

What's Growin' On?

Food, Land & People

Food From Farm to Fork

Home Sweet Home

When Mother Nature is Your Boss

Science in Your Shopping Cart

The Power of Choice

No Tears Over Utah-Grown Onions

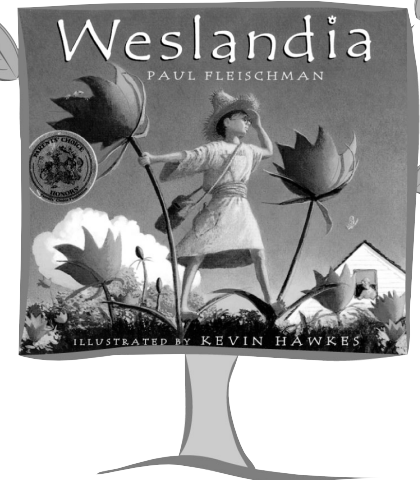
Where Are the Rich and Famous?

What's Growin' On?

Every Day, Everywhere, Ever-changing

Books To Grow On

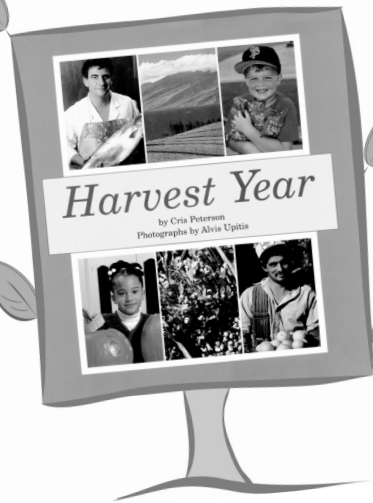
Every student in Utah has been reminded again and again how important it is to read. Reading can help you make real-life connections to a subject you might not understand or just take for granted. When we go to the grocery store, there is an amazing number of fruits, grains, meats, vegetables, cereals and beverages. It is easy to start to take all of these for granted, not realizing all the work involved to bring our food (and much more that we use every day) to our homes. As recently as 100 years ago, most people were aware of the role that agriculture played in their lives. It meant survival. Nearly everyone—men, women and *children*—worked the land. Agriculture still means survival, and that will not change. What has changed is that most people have lost close contact with farming—the food and land connection. Today, only 2 percent of our population produces food and clothing for us all. The American family spends less than 10 percent of its total income on food consumed in the home, the least expensive food in the world. And United States agriculture



provides a safe supply of food that frees the rest of us to concentrate on other activities such as medical research, space travel, computer technology, art, music, literature, philosophy and recreation. Whether it's the

food we eat, the clothes we wear, the sheets we sleep on, the medicines we use, or the homes we live in, agriculture is our "connection to life." We are all involved in agriculture.

So tonight, how about reading a fun and interesting book about the food, land and people connection? Here are a few you might pick from. There's a great crop of reading just waiting to be harvested!



Resources

Utah Agriculture in the Classroom; Utah State University Extension; Utah State University College of Agriculture; American Farm Bureau—"Farm Facts"; National FFA Organization; Georgia Pacific Corp.; Science in Your Shopping Cart, USDA Agriculture Research Service; *Utah Science*—James Thalman, editor; National Agricultural Statistics Service, USDA, 2001; 2003 Project Food, Land & People; Dan Drost, USU Extension specialist; National Cattlemen's Beef Association; Tamara Vitale, clinical assistant professor, Nutrition and Food Sciences Department, USU.



Credits

Information for this educational section was compiled by a partnership between Utah Agriculture in the Classroom: Debra Spielmaker, director; Crystal Tarpley, outreach coordinator; Rose Judd-Murray, project coordinator; and Yasuko Mitsuoka, graphic artist, and Deseret Morning Newspaper: Sherry Madsen, educational services coordinator for the Deseret NIE Department; and Lou Ann Heller, Deseret Morning News Art Department. Additional assistance provided by Carolyn Dickson, NIE manager, and Sylvia Orton, NIE office services.

