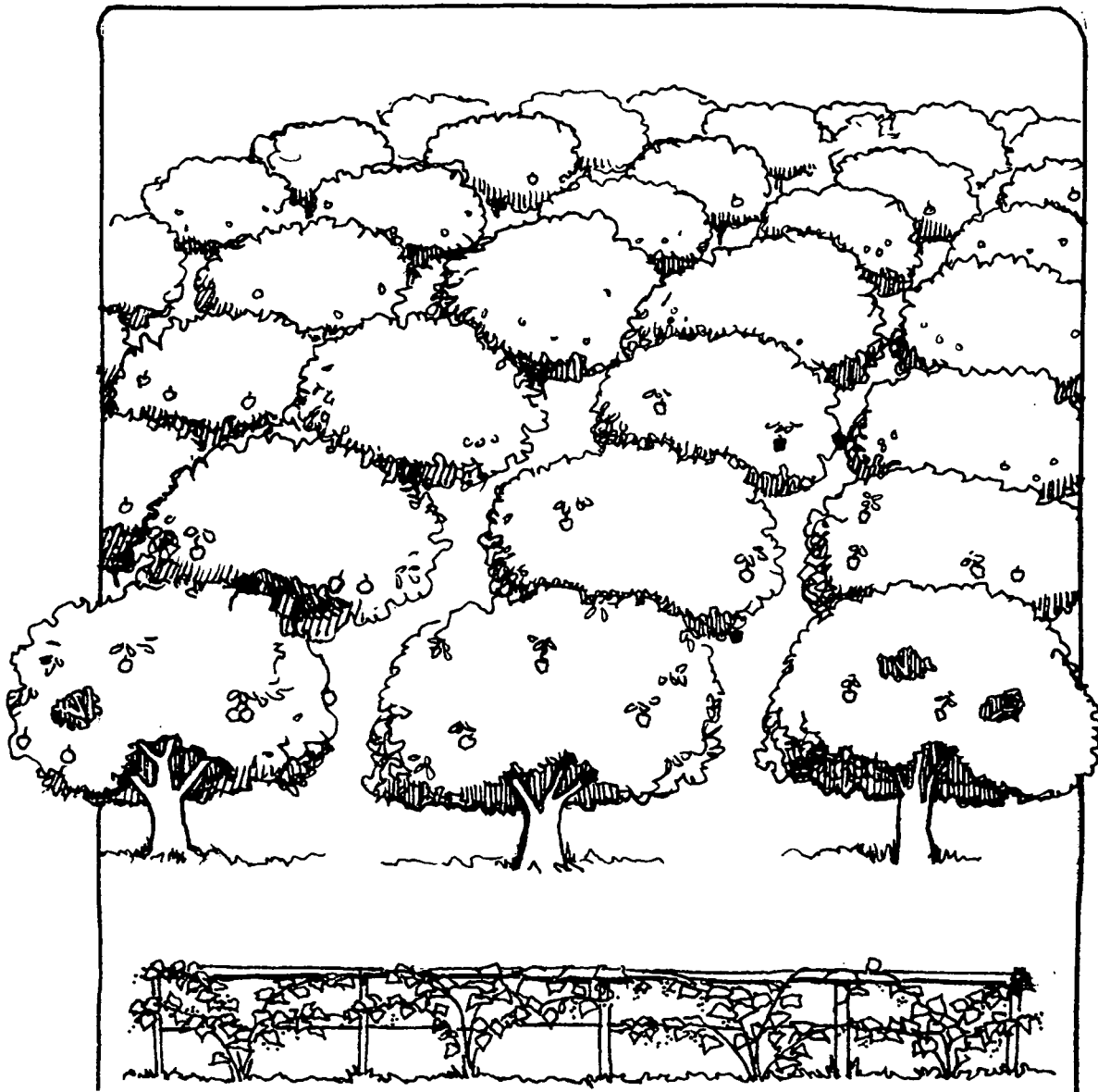
4. Mash



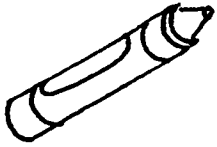
until soft =



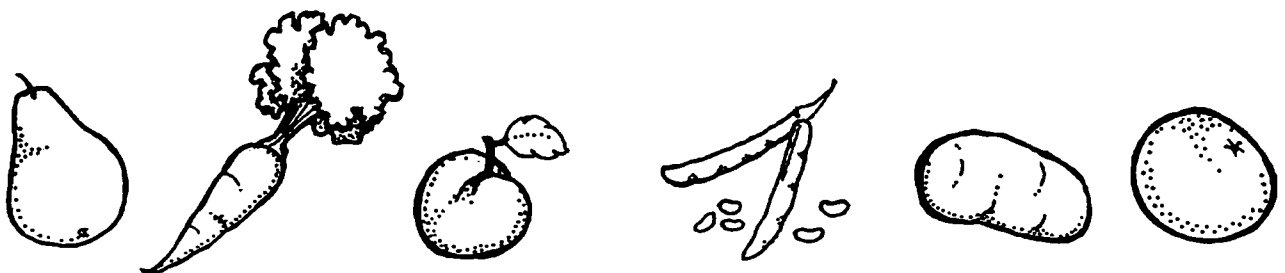
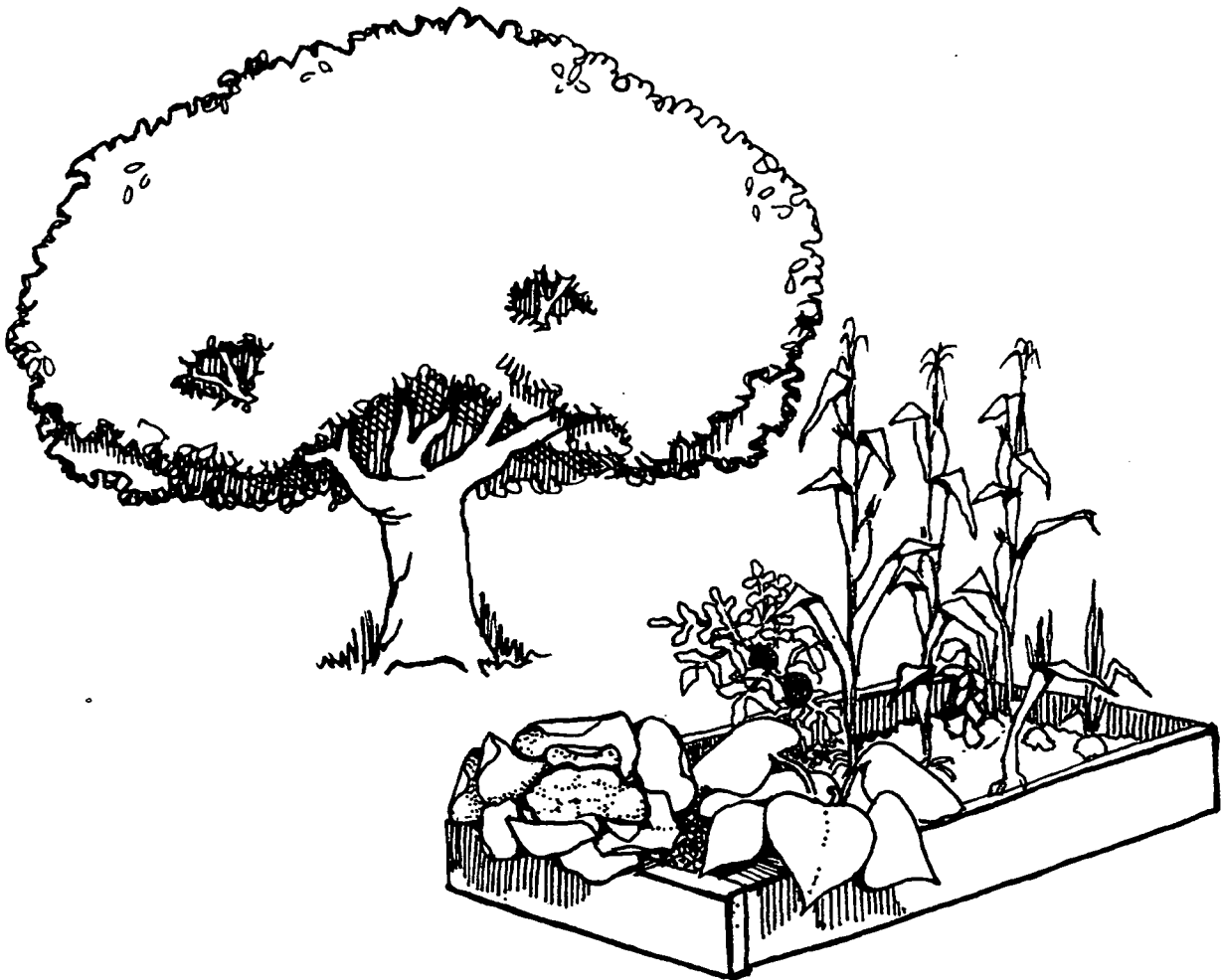
Orchard with Berries in Front



