

Activity: Food Products

Activity Level: Basic

Source: Nebraska Agriculture in the Classroom

Purpose

Identify agricultural ingredients that go into food products we eat.

Example Topics It Supplements

Matching resources to their sources; reading comprehension; following directions

Activity Snapshot

1. Organize and Prepare Supplies
2. Read Background Information
3. Interest Approach
4. Conduct Activity
Distribute Food Products Recipe Card(s). Select recipe as groups or entire class. Have students sample/taste the end product.
5. Ask follow up questions and make the connection to agriculture.
 - What ingredients did we use?
 - What agricultural products did those come from?
 - What does that tell us about agriculture?
 - What can we tell our family and friends about what we did today?

State Standards It Supports

SS 1.3.2.b—Identify and differentiate between human features.
SS 1.3.5.b—Match resources to their sources.
SC 2.1.1.c—Select and use simple tools appropriately.

Materials

- Food Products Recipe Card(s)
 - Hands-On Ice Cream
 - Pumpkin Patch Pie
 - Soybean Smoothies*Materials vary with each activity. Read specific items needed on Food Product Recipe Card(s).*
- Ingredients for recipe selected for interest approach (*whatever recipe you choose—cake, cookie, pie, etc.*)

What's the Connection to Agriculture?

The food we eat every day comes from agriculture. Some of our food is in natural form (beef, chicken, apple, etc.). Our food is also processed (cheese, yogurt, hot dogs, etc.) and lots of the food we eat is made from recipes that combine agricultural ingredients to make a delicious treat (cookies, casseroles, etc.). It is important that we know what is in the food we eat and understand where it comes from.

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PROCEDURES:

1. Organize and Prepare supplies

See “Materials” on cover page

Pre-select the Food Product Recipe Card(s) that the students will do. Prepare ingredients and supplies to complete the recipe/activity. Make copies of the Food Product Recipe Card(s) for students—either to work individually or in groups.

2. Background Information

All of the foods we eat each day come from agriculture. Without farmers and agricultural producers, we would have nothing to eat! Agriculture employs nearly 24 million people—they produce, process, transport, and distribute food, fiber, and fuel that we use in our daily lives. Today’s American farmer feeds approximately 155 people world-wide.

The activities in this lesson will focus on simple recipes students will make and taste to show them the ingredients in the food we consume come from agriculture.

3. Interest Approach

Before class, choose a recipe (cookies, cake, apple pie) and bring all the individual ingredients. Place them randomly on a table where students can look at all of them.

Divide students into groups of 3-4. Have one person from each group bring a piece of paper and writing utensil and have all the groups stand together around the items on the table.

Explain to the students there are individual ingredients on the table to make something very tasty.

Assign the task for each group to:

Write down what agriculture items are in each ingredient and;

What could the original food product possibly be? *Examples might be: butter has milk; flour has wheat, etc.*

After a few minutes, have each group share their lists and ideas with the class. Share the food product the ingredients would make.

Explain that the food we eat (like the cookies, cake, pie that will be made from these ingredients) all come from agriculture.

Today the class will be making a food product(s) and explore how the ingredients are connected to agriculture.

4. Conduct Activity

a) Provide Food Product Recipe Card(s) to the students and complete the activity as a class.

b) Each activity has agriculture products to highlight:

- **Hands-On Ice Cream**—vanilla, sugar (cane/beet), milk (dairy)
- **Pumpkin Patch Pie**—milk (dairy), pumpkin, graham crackers—flour (wheat); soybean oil (soybeans); sugar (cane/beet); honey (bees)

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- **Soybean Smoothies**—*soymilk (soybeans, cane sugar), banana*

c) While the students are tasting, and enjoying the recipes they made, have them review and share what the agricultural ingredients are in the food they made.

5. Ask Follow Up Questions and Make the Connection to Agriculture

- What ingredients did we use?
See individual Food Product Recipe Card(s)
- What agricultural products did those come from?
Hands-On Ice Cream—*vanilla, sugar (cane/beet), milk (dairy)*
Pumpkin Patch Pie—*milk (dairy), pumpkin, graham crackers—flour (wheat); soybean oil (soybeans); sugar (cane/beet); honey (bees)*
Soybean Smoothies—*soymilk (soybeans, cane sugar), banana*
- What does that tell us about agriculture?
All the food we eat comes from agriculture.
- What can we tell our family and friends about what we did today?
The food we eat every day comes from agriculture. Some of our food is in natural form (beef, chicken, apple, etc.). Our food is also processed (cheese, yogurt, hot dogs, etc.) and lots of the food we eat is made from recipes that combine agricultural ingredients to make a delicious treat (cookies, casseroles, etc.). It is important that we know what is in the food we eat and understand where it comes from.

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Food Product Recipe Card #1—Hands-On-Ice Cream

Ingredients:

1 pint zipper bag	6 Tbsp. salt
1 gallon zipper bag	Ice
¼ tsp. vanilla	Hand towel or gloves
1 Tbsp. sugar	Spoons
½ cup milk	Napkins

Procedure:

1. Fill the gallon bag half full of ice.
2. Put salt in with the ice.
3. Pour milk, vanilla and sugar into the pint bag. Seal it.
4. Place the pint bag inside the gallon bag and seal the bag.
5. Knead for about five minutes until mixture is ice cream. Use a towel or gloves to help keep your hands from getting cold.

Food Product Recipe Card #2—Pumpkin Patch Pie

Ingredients:

1 gallon zipper bag	1 ½ cups graham cracker crumbs
2 ⅔ cup cold milk	16 oz. container of whipped topping
2 packages vanilla pudding mix	25 small cups
1 can (15 oz.) solid-pack pumpkin	25 spoons
1 ½ tsp. pumpkin pie spice (or cinnamon and ginger)	scissors

1. Combine the milk and instant pudding in the zipper bag. Remove the air and close the bag
2. Squeeze and knead with hands until blended for one minute.
3. Add the pumpkin, pumpkin pie spice (or cinnamon and ginger). Remove the air and close the bag.
4. Squeeze and knead with hands until blended for two minutes.
5. Place ½ Tbsp. of graham cracker crumbs in the bottom of the small cups.
6. Cut corner of zipper bag and squeeze pie filling into cups.
7. Garnish with whipped topping.
8. Add spoon and enjoy!

Note: Yield is 25 students and one teacher. Ingredients can be divided by four or five for students to work in small groups.

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Food Product Recipe Card #3—Soybean Smoothies

Ingredients:

1 cup soymilk (plain or vanilla)

½ medium banana

blender

cups

Procedure:

1. Puree ingredients in a blender until smooth.
2. Pour into a cup and serve at once.

Note: Try different combinations to invent a new smoothie. For example, add 2 Tbsp. chocolate syrup for chocolate banana smoothie, or use a different fruit, like strawberries.