Literature Connections

"Tops and Bottoms" by Janet Stevens
 "Heartland" by Diane Siebert
 "Weslandia" by Paul Fleischman
 "Harvest Year" by Cris Peterson

Web Sites

www.agclassroom.org/ut
www.agclassroom.org
www.ffa.org/careers
www.ag.usu.edu
www.ars.usda.gov
www.gp.com/educationstation
www.fns.usda.gov/tn

From Farm to Fork

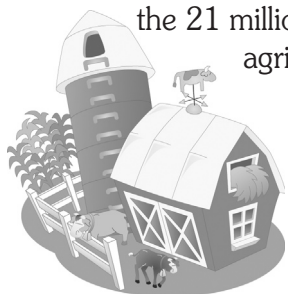
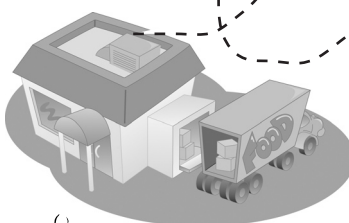
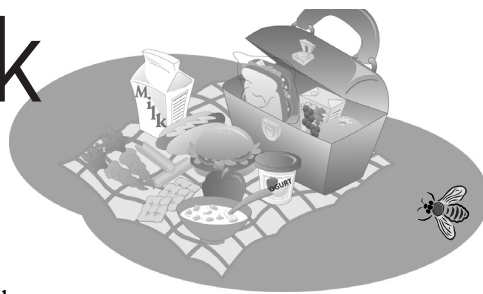
NEARLY EVERYTHING YOU EAT comes from either a plant or an animal. Fruits, vegetables, nuts and grains all come from plants. Meat, fish, eggs and dairy foods are all animal

products. All of these foods come from farms and ranches. Plants take nutrients out of the soil and air to make their own food. The substances they contain, including sugars, starches, vitamins and minerals, nourish us when we eat them.

Many different parts of a plant can be eaten. During an ordinary dinner, you might eat leaves, stems, roots, flowers, fruits and seeds! If you don't believe it, think about those leaves you had for dinner the other night (lettuce). In your salad, you might also have enjoyed some delicious stems (celery) and roots (carrots). If your meal included broccoli or cauliflower, you were actually eating flowers. You may have sprinkled your salad with seeds (sunflower seeds). And it's likely your salad also included some dairy, poultry and pork products (cheese, boiled eggs and ham or bacon).

Animal products provide other nutrients, such as protein, minerals and vitamins. Did you have baked chicken, grilled pork chops or roast beef with that salad? All of these are produced on farms and ranches and were brought to your dinner plate with the help of the 21 million people in America who are employed by the agriculture industry.

Each day when we eat our cereal, go through the cafeteria line or have a snack, agriculture touches our lives!



Activity

Careers in Agriculture

Look through the classified advertising section of the Deseret Morning News to locate the help wanted columns. Find and circle in crayon all jobs you can see that are related to agriculture in some way. Put a large red star by the job you think you would be the most interested in and the best at doing. Tell why.

Find and Clip

Search the Deseret Morning News headlines for large letters to spell out the word AGRICULTURE. Clip out the letters and paste them down the side of a piece of construction paper. Next to each letter, write or draw words or pictures that begin with that letter. Remember that each thing you write or draw must have something to do with agriculture. Share your finished product with your classmates.

Scrambled Ag

"Ag" is a shortened word for agriculture. There are many agriculture-related words in this tabloid. Unscramble the following five "ag" words and then find each word in these pages. Circle each one, define it, and use it in a different "ag" sentence. 1) noitavresnoc, 2) losi, 3) mrfa, 4) oonnis, 5) cuurregailt.

Looking for a Career?

How about helping to supply people with the things they use everyday? What careers meet our needs for life? Careers in agriculture. Careers that provide us with food, our clothes, shelter, and really everything that isn't mined, are a result of farmers and ranchers who work with a multitude of scientists, technicians, business people and educators. A lot of people get involved in getting our food from the farm to our fork. Everyone from the actual farmer to the research scientists who help develop new seeds, safer crop protection and more efficient machines is part of a large complex system that provides us with



the things we use everyday. Opportunities have expanded in the field of agriculture to include unique positions in sustainable farm management systems, biotechnology, forestry, marketing, engineering and more. Today there are 365 fields of study and employment in agriculture. Take the time to explore some of the careers awaiting you. Visit www.ffa.org/careers and www.ag.usu.edu for more information about agricultural careers.