In the Tree, on the Ground, Where can These Foods be Found?

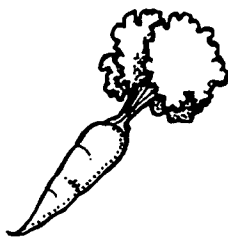


a line from the food to where it is grown.



Veggie Smiles

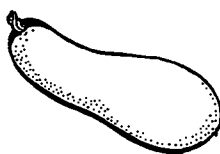
1. Wash and cut



into



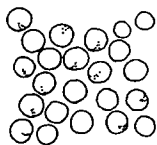
2. Wash and slice



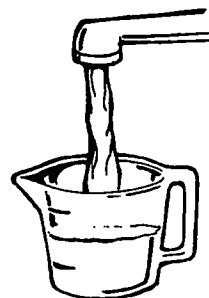
into



3. Add 1 cup



and $\frac{3}{4}$ cup

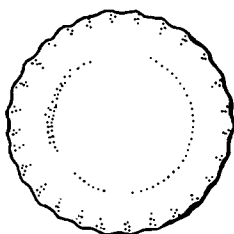


4. Cook

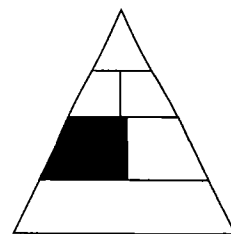
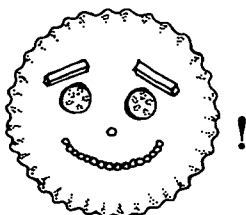


till tender.

5. Put on a

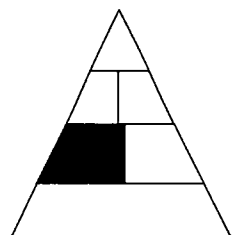
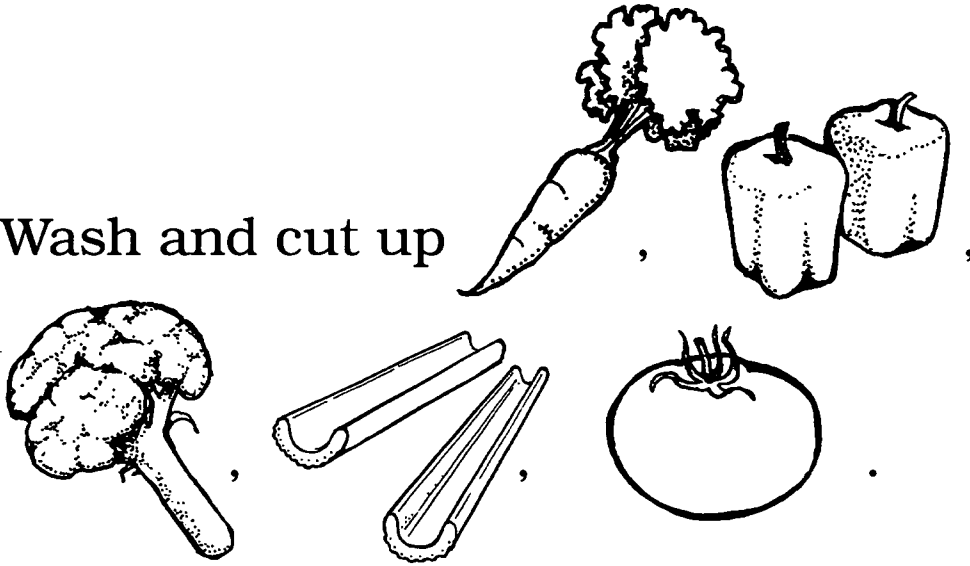


