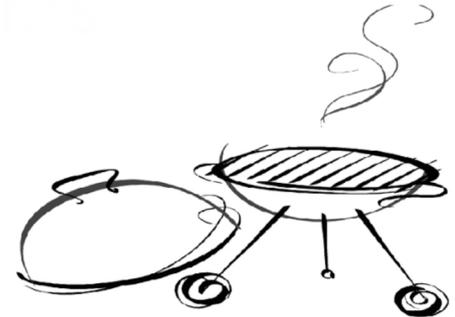


# Grill Me About...

## Farm to Table

**Ask me what I learned about farmers and their farms in my GrowingGreat classroom nutrition lesson:**



1. Where does our food grow?
2. What can we do with the wheat that a farmer grows?
3. What are the 5 things you need to grow healthy apple trees?

.....

*Answers:*

1. *Our food starts growing on a farm.*
2. *We grind wheat into flour to make breads and crackers.*
3. *An apple tree needs a farmer, soil, seed, water and sun.*

### **Homemade Butter in a Jar**

- 1 Mason jar with lid
- 1 Carton whipping cream

#### **Directions:**

Pour half a carton of whipping cream into a mason jar. Seal it tight with the lid. Start shaking the jar up and down in a fast motion. After approximately 10 minutes there will be a “thump” sound. This tells you that the butter and buttermilk are separating. Open the jar and pour out any remaining liquid. The solid form is butter! \*Add any herbs from the garden to the butter for a creative flavor, or just use “as is.” Serve with whole grain bread or crackers.

### **Hands-On Science Corner: Homemade Butter in a Jar**

- Making butter in a jar is an example of liquids and solids that are consumed.
- Butter is a dairy product that is made directly from whole milk of an animal.
- When making the butter, observe the difference between a liquid and a solid.
- Use your senses to see, feel, taste and listen to the physical changes during the process of butter making.

Visit the Resources section at [www.GrowingGreat.org](http://www.GrowingGreat.org) for more hands-on science activities.

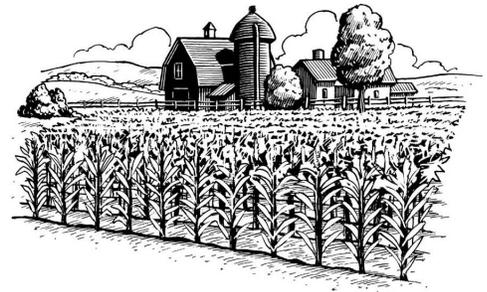
# K-2 Classroom Nutrition Pilot Program: Lesson #2 Farm to Table



**Where do our foods come from?** All foods such as fruits, vegetables, grains, and dairy, come from farms.

## **If I were . . .**

If I were an apple farmer I would be growing apples. I would plant a seed in the soil, and water the seed. The sun would provide light or energy to help the seed grow into a healthy apple tree. I would harvest the apples and get them ready to sell on the farm or transport to a grocery store, farmers' market or restaurant.



**From Wheat to Bread:** Wheat farmers grow wheat grains. These grains are milled into wheat flour. Wheat flour is whole, “close to the source,” and minimally processed. Wheat flour is a main ingredient in whole grain breads, crackers, and cereals.

Which is closest to the source or to nature?

1. Whole Wheat Bread
2. Wheat Grain
3. Wheat Flour

*Answer: Wheat Grain*

Optional Reading:

*The Little Red Hen* by Bryon Barton

*From Wheat to Bread* by Kristin Thoannes Keller

*The Apple Pie that Papa Baked* by Lauren Thompson

*Milk from Cow to Carton* by Alike

*Bread Comes to Life: A Garden of Wheat and a Loaf to Eat* by George Levenson

*How Did That Get in My Lunch Box? The Story of Food* by Chris Butterworth

## **GrowingGreat's Philosophy**

GrowingGreat's mission is to empower every child to grow up healthy through science-based garden and nutrition education.

GrowingGreat advocates:

- eating a wide variety of colorful, whole foods that are close to their original source
- choosing higher-quality, beneficial foods more often
- appreciating the impact food has on our overall well-being so that we can think, feel, and perform at our best all day long