AGRICULTURE IS EVER-CHANGING!

October 21, 2003

Tree Talk!

Before the technology we have today, only about half of most trees was used to create products. Now almost all of the tree can be used.

Computer technology helps us make the best use of each log. Lasers scan a log to determine where it will be cut to get the most lumber or veneer. Using very sharp saw blades or knives to cut the wood creates less sawdust.

Technology has been developed to remove ink from paper better. This allows us to recycle more recovered paper.

**AGRICULTURE IS
EVER-CHANGING!**

Home Sweet Home

While the home you live in may be brick, stone or some other material on the outside, over 90 percent of all homes in the United State are built with wood-framed walls and roofs. The average single family American home can contain 14,200 board feet of lumber and up to 14,000 square feet of panel products. That includes wood products ranging from structural beams and flooring to the

sheathing, trim and paneling. Homebuilding, remodeling and home improvements are collectively the largest single use of lumber and wood products, accounting for about two-thirds of domestic wood-product consumption.

BUT, did you know more than 5,000 products we use every day are made from trees? Some may surprise you. Fabrics such as rayon are made from tree fibers. Tires as well as steering wheels and molded armrests in cars and trucks are all made from tree or wood fiber products, and photographic slides and film also come from trees. Apples are not the only things we get from a tree that are good for our teeth. Toothbrushes and toothpaste also come from wood products.

Fortunately, trees are a renewable resource. Today, the United States has over 64,000 tree farms scattered throughout the 50 states and covering more than 81 million acres. "Wood is a crop. Forestry is tree farming." That's right. . . forestry is a part of agriculture that touches our lives every day!



Wood Things

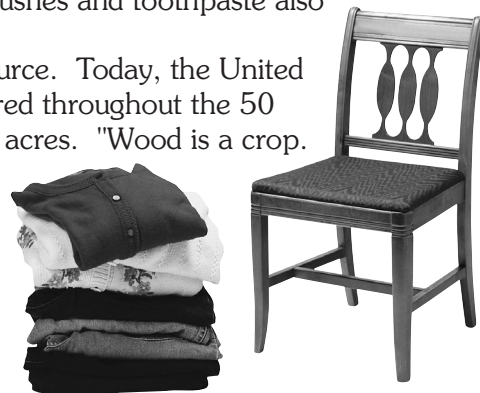
Have a contest to search the pages of the Deseret Morning News to find pictures of things that are made from wood. Clip out the pictures and put them in a brown paper sack. Count the items in each sack to see who has found the most.

Activity

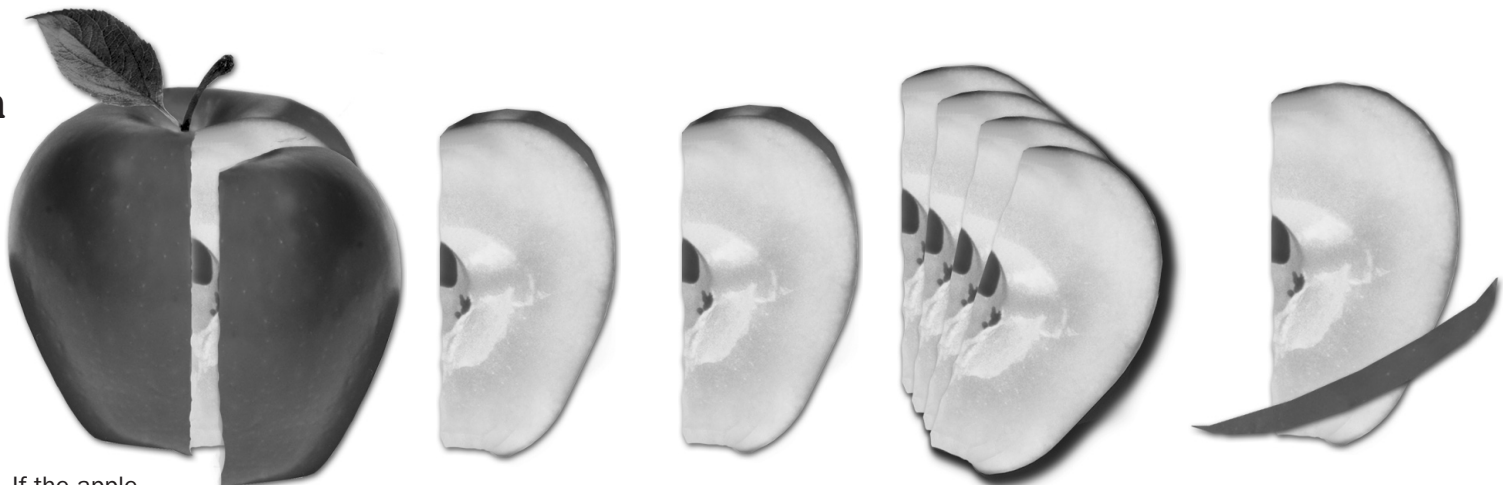
When Mother Nature is Your Boss ... you must be concerned about the environment.