6. Make a

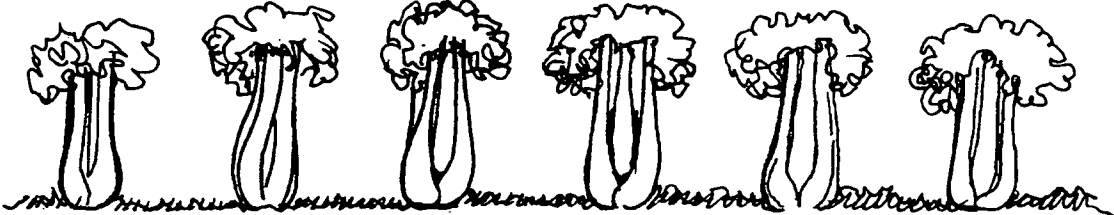


Vegetable Snacks

Wash and cut up



Garden



Name _____

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

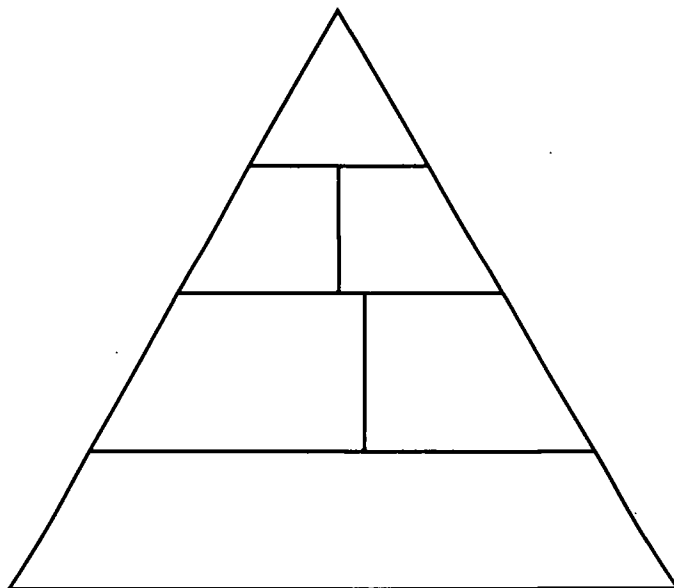
From the meat/meat alternate group

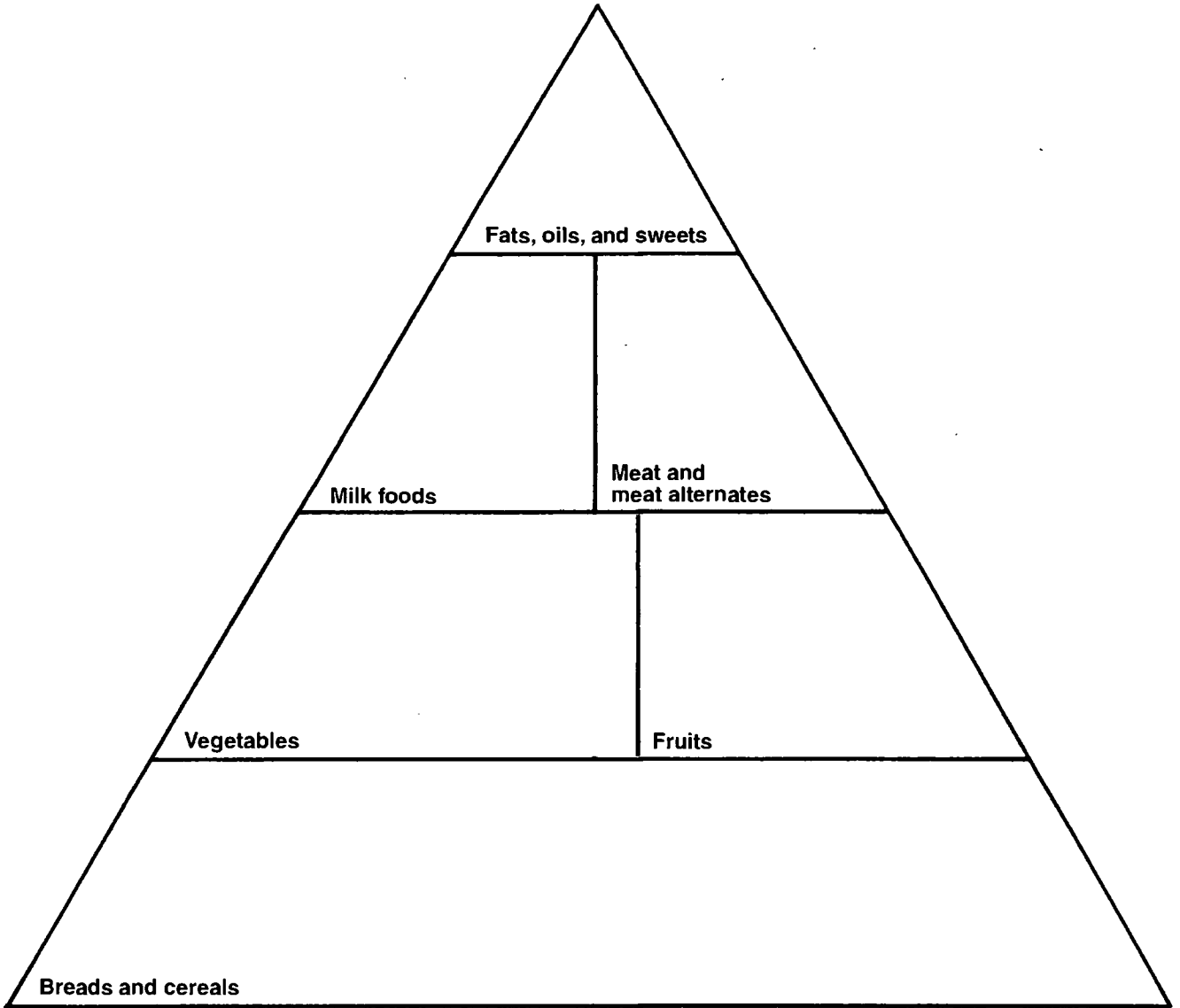
From the vegetables group

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

From the breads and cereals group

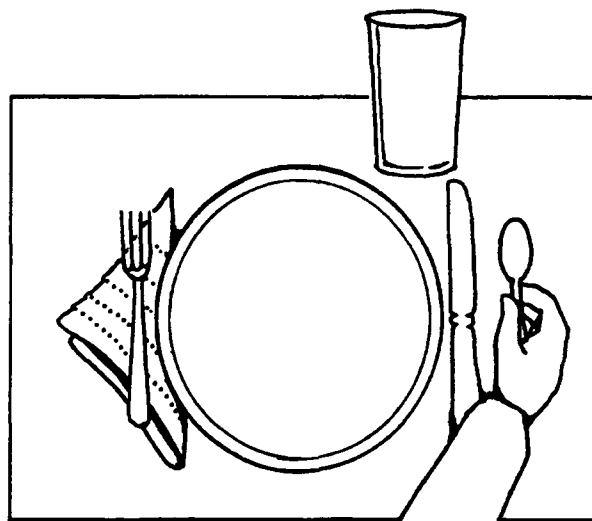
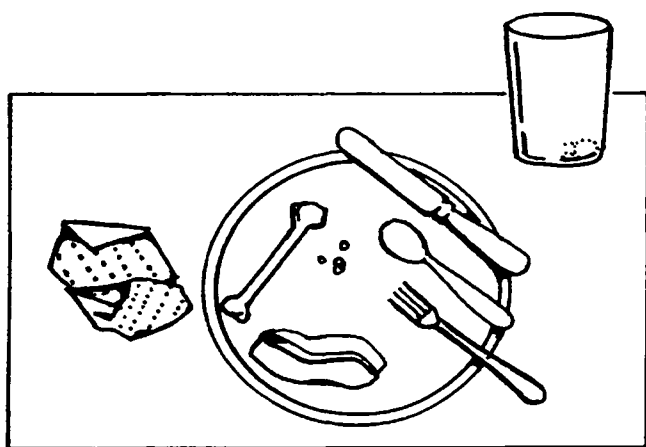
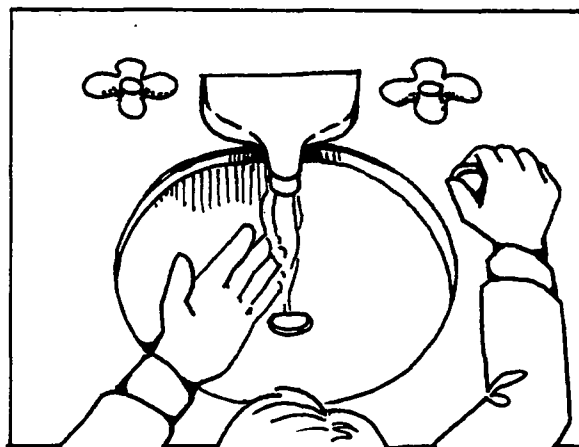
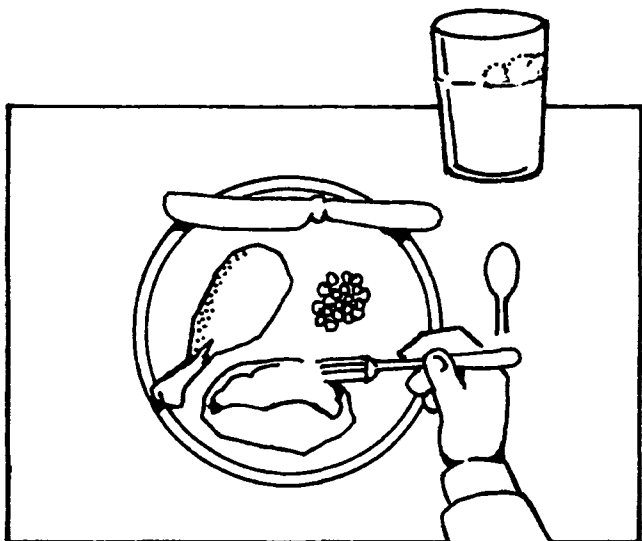
From the milk group












