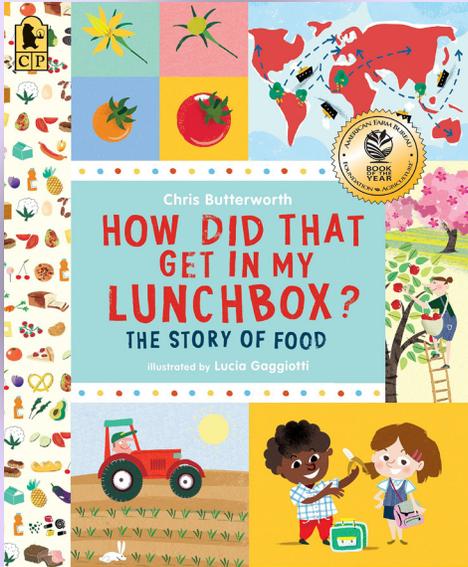


SNAPSHOT

Level: K-2

Time: 35 min.

Activity: Students will engage in a story and participate in an activity to shake heavy whipping cream and turn it into butter to make a delicious snack.



Purpose

Students will discover journey food takes from the farm to their lunchbox.

Materials

- ***How Did That Get In My Lunchbox? The Story of Food*** book by *Chris Butterworth*
- Glass baby food jars with lid or condiment container with lid, 1 per student
- Heavy whipping cream, ½ gallon
- Sandwich size Ziploc bag, 1 per student
- Loaf of Bread, 1 slice per student
- Plastic knife, 1 per student
- Plate/napkin, 1 per student
- Salt, optional
- Music for jar shake

LUNCHBOX Mysteries

Teacher's Guide

LESSON 1

How Did That Get In My Lunchbox?

PROCEDURES

1. Organize and Prepare Materials

2. Background Information

Source: nda.nebraska.gov/publications/ne_ag_facts_brochure.pdf

Nebraska's number one industry in our state is agriculture. Agri-business is vital to our state's economy. One in four jobs in Nebraska are tied to agriculture including careers in insurance, equipment sales and repairs, technology, irrigation, engineering, transportation, food chain services and many more.

Nebraska has a wide range of soil and elevation which allows us to raise a variety of different crops and livestock including corn, soybeans, wheat, dry beans, beef cattle, pork, grain sorghum, popcorn, and eggs.

Wheat

Nebraska is the 11th largest wheat producing state in the U.S. with approximately 1 million acres in wheat production. Nebraska produces two types of wheat. Hard red winter wheat and hard white winter wheat. Hard red winter wheat is the main source of flour for loaf bread, hamburger buns and other foods. Nebraska is one of nine states producing hard white winter wheat. About 50 percent of Nebraska's wheat is exported annually

to international markets used to make Asian noodles and Middle Eastern flat breads.

Dairy

Nebraska ranks 25th in total milk production. Nebraska's dairy farms are family owned and operated. Cows are milked two to three times per day and milk is perishable so dairy farms ship out milk on a regular schedule to ensure its freshness and safety. Nebraska's dairy processors use milk to make products like butter, cheese, yogurt, ice cream, sour cream, cottage cheese and whey protein.

Vegetables

The number of Nebraska produce growers has increased 700 percent over the past decade from 78 in 2000 to more than 575 in recent years. Growing fruits and vegetables is a highly intensive enterprise that requires specialized equipment and a large labor supply. Many fruits and vegetables grown in Nebraska includes tomatoes, cucumbers, melons, pumpkins, squash, onions, berries, sweet corn, and many other types of produce.

3. Interest Approach

- a. Ask students what they normally eat for lunch.
 - Do you eat school lunch or bring your own lunch?
 - Where does the food you eat for lunch come from?
- b. Share with students that we are going to read a story called *"How Did That Get in My Lunchbox? The Story of Food."*
- c. Read the Story
 - As you read the story have students answer the questions that are asked throughout the book. You can ask your own questions to help guide answers.
 - Ask follow-up questions at the end of the story.
 - Where does our food come from?
 - Do any of the foods we talked about in this story come from Nebraska?
We grow and raise several of the foods we learned about in the story like wheat to make bread, milk from the dairy cow to make cheese, tomatoes could have been grown locally here in Nebraska, we grow a few apples in Nebraska as well.
 - Do we grow clementines in Nebraska?
We do not. We do not have the weather to grow tropical fruits.
 - Do we grow cocoa beans in Nebraska?
Nope! We must get those from other countries.
 - What are some of the jobs people do in order to grow or make the food that we eat?
We have farmers and bakers, cheese and chocolate makers, pickers, packers and truck drivers. These people all help us grow or make the food for us to eat.
 - Now that we know where some of our favorite foods come from, we are going to make our own snack!

4. Snack Activity-Butter in a Jar

- a. Ask students where butter comes from.
Butter comes from milk.
- b. Where does milk come from?
Dairy cows.
- c. What other food products come from dairy cows?
Milk, cheese, butter, yogurt, cream cheese, cottage cheese, whipped cream, etc.

d. We are going to make our own butter and enjoy a tasty snack!

Ingredients

- Empty baby food jar (or plastic condiment container), 1 per student
- Whipping cream, enough to fill each jar half full.
- Ziploc Sandwich Bag, 1 per student
- Loaf of Bread, 1 slice per student
- Plastic knife, 1 per student
- Plate/napkin, 1 per student
- Salt, optional
- Music to play while shaking up the jar

Directions

1. Take 1 jar and fill 1/2 with whipping cream and place lid on jar.
2. Place jar in the Ziploc bag and close bag.
3. Play music as the students shake the jars. This could take 5-10 minutes.
4. The butter will turn solid and buttermilk will form.
5. Empty the buttermilk from the jar.
6. Add a little salt to the butter and spread on sandwich bread.
7. Eat your tasty snack.

5. Ask Follow Up Questions and Make Connection to Agriculture

a. Where does our food come from?

Our food must come from the farm. Either as a plant or a food product that we get from an animal.

b. Can we grow food right here in Nebraska?

Yes! Nebraska farmers grow a lot of our food like corn, soybeans, wheat, dry beans, sugar beets, popcorn, potatoes, and many other types of foods!

Some foods can't grow here because our weather doesn't allow it to grow. What might some of the foods be?

EXTENSION ACTIVITIES

Homegrown in Your State: Fruits and Vegetables

www.agclassroom.org/matrix/lesson/767/

Students explore their state's specialty crops, discover how food gets from the farm to the table, and discuss the importance of eating fruits and vegetables every day.

It's a MOO-stery

www.agclassroom.org/matrix/lesson/15/

Students make observations about historic tools used on a dairy farm to store and process milk into cheese and butter.

Tops and Bottoms

www.agclassroom.org/matrix/lesson/78/

Students identify where fruits and vegetables belong on the MyPlate diagram and describe the major parts of plants—roots, stems, leaves, flowers, and fruits—according to if they are produced on the top or bottom of a plant.