You work with her emotions—the weather and her resources. The land is the farmer's most valuable resource. Most people, farmers included, try to avoid practices that might harm or destroy their way of life. Farmers till the soil to make it fine enough so that seeds can be placed in the soil to absorb water, sprout through looser soil, take root easily, and knock down the weeds. Tillage causes soil erosion.

Producers have learned the techniques of tillage that reduce erosion. Over the last 20 years, soil erosion has decreased by 32 percent. Today, in Utah, with the help of conservation districts, farmers have learned methods of conservation tillage that have helped to save our soils. People who make their living by working with the soil must protect the land every day!



How much soil do we need to grow Earth's food?



If the apple represents the Earth...and you cut the apple in quarters, oceans make up 3/4 of the Earth.

The remaining quarter of the Earth represents the Earth's land mass.

One eighth of the land represents unfarmable land such as deserts, swamps, the Antarctic and arctic, and mountains.

The remaining eighth represents where people live.

If you slice this 1/8 piece into four pieces, three of these pieces are the areas that contain cities, or areas where soils are not adequate for growing food or the climate is too dry or too wet.

Peel the last piece (3 percent of the Earth). This represents the soil we have to grow our food!



Science in Your Shopping Cart

**Chicken feathers, seedless grapes and sunscreen.
Can you guess what all these things have in common?**

Feathers as tough as a car dashboard! With over 9 billion chickens raised for food annually in the United States alone, the industry generates enormous quantities of feathers. So, what do they do with all those feathers? Would you believe they are being converted into strong, less dense plastic composites for products as varied as boat exteriors and combined with wood pulp for decorative wallpaper?

Sweet, juicy grapes, picked at the peak of ripeness, are one of nature's best-tasting treats. But nothing is worse than sinking your teeth into a handful and then having to spit out the seeds. We want the great taste without crunching down on a seed, so grape producers went to work with the help of some very smart partners to make our wish a reality. How? America's most popular red seedless grape, Flame Seedless, was developed in a laboratory where scientists used traditional plant breeding to cross early maturing grape varieties with delicious, juicy

tasting varieties. The result was the seedless grape we all like so much.

SoyScreen is the name of a new, all-natural, skin-care product developed from the oil of soybeans. Numerous tests were conducted to show SoyScreen's effectiveness in filtering out harmful UV light. When compared with four commercial products, SoyScreen scored highest on UVA absorbency at wavelengths of about 330 to 360 nanometers, which causes long-term exposure problems including wrinkling and skin cancer. SoyScreen also offered the best overall protection. Environmentally conscious consumers might also take com-



fort from knowing that SoyScreen is biodegradable.