Getting Ready to Eat







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












Granola

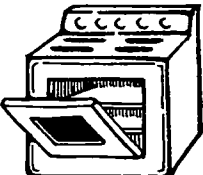
Recipe

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

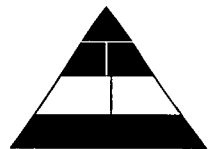
2. Add $\frac{1}{4}$ cup   + $\frac{1}{4}$ cup  
+ 1 Tablespoon  .

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

4. Mix  and . Spread on .

5. Bake  at 375° for 10 minutes.

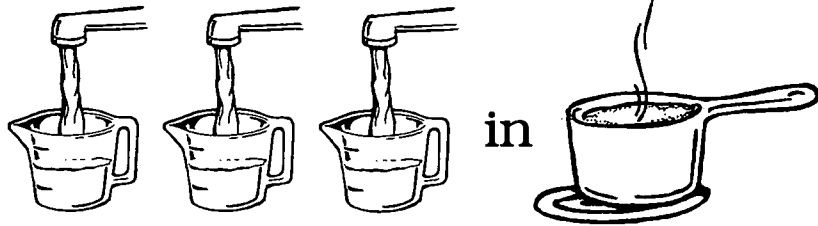
Cool, break, and eat.



Hot Cereal

Recipe

1. Boil 3 cups



in

2. Add and stir $1\frac{1}{2}$ cups



3. Add $\frac{1}{2}$ cup



raisins.

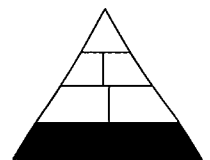
4. Cook



1 minute.

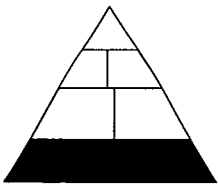
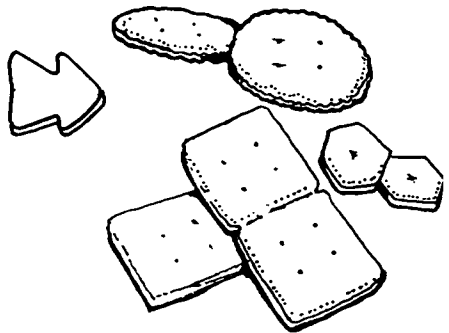
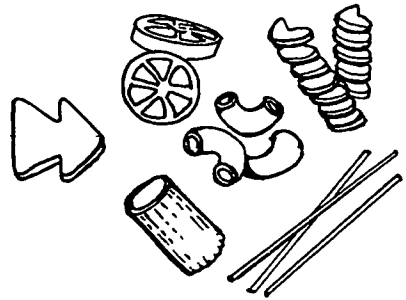
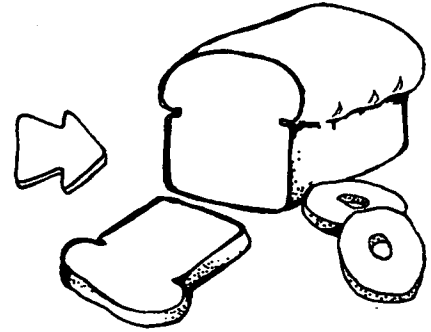
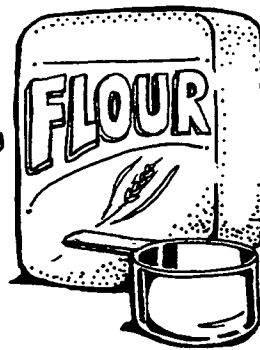
5. Take off stove. Let sit 3 minutes.

6. Serve and eat.

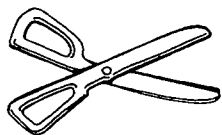


From wheat to food you eat!

a food made from



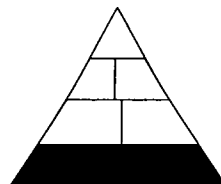
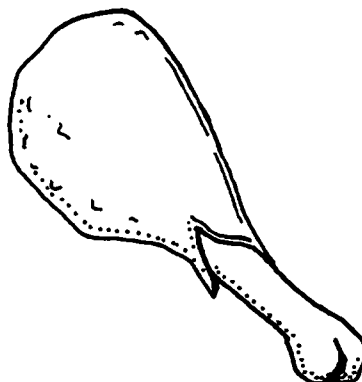
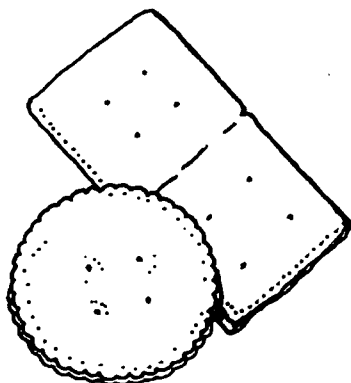
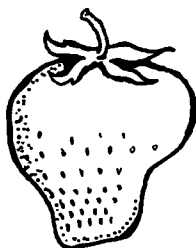
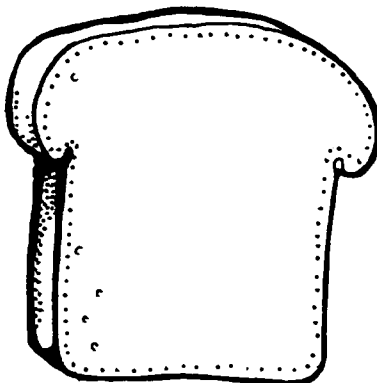
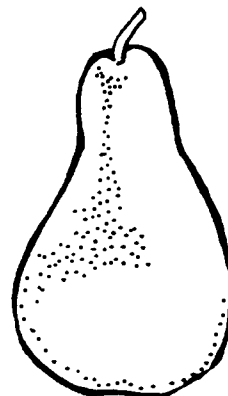
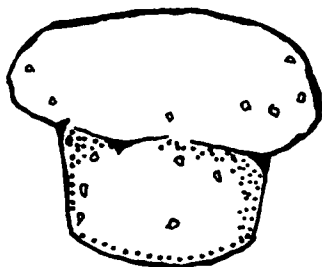
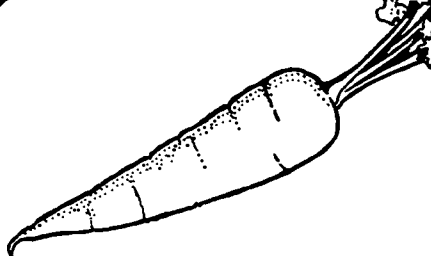
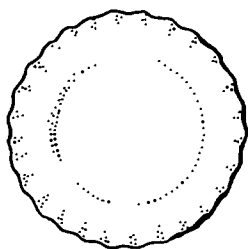
Bread and cereal foods



cut out the bread and cereal foods.




