

# Maryland Grain Producers Utilization Board

## 2016 Final Report

### 1. Grant Proposal #2016007

Title: Kids Growing with Grains – Washington County

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4-H Educator

University of Maryland Extension-Washington County

Name of Organization to Which Grant Should be made:

Washington County Extension Advisory Council

### 2. Summary

The Kids Growing with Grains program is organized and presented by the University of Maryland Extension – Washington County. The program is presented as either a single day field trip or in-school event. This year the program connected 324 area 4<sup>th</sup> grade students with grains and agriculture through 3 days of field trips to the Western Maryland Research and Education Center and a single in-school event.

The 3 days of field trips were presented during the week of September 26 – September 30 to 311 students across 4 area schools. Each field trip was taught with the assistance of University of Maryland Extension Faculty and Staff, the Washington County Farm Bureau Ag Literacy Trailer, 4-H and FFA Youth, and University of Maryland Extension Volunteers. Students who attended the field trips had first-hand experience on a research farm and participated in five 30 minute sessions focused on providing information and engaging activities.

The single in-school event was held the second week of November for a total of 13 students. Those students who took part in the programs in-school event received the same activities as those who took part in the field trips except for access to a research farm and live animals.

These activities were designed to educate youth about the importance of grains when it comes to their diet, their body, the diet of farm animals, and how to identify food products made from grains. All students, both field trip and in-school, received

at least 3 hours of programming, which equates to over 900 hours of positive youth development and agriculture education.

### **3. Program Goals and Objectives:**

- a. Understand the steps in planting, growing, and harvesting grains.
- b. Become aware of the health and dietary benefits of grain and grain products.
- c. Become familiar with MyPlate recommendations.
- d. Learn how animals utilize grains to produce food and other products for our use.
- e. Obtain interesting and valuable information that they will be able to share with family, friends, and peers.

### **4. Lessons to Achieve Program Goals and Objectives:**

#### **A. Grain Nutrition**

Students learned about the six main types of grains and discussed the importance of eating whole grains. They practiced finding the ingredients list on product packaging in order to determine what grains were in their products and whether they were whole grain or not. Students learned the MyPlate guidelines and were given a take home My Plate sheet. This year, students were introduced to Super Grain, a super food hero that helped demonstrate the parts of the grain (bran, germ, and endosperm) and their importance to a good diet.

#### **B. Grain Food Demonstration and Bread Tasting**

Students reviewed the six main types of grains and handled samples of each in their seed forms. They identified the grain products in bread and worked with a partner to make bread in a bag that they could take home. By making bread in a bag they practiced their reading and measuring skills. Students participated in a bread tasting of different breads including rye, whole wheat, white, oat bran, and wheat in order to open up tasty options for youth.

#### **C. Animal Science**

Students had an opportunity to interact with different animals and learn about the digestive systems of dairy steers, chickens and goats. They discussed different

grains used in animal feeds and how different feed mixtures are beneficial to the animals. As a method of bringing everything together students learned the difference between humans and animals when it comes to their digestive systems, how they use grains, and why they need grains.

#### D. Grain Production

Students learned about the planting, growing and harvesting cycle for the six main types of grain. They discussed the anatomy of a plant, growing season for different grains, and developed an understanding of the difference between grain seed characteristics. Students created a grain mosaic jar, while reviewing the grains discussed by visually identifying each seed represented in their grain jar. To end this session students took a hay ride around the Western Maryland Research and Education Center fields in order to see the different types of grains growing.

#### E. Grain Feed

Students demonstrated their understanding of MyPlate using stickers representing their normal diet and how different foods fall into different food categories. They looked at the need for grains in a diet and the many types of foods that use grains. As a tie in students created a health grain based trail mix to see how many types of foods including snacks have grain products in them.

### **6. The Maryland Grain Producers Utilization Board received recognition for the funding provided on:**

- A. In the School Enrichment Booklet (MGPU logo on the Kids Growing with Grains program) published by the University of Maryland Extension Washington County Office to promote all school enrichment programs offered to students and teachers in Washington County.
- B. Grain Jar stickers with MGPU logo.
- C. Student Activity Book in each student's goodie bag that went home (noted that funding is provided by MGPU).