



**Grade Level:** 3-5

**Essential Skills:** 2, 4, 5, 9

**NGSS:** 1-LS1-1, partially meets 3-ESS2-2

**CCSS:** RI1.1, RI1.2, W1.7, W1.8, SL1.1, SL2.5

**Social Sciences:** 1.12

**Health Education:** HE.03.PH02.CC, HE.03.PH02.SM, HE.03.PH02.ADV, HE.03.PP01.CC

**Time:** 2 periods

**Materials:**

*Grown in Oregon* map; Food Group & Oregon Commodities List attached; [My Oregon Plate nutrition sheets](#) (free from AITC, order [online](#))

**AITC Library Resources:**

**Books:** *Seed, Soil, Sun*  
*Where Does My Food Come From?*

*How did That Get In My Lunchbox?*

*To Market, to Market*  
*Who Grew My Soup?*

**More Lessons:** *Breakfast Relay*, *My Oregon Plate*, *Food Explorer I & II*, *Poetry of Agriculture*

**Video:** *Food Doesn't Grow in the Supermarket*

# Lesson to Grow

## Oregon Foods Rap/Commercials

### Description:

The bounty of Oregon grown foods is vast and delicious. In this lesson students will have fun making a local connection to good nutrition and a healthy lifestyle. Students use the information they learn in a brief lecture period and from the attached resource page to create either an Oregon food rap or a commercial featuring one or more Oregon-grown foods.



### Background:

Oregon is the third most agriculturally diverse state in the country. Local farmers and ranchers grow and raise over 220 different commodities, many of them foods we eat. In fact, you can easily create well balanced meals with only Oregon grown foods. Attached is a list of some of Oregon's commodities and the five food groups with key nutrition messages.

The *MyOregonPlate* nutrition sheets are a good resource for this lesson. Sheets are available from [AITC's Free Loan Library](#) online.

### Directions:

1) Ask students to name foods they think are "good for them" (healthy and nutritious). Discuss why they think certain foods help them grow and stay healthy while other food should be eaten in smaller amounts.

Define a **food group**; a collection of foods with similar nutritional benefits. Nutrition guidelines divide foods into five groups and recommend daily servings for a healthy diet. Ask students to list the five food groups. Record their answers on the board. Fill in any not mentioned. Then, using the *My Oregon Plate* nutrition sheets, one per student, review the key messages for each group.

2) Use the *Grown in Oregon Map* to show the diversity of plants and animals raised in Oregon. Many of them are foods we eat. Point out the different foods on the map and ask students to identify which food group they belong. For example: beef cattle = protein; corn = vegetable and grain; apple = fruit. Have students share a favorite Oregon food and name the group it belongs. In the end there should be a list of the five food groups and a list of foods in those groups.

3) Have students break down into small groups. These groups work together to create either a short Oregon food rap or commercial. The rap/commercial should be 2-3 minutes long, feature Oregon foods and explain how the food(s) are part of a balanced, healthy diet. Information for the rap/commercials can be gathered from the class discussion, *My Oregon Plate* nutrition sheets, the *Grown in Oregon* map, the attached commodities sheet, Internet and library.

4) Have students turn in a written version of their rap/commercial, as well as perform it for the class. Remind them to practice their work, test it out on your friends or family. Enunciate! Be creative and have fun.

### Extension Activity:

Record the students raps or commercials. If you post them on YouTube and send the URL in an email to [AITC](#), the program will post them on its website and [Facebook page](#).

## Five Food Groups & Key Messages

**Fruits and Vegetables:** Any fruit or vegetable is included in this group. Fruits or vegetables may be fresh, canned, frozen or dried. They can be whole, cut-up, pureed or juiced. **Key Message: Make half your plate fruits and vegetables.**

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. **Key Message: Make at least half of your grains whole grains.**

**Protein Foods:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of this group. Meat and poultry choices should be lean or low-fat. **Key Message: Choose lean protein.**

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, however, foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified plant based “milks” (i.e., soy beverage) are also part of this group. **Key Message: Choose fat-free or low-fat dairy products.**

### An ABC List of Oregon’s Agricultural Commodities

Alfalfa Hay	Dungeness Crab	Loganberries	Ryegrass Seed
Alfalfa Seed	Eggplant	Meadow Foxtail Seed	Safflower
Alpacas/Llamas	Eggs	Meadowfoam	Salmon
Angus	Elderberries	Milk	Shad
Apples	Emus, Ostriches	Mink	Sheep and Lambs
Apricots	Endive	Mint	Shrimp
Arborvitae	Escarole	Mules & Donkeys	Shrubs, Deciduous & Flower
Arugula	Farm Forest Products	Mushrooms	Silage - Corn, Hay, or Mint
Artichokes	Fescue Seed	Mustard	Sorghum
Asparagus	Figs	Myrtle Wood	Soybeans
Barley	Fish	Nectarines	Spruce
Bass	Flax	Nursery Crops	Smelt
Beans, dry	Flounder	Nuts	Sod
Bees	Flowers, Cut & Bulbs	Oats	Spinach
Beets	Game Birds, Quail, Pheasants	Olives	Squash
Bentgrass Seed	Garlic	Onions, green and storage	Steelhead
Birdsfoot Trefoil Seed	Goat Products	Orchardgrass Seed	Straw
Blackberries	Gooseberries	Oysters	Strawberries
Blueberries	Gourds	Parsley	Sturgeon
Boysenberries	Grapes	Parsnips	Sugarbeets
Broccoli	Green Beans	Peaches	Sunflower, Oil & Seed
Brussel Sprouts	Greenhouse Crops	Pears	Swiss Chard
Buckwheat	Greens, cut	Peas, dry and green	Tomatoes
Cabbage	Halibut	Peppermint, Oil & Rootstock	Trees, deciduous
Canola	Hay	Peppers	Trout
Cantaloupes & Muskmelons	Hazelnuts	Perch	Tulips
Carrots	Herbs	Plants, Flowering and Foliage	Tuna
Cattle, Beef	Hogs and Pigs	Plums	Turf Sod
Cauliflower	Honey	Ponderosa Pine	Turkeys
Celery	Hops	Poplar Trees	Turnips
Cherries, Sweet & Tart	Horseradish	Potatoes	Umbrella Plant
Chickens	Horses and other equine	Prunes	Vegetable & Flower Seeds
Christmas Trees	Huckleberries	Pumpkins	Vetch Seed
Clams	Ice Cream	Quince	Walnuts
Clover Seed, Red	Iris	Rabbits	Wasabi
Cod	Jam	Radish Seed	Watermelon
Corn, Sweet & Grain	Jasmine	Radishes	Wheat
Cranberries	Juniper	Raspberries, Black & Red	Wool
Cucumbers	Kale	Red Snapper	Xeropyte (water succulent plant)
Currants, Red	Kelp	Reed Canarygrass Seed	Yams
Daffodils	Kentucky Bluegrass Seed	Rhubarb	Yogurt
Dairy Products	Kiwi Fruit	Rice, Wild	Zinnias
Dill for oil	Leeks	Rockfish	Zucchini
Dogwood Tree	Lentils	Rutabagas	
Douglas Fir	Lettuce	Rye	