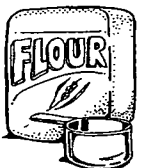



















on a



Oatmeal Muffins

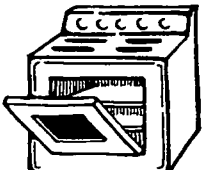
Recipe

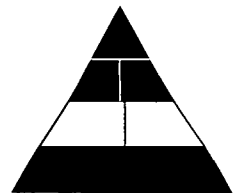
1. Mix together in  1 1/2 cups  
+ 2 teaspoons  + 1/2 teaspoon  
+ 3/4 cup  

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

3. Mix  and  together until lumpy.

4. Put in  with papers or greased.

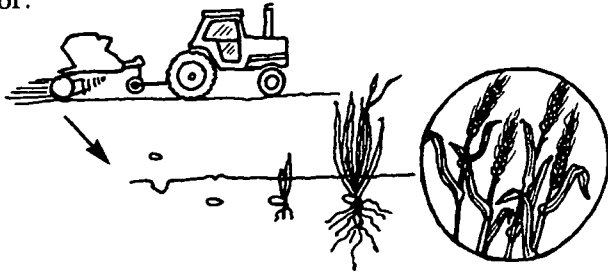
5. Bake  20 minutes at 400°.



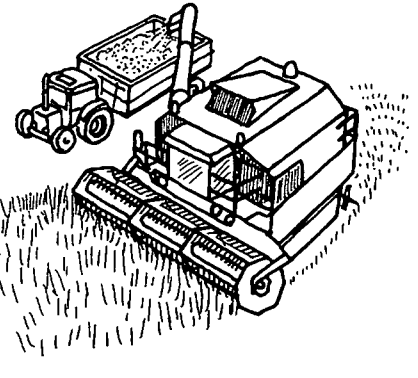
How Wheat Becomes Bread

Planting

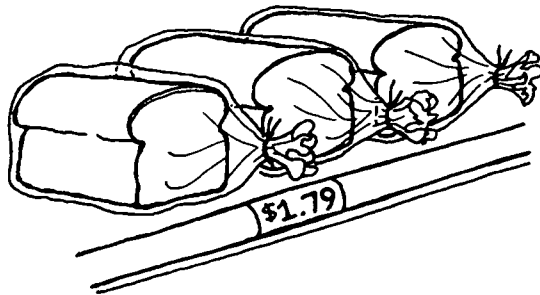
Farmers usually plant wheat with a *grain drill* pulled by a tractor.



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*.

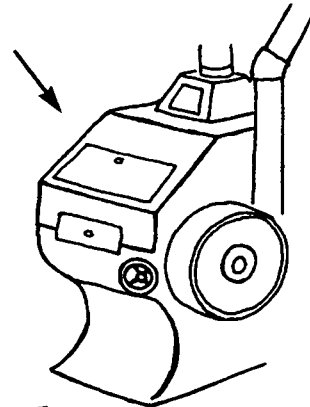


The bakery truck delivers bread to the grocery store.



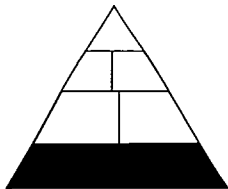
Baking

The bakery buys bags of flour to make bread.



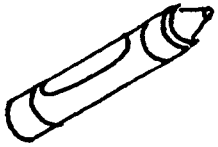
Milling

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

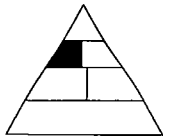
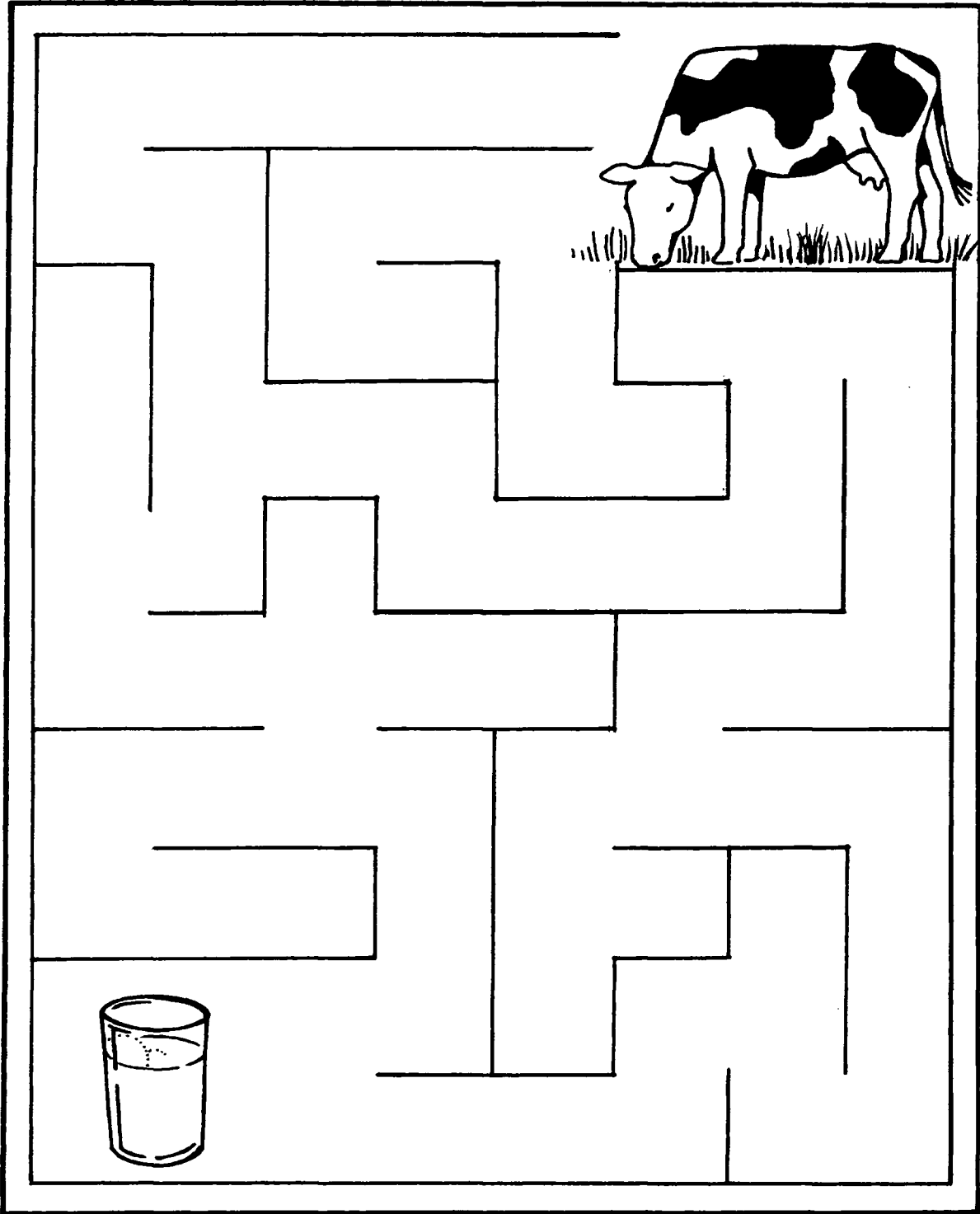


Milk Maze

Name _____

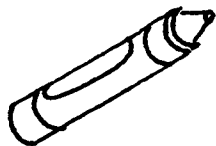


a line from  to .

