

Lesson 6/7
Cooking & Nutrition Demonstration
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What is sustainable agriculture?

Agriculture is farming and ranching – basically growing plants and animals for us to make food
Sustainable means that it can keep going – that people can do farming and ranching for many years
Sustainable also means that our environment can support our lives

Questions to ask:

- 1) Why would you want farming to be sustainable?
- 2) How much food do we eat every day?
- 3) Who makes our food?
- 4) Where does our food come from?
- 5) How do we get our food?

What if you didn't have enough food? How do you feel? Are you hungry? Angry? Grumpy?

Why is sustainable agriculture important?

We want to be able to grow enough food to feed every person for his or her entire life. To do this, we need to do things that will help our environment rather than hurt it.

What are some things that can hurt our environment?

Using pesticides make pests like bugs and weeds sick, but they can also make our 'good' plants and animals sick. Sometimes if we use too much or a chemical that is too strong, we will even hurt ourselves

If we try to raise too many animals on the same area of grass, they don't enough food and can hurt the earth.

How would you like to be stuck in one small room all day? That's how the animals can feel.

When farmer or rancher uses up all of the water for the farm, how does he water his plants?

What can you do to support farmers and ranchers who use sustainable methods?

- Farmers' Markets
- Community and School Gardens
- Community Supported Agriculture
- Pick-your-own farms and roadside stands
- Buying organic produce
- Talk to the source of your food – the farmer and rancher
- Seek alternative sources for buying meat
- Explore online options

How are our farms, ranches and town connected? Illustration...

What pesticides are used today?

What does a pesticide do?

What happens if we use too many pesticides?

What if a child accidentally eats pesticides?

Where did all our farmers go?

Where do you think the farmers and ranchers went?

Why do you think they have left?

What is stewardship?

Why is it important to be a good steward?

Cooking Demo ideas (please be adherent to food safety regulations)

- Salad bar
 - o Build a better burger
 - o Build a bowl of chili
 - o Greater tater
 - o Pile a pizza
 - o Plenty o pasta salad
 - o Stuff a submarine
 - o Top a taco
 - o

5 a Day – www.5aday.org

Lucky sticker day

Pencils for learning

Special visitors

Costumed mascot

Eat smart. Play hard

Fruity fashion clothes – wear the color of the fruit of their choice

Fruit and vegetable trivia

Veggie walk

Guess the beans – guess how many

www.ars.usda.gov/is/kids/

www.nal.usda.gov/kids

Agclassroom.org

www.cannedveggies.org

School garden

www.aiwf.org

Plan a Lunch

Lean meat
Unrefined bread or grain
Nature's fresh fruit
Crisp and fresh vegetable
Half-pint low fat milk

Nutrients of interest

Vitamin A

- Apricots
- Cantaloupes
- Carrots
- Collard greens
- Hot chili peppers
- Leaf lettuce
- Romaine lettuce
- Mangoes
- Nectarines
- Peaches
- Spinach
- Sweet potatoes

Vitamin C

- Broccoli
- Cabbage
- Cantaloupes
- Cauliflower
- Grapefruit
- Green peppers
- Brussels sprouts
- Kiwifruit
- Oranges
- Papayas
- Strawberries
- Mustard greens

Iron

- White beans
- Spinach
- Chickpeas
- Lentils
- Lima beans
- Pink beans
- Winged beans

Calcium

- Spinach
- Mustard greens
- Collards
- Beet greens
- Figs

- Papaya
- Rhubarb
- Okra
- Wakame
- Kelp
- Turnip greens
- Amaranth
- Black turtle beans
- Chinese cabbage
- Chickpeas
- Hummus
- Cranberry beans
- Great northern beans
- French beans
- Lupines
- Navy beans
- White beans
- Wined beans
- Yellow beans
- Chickory greens

Facts

- 17% children age 12-19 are overweight
- Type 2 diabetes is becoming more common among children and adolescents, particularly in American Indians, African-Americans, and Hispanics/Latinos
- Nearly one in three adults has high blood pressure
- 17 % of Americans have high blood cholesterol

Common Youth Behaviors and Beliefs

- youth frequently buy chips, soda, apple pies, and candy bars for lunches and snacks
- they prefer to eat fast foods at lunch instead of cafeteria food or lunch brought from home
- they do not eat any fruits or vegetables
- they average about 5 hours of TV viewing a day
- they do not participate in regular physical activity outside of organized sports
- they realize that good health is important but they don't think that it's important for them

Individual & Group Activities:

Collect food packages and labels and utilize these in discussions about nutrients and the local-ness of the food items.