What do chicken feathers, seedless grapes and sunscreen have in common? All of these new technologies come to us because of the work of some of the world's greatest scientists and technicians who all work for the Agricultural Research Service (ARS), which is the main research arm of the U.S. Department of Agriculture. Each

year, dozens of improved products and new varieties of fruits, nuts and vegetables emerge from the laboratories and greenhouses of the ARS. Next time you find yourself behind a shopping cart, take a look. You'll find there's plenty of scientific know-how on supermarket shelves!

Tech Time

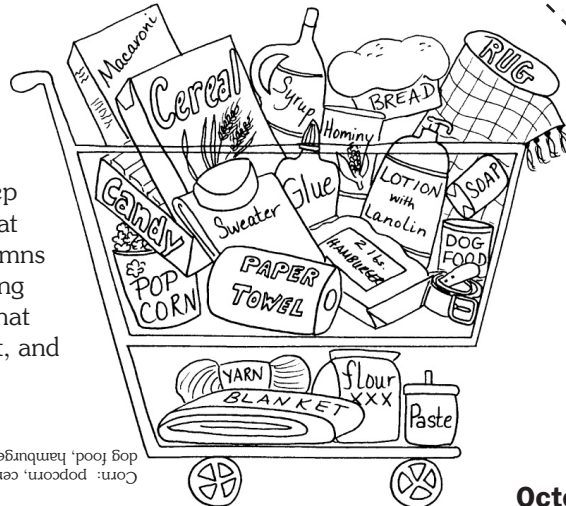
These days, a farmer's best friends, and most helpful tools, have changed from the pitchfork and mules to high-tech tractors, lasers and science. As Utah farmers strive to increase production, efficiency, safety and environmental standards, farming has become a science using precision technology and some really cool tools. Did you know farmers use lasers to irrigate more efficiently? Before a field is planted with a crop that will require gravity flow irrigation, large-land leveling machines smooth the surface so it is completely flat with a slight slope. Lasers guide the machines so the leveling process is perfect. The slope is calculated to help the farmer water the whole field evenly, minimizing water run off.

AGRICULTURE IS EVER-CHANGING!

Activity

Let's Go Shopping ... On The Farm

At the grocery store you can load up your cart with many products that keep you fed, clothed and your house in good repair. But where did all those great products really come from? On a sheet of notebook paper, make four columns with the farm and ranch products Corn, Wool, Beef, and Wheat as a heading for each. In each column, list the items from the cart that are made from that farm/ranch product. Some items are made from more than one ingredient, and one product is made from a farm resource not listed.



Activity

Agriculture's Five Fs

Pretend you are a reporter for the Deseret Morning News and have been asked to write an article about the five Fs of agriculture: Farming, Food, Fiber, Forestry, Flowers. Choose a headline that you think will attract readers to your article and remember as you write to include the five Ws of newspaper-style writing: who, what, where, when, why and the one H: how.

What's Your Opinion?

Read the information about science in your shopping cart. Talk to other classmates and form some opinions concerning this topic. How do you feel about it? Why? Compose a letter to the editor of the Deseret Morning News explaining your feelings. Mail your letter in for possible publication to:
Deseret Morning News
Editorials, P.O. Box
1257, SLC, UT 84110.

The Power of Choice...

In a society with so many choices and a bewildering array of options, it's important to learn about healthful eating and active living in several ways:

LEARN facts about food, nutrition and physical activity. **EXPLORE** ways to eat healthy foods and move more.

DISCOVER the connection between your food and the farm.

With so many options, how do you make choices?

How do you think your personal choices/decisions affect you now and in the future? What choices (food, everyday activities, etc.) affect your health? Active living is good for your body. It also helps you make the most of your appearance. Being active helps you relax and feel less stress. Being active is a fun way to spend time with your family and friends. It's easy to fit active living into your everyday life. You don't need to be an athlete. Just find ways to sit less and move more.

If you control the amounts and kinds of foods you eat to get enough of the nutrients you need, it will help you avoid overdoing any one specific food or food group. The amount of food you eat may be bigger or smaller than the serving shown on the food label or the Food Guide Pyramid. Eat different kinds of foods. You'll improve your chances of getting the many nutrients your body needs for energy and for growing strong and healthy. Eating too much may add up to more food energy (calories) than your body needs to grow and move. Extra calories are turned into body fat.