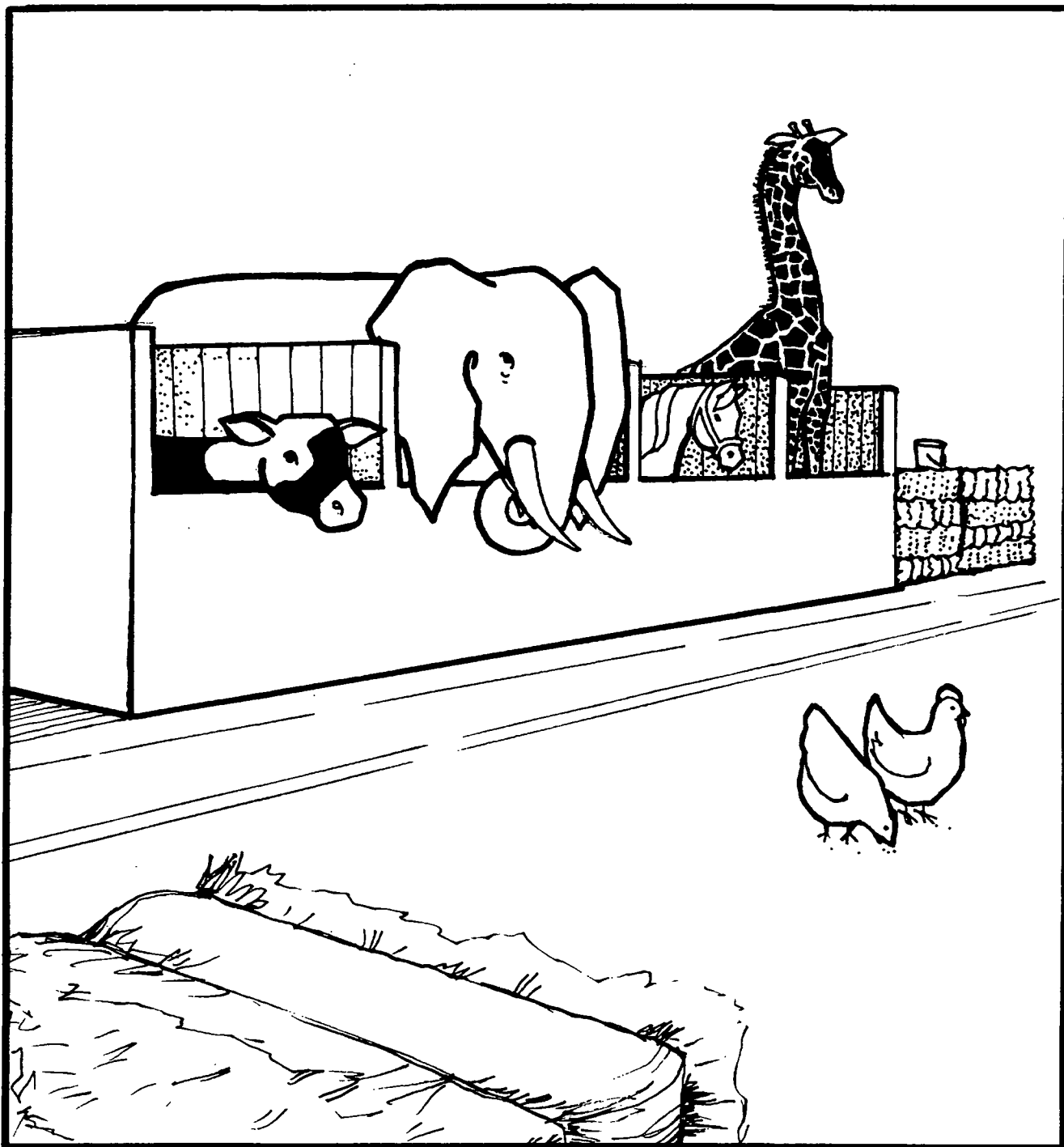


**Which animal's milk
do we drink?**




Name _____



a  around the cow.



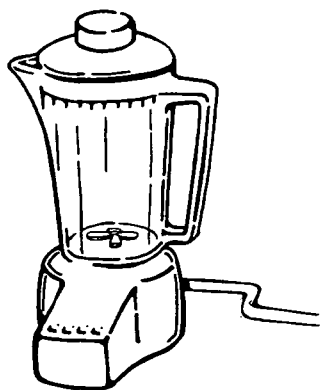
Vanilla Pudding

1. Put  + 2 cups   in a

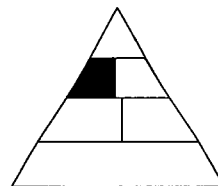


or jar.

