

Farm to Fork

Instructions: Students can color, cut and build their cheeseburger as the video discusses each part and where it comes from or use placemat provided (Urban Ag Day box) to have students follow along.

Let's start at the TOP of the cheeseburger, what comes first?

WHEAT

Yes, we have a bun on both ends. (put bottom bun on board) Sometimes people are allergic to gluten, which is a protein found in wheat flour. People can use flour from different seeds, such as almond, barley, oats and potatoes.

What do farmers grow that is made into bread? YES, Wheat! (Place wheat plant next to bun) Wheat is grown, and a combine takes all the wheat seeds out of the plant. These seeds are ground up into flour and made into bread, tortillas, pasta, cereal and much more!

MAYO

NEXT we have delicious MAYONNAISE (Or MAYO as many of you may know it!) Mayo is made of out EGGS and soybeans! Where is my chicken and egg? How about the soybeans?

LETTUCE

What is under our TOP bun? Lettuce! (place lettuce on board) Farmers grow lettuce in fields in rows in states like California and Arizona! We can grow lettuce in Minnesota in our gardens too!

Does anything have to happen to the lettuce plant before we eat it, or can we just cut it off the plant? (Wash it maybe, but otherwise we just eat it!) (Add lettuce plant to board.)

CHEESE

Under that lettuce is what amazing dairy product? CHEESE! (put cheese on the board) Yes, cheese! What is cheese made out from? Milk! And where does milk come from? YES, cows! Dairy cows to be exact! Did you know that a cow will not give milk until it has a calf?

Cows are milked 2-3 times per day and eat 80 pounds of food and drink a bathtub of water a day! Cows give about 8 gallons of milk per day! That's 128 glasses of milk! Who has the dairy cow that we milked the milk from to make the cheese?

That milk goes to a factory in a BIG tanker truck and is made into cheese. What other things are made from milk? (Ice Cream, Chocolate Milk, White Milk, Butter, Cottage Cheese, Sour Cream)

Dairy Farmers feed their cows CORN, SOYBEANS, OATS, ALFALFA and STRAW, vitamins and minerals, and water! They give them all a good place to lie down out of the rain and snow too!

PICKLES

What are pickles made from? (put pickle on board) CUCUMBERS! Yes, farmers also raise cucumbers, and they are soaked in vinegar to make pickles and put into jars! (place cucumber

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Cheeseburger instructions continued:

on board) Georgia and Florida grow the most cucumbers in the U.S., but we can grow them in gardens in Minnesota too!

ONION

Now we have another vegetable, what is it? YES, ONIONS! (put onion on the board) The top 2 onion farming states are Texas and California! You can get Red, Yellow and White Onions! (put onion plant on board) Many people plant onions in Minnesota in their gardens as well!

KETCHUP

How many of you put KETCHUP on your burger? What is ketchup made out of? (put ketchup on the board) Yes, tomatoes! (put tomato picture on board) Tomatoes are made into many products including pizza sauce, spaghetti sauce, salsa and taco sauce! How many of you eat any of those foods? You can thank tomato farmers in Florida and California! But we can grow tomatoes in our gardens in Minnesota too!

BEEF PATTY

What kind of meat is on our burger? YES, the BEEF BURGER PATTY! (put the patty on) Beef comes from the other type of cattle that farmers raise. BEEF cattle are raised for beef! (place beef animal on the board) Beef cattle are raised by farmers and ranchers all across the United States, including Minnesota! Beef Cattle mostly eat corn and soybeans, and drink water! What other beef products do we eat? (Steak, Roast, Ground Beef ,etc.)

REVIEW THE PARTS and CONNECT ONE MORE TIME WITH THE COMMODITY. If you have time, you can have kids fill out workbook page IN THEIR WORKBOOK!