

Maryland Grain Producers Utilization Board

Maryland 4-H Foundation
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2016 Final Report:

Overview of Activities/Project:

University of Maryland Extension Educators had previously received a curriculum book and kit containing multiple hands-on lessons:

Grain Nutrition
Grain Science
Corn Products and Uses
Animals Enjoy Grains Too
Agriculture Literacy

In 2016, the goal of the state Growing with Grains Team was to encourage use of this curriculum throughout the state. To promote this program a mini grant application was sent to all 4-H educators throughout the state to receive funds for their county grain programs. Grant applications from three counties were received and awarded mini grants. Growing with Grains programs are being taught across Maryland in a variety of ways and locations. Several counties utilize the curriculum in field trips using county agriculture centers to the Western Maryland Research and Education Center. Other programs take place in local libraries, where programs are advertised to reach a broader audience. At the time of the report being submitted a total of 1,308 students had received some sort of educational opportunity through the Maryland 4-H Growing with Grains curriculum from counties awarded grant monies. With several other counties receiving grants to have their programs taking place in the fall at agriculture centers, libraries and state 4-H events.

Detailed Description of Objectives being met:

Through participation in the Maryland 4-H Growing with Grains program, teachers and youth will:

1. Understand grains grown in Maryland
 - Of the variety of Growing with Grain programming occurring throughout Maryland, youth learn of different uses of grains and agricultural industries that utilize grains. Participants become more aware of uses of grains in animal science, plant sciences, byproducts and health and nutrition. The continued use of the Growing with Grains curriculum and continued grant applications coming into the MD 4-H Growing with Grains Team, indicates the continued need for grains education.
2. Learn about the dietary benefits of grains and grain products identification
 - Students who participated in the Grain Nutrition lesson learn about how to read nutritional labels and identify the differences between whole vs. refined/processed grains. Many of the counties that use the Growing with Grains curriculum will also include a grain jar station, where students are learning about different grains grown in Maryland, while making a grain jar.
3. Experience the farm to table through food preparation activity and tasting
 - Program participants gain a farm to table approach by learning how grains are grown in Maryland along with the uses of them. Many programs incorporate a food preparation activity in their programs from whole grain trail mixes to making bread in a bag. In some cases students are able to taste varieties of breads.
4. Learn the USDA My Plate recommendations for whole grains in the daily diet for children.
 - While students participate in different hands-on lessons they learn the importance grains play into their daily diets. Students have the opportunity to learn about the USDA My Plate guidelines and whole incorporating whole grains into their daily diets can benefit their diets.
5. Understand importance of grains to other agricultural industry
 - Through the Animals Enjoy Grains, Grain Science and Corn Products and Uses lessons students learn of the different industries that utilize grains. Students leave the Growing with Grains Program with a better understanding of how grains are used by animals and byproducts of grains.

List Occasions where MGPUB Received Recognition:

1. Curriculum books distributed to University of Maryland Extension offices.
2. Growing with Grains introduction page located at <http://extension.umd.edu/frederick-county/4h-youth-development/kids-growing-grains>
3. Individual programs share source of funding with their clientele.

Short Summary

The goal of the Maryland 4-H Growing with Grains program is to educate elementary aged students about the importance of the grains. This school enrichment program was taught in a variety of locations utilizing county agricultural centers, University of Maryland research centers, public libraries and in-school programs. In 2016, three mini grants were accepted reaching across the state in helping to cover cost of supplies of individual programs. Hundreds of youth participated in several of the curriculum lessons including Animals enjoy Grains Too, Grain Nutrition, Grain Science, Corn Products and Uses and AG Literacy. Of these lessons all students participated in hands-on educational opportunities. Each of the programs reporting evaluation information also formed new partnerships within the agriculture industry.