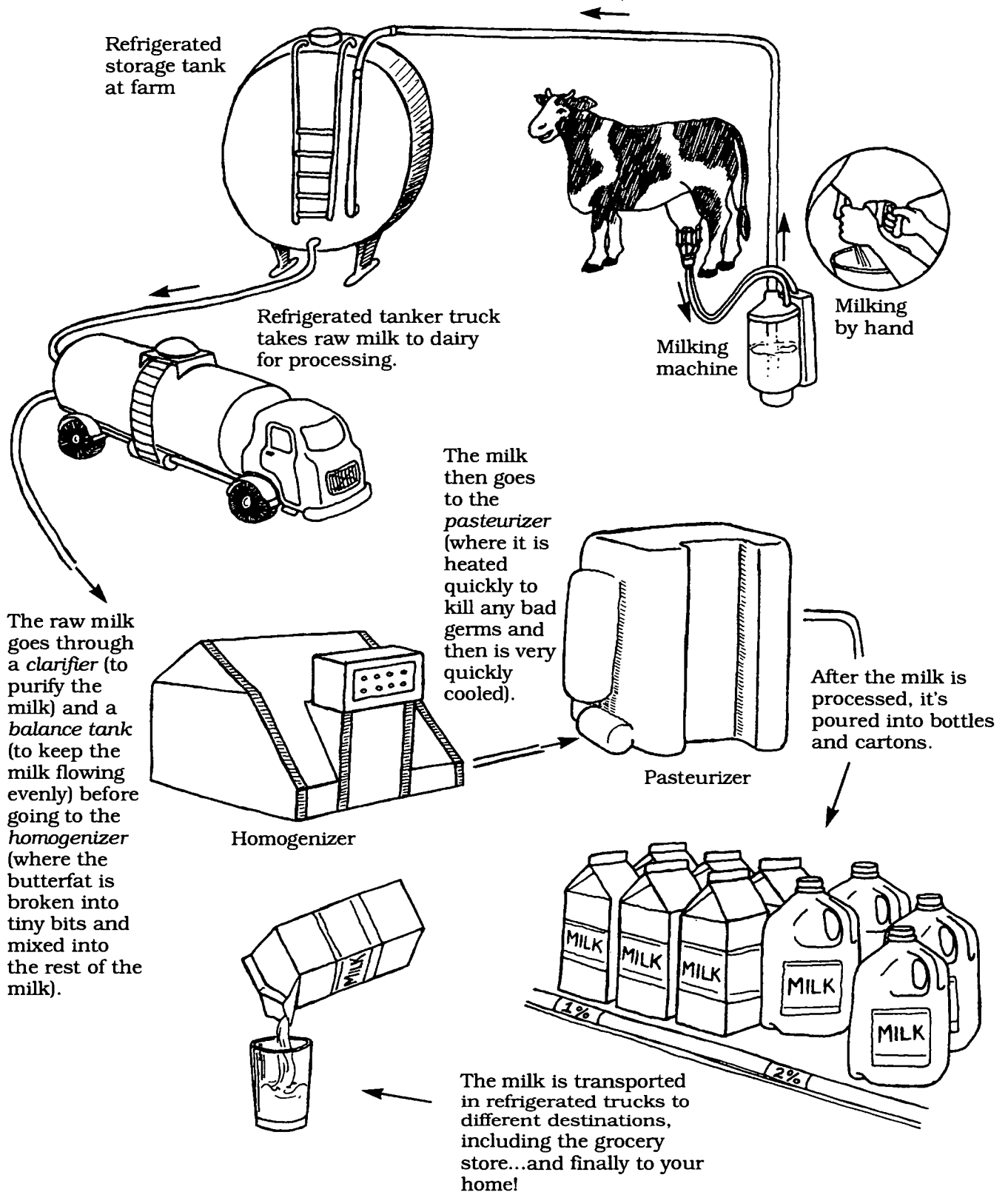
2. Blend in



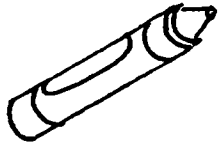
or shake in jar.



Where Does Milk Come From?

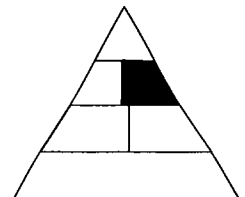
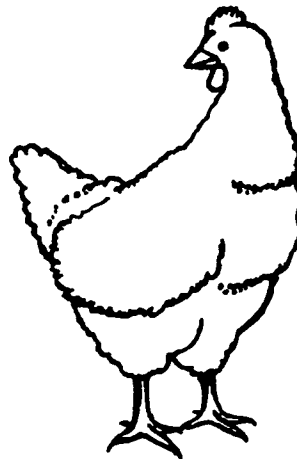
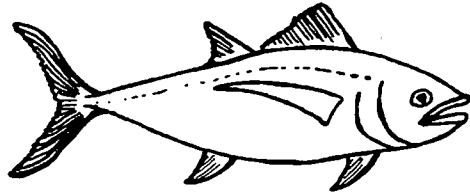
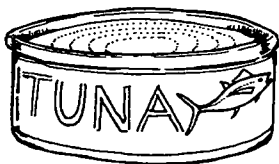
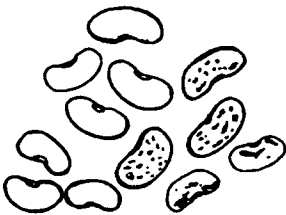
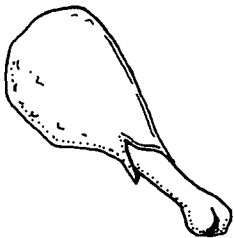
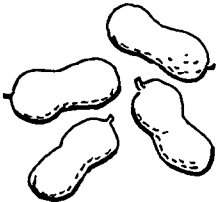
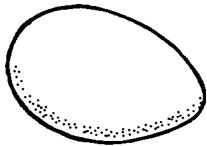


Match the foods


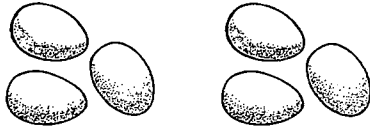



a line from each food to where it came

from.



Hard-Cooked Eggs

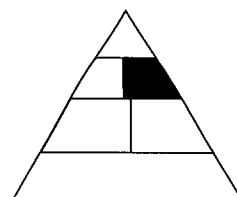
1. In  put 6  .

2. Cover  with water  .

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

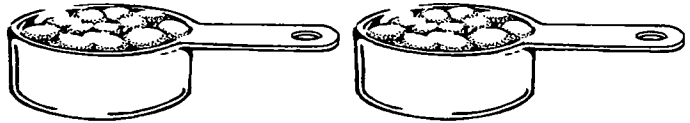
4. Simmer 15 minutes.

5. Cool, peel the  . Cut in half.



Peanut Butter

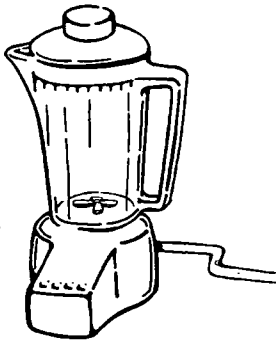
1. Put 2 cups peanuts



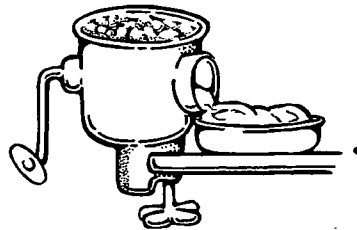
+ 1 Tablespoon



in



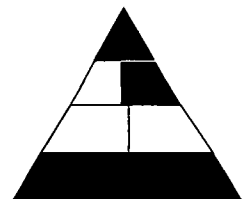
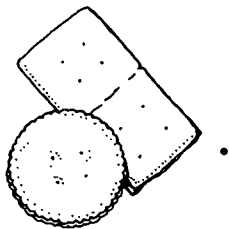
or



2. Grind all



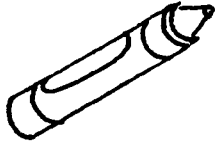
3. Spread on



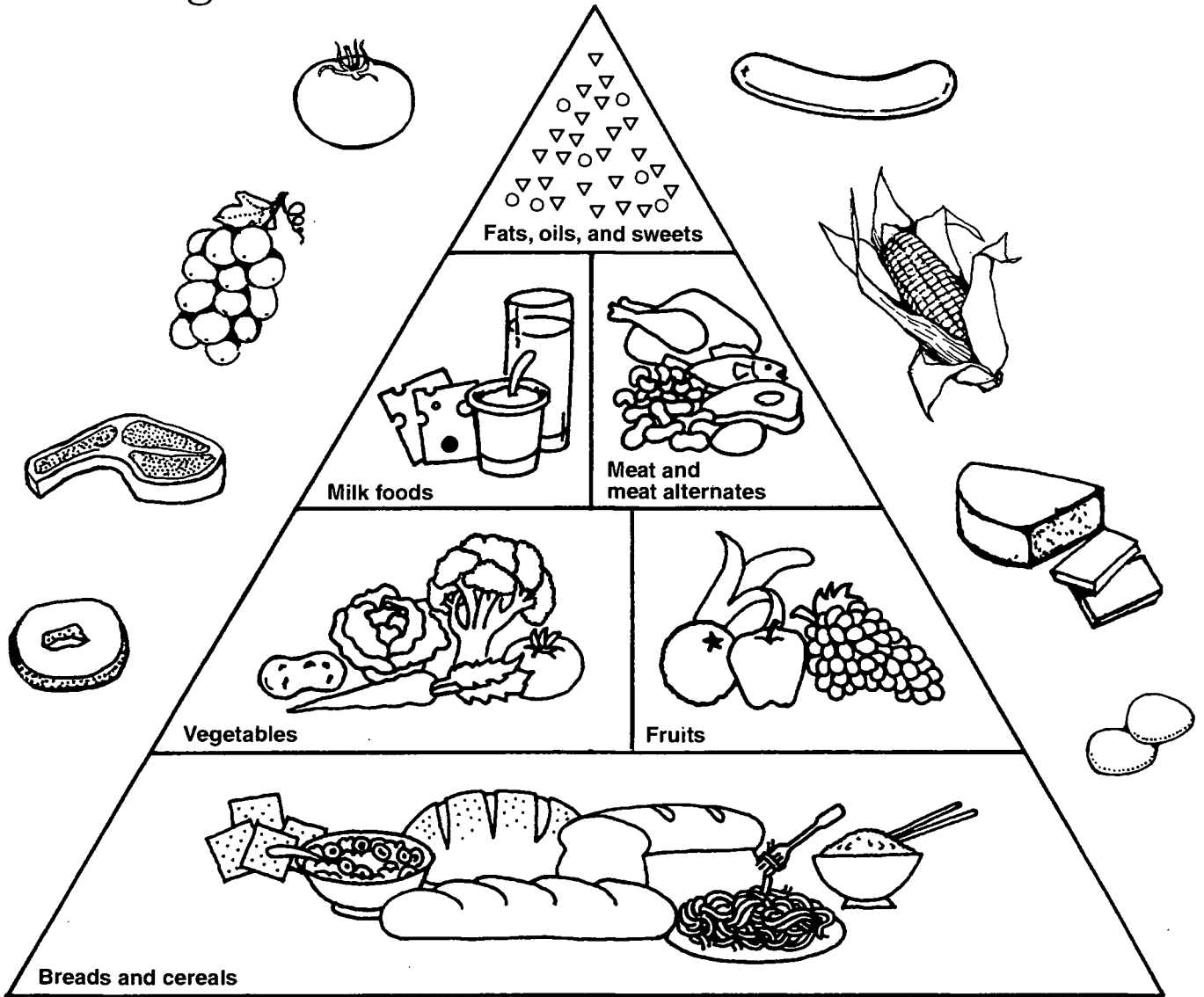
Chickens in the Chicken House



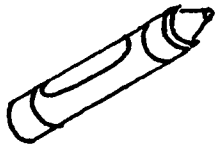
Which food group?



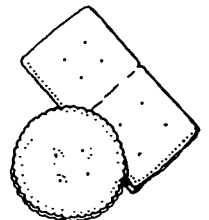
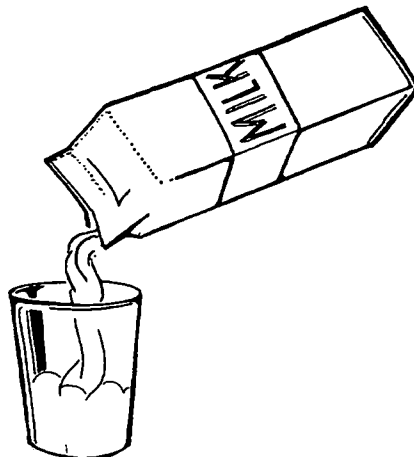
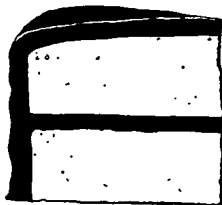
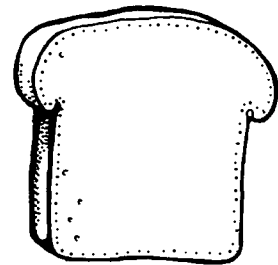
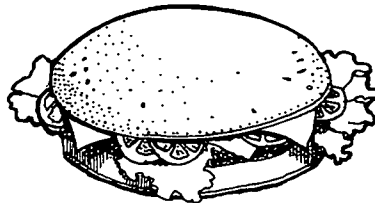
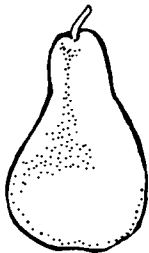
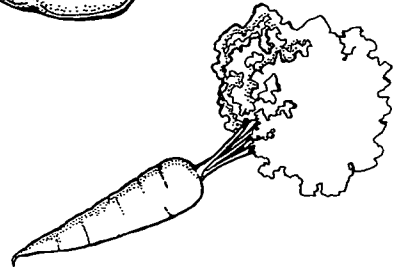
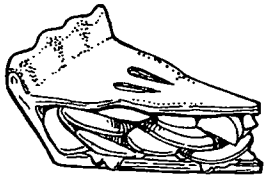
a line from the food to the group where it belongs.



Foods that are best for you





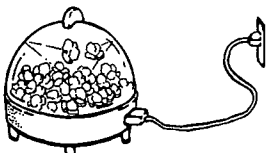
a  around the foods that help you.


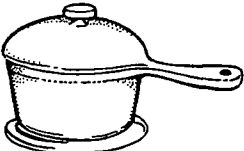



Neat Treats to Eat

Popcorn

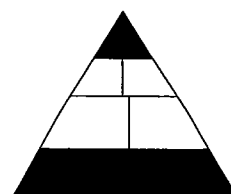
There are two ways to cook popcorn. Use number 1 or number 2:

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

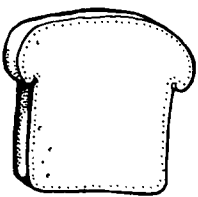
2. **Saucepan:** Put $\frac{1}{2}$ cup  in covered saucepan .

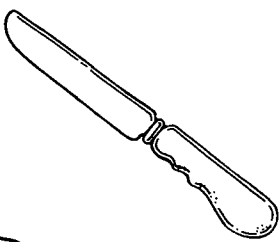
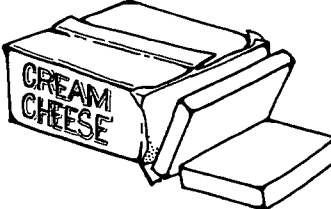


Add 1 cup  popcorn.



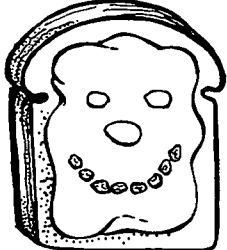
Shake pan on stove. Let the corn pop.

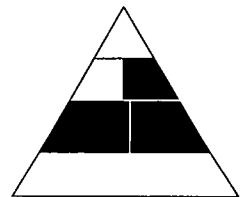


Sandwich Smiles

1. Take 1  .

2. Spread  either  or  or  .

3. Add  and  and make a  !





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