What happens if you consume fewer or more calories (food energy) than your body uses? If you don't eat enough, you may not get all the nutrients you need for energy and for growing strong and healthy. When you eat less food (calories) than your body needs, you lose weight.

If you eat too much, you may get more food energy (calories) than you need to grow and move. Then you gain weight. If you move more, your body uses up more food energy. Then you won't need to be as concerned about how much you eat. Weight gain is dependent on a person's energy intake being greater than energy expenditure. One pound (0.45 kg) is equal to 3,500 calories. Therefore, a person consuming 500 calories more than he or she expends daily will gain one pound a week.

Your Choice



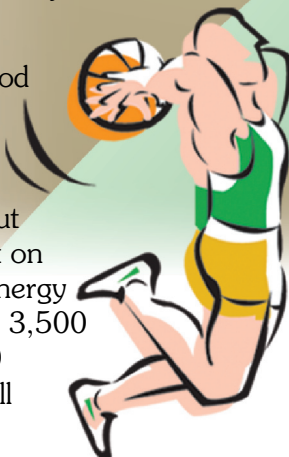
Coming to Terms

Epidemic: Fast-spreading disease: an outbreak of a disease that spreads more quickly and more extensively among a group of people than would normally be expected.

Obesity: State of being unhealthily overweight; a condition in which somebody's weight is more than 20 percent higher than ideal weight. A body mass index (BMI) is a measure of body fat based on height and weight. Obesity is a fast growing health issue affecting children and adolescents today.

Is there an obesity epidemic? Yes, and the epidemic is growing among teens.

What has caused the obesity epidemic? Although it is tempting to blame the soft drink companies, fast-food restaurants, school cafeterias, and perhaps even the entertainment industry, the problem is multifaceted. A lack of physical activity, unhealthy eating patterns, or a combination of the two is likely. Television, computer and video games contribute to inactive lifestyles; 43% of teenagers watch more than two hours of television each day.



Get a Life

Cool, weird, fun. If this describes your life, **you're normal.**

Do you want to get the most out of life? Look and do your best? Feel good? Have energy? **You can.** In fact, that's what this article is all about. You'll find easy, fun ways to eat smart, move more, and do what's right for you and your body now, while you're growing and changing so much. What you choose to do pays off now and in years to come. **You decide.**

Feel free to write your own ideas down for good-for-you eating and fun, active living. Think about what's important to you, too, and how you'll reach your goals. **Your life: it's your choice!**

Eat Smart

Snacks, breakfast, fast foods and school meals:

Your food choices fuel your active, changing body. For the nutrients in foods that you need to grow, have energy, and stay healthy, think about two main things: **what you eat and how much.**

Eat Less Often...

fats, oils and sweets that add extra calories and provide few nutrients or none at all (such as candy, soda, jelly, Popsicles, potato chips, butter, salad dressing).

Eat Enough...

lowfat dairy foods for calcium and **lean meats or beans** for iron.

Eat More...

fruits and vegetables than you're used to eating.

Eat Plenty...

whole grain breads, cereals, rice, and pasta as your best foods for energy.

Every day

you make lots of choices. Some are part of your routine: what to eat or wear, what to do after school, when to do homework. However, these routine decisions affect what farmers produce, how they produce it, the environment, and your quality of life.

Activity

The Choices are Yours!

Small steps add up! What can you do to be your best?

Check ☒ them off. Add your own!

To eat smart, I can...

- ☐ Eat breakfast.
- ☐ Drink water when I'm thirsty.
- ☐ Use food labels to find good-for-me snacks.
- ☐ Drink milk with lunch or supper—especially with fast food.
- ☐ Order regular-size fast foods.
- ☐ Use labels to pick snacks with less fat and less sugar.
- ☐ Take fruit in my school bag to snack on when I'm hungry.
- ☐ Try a new vegetable this week.
- ☐ Eat slowly; stop when I'm full.
- ☐ Ask my family to buy healthful snacks, such as fruits and veggies.

Here's more I can do to eat smart:

To sit less and move more, I can...

- ☐ Watch TV and play computer games less often.
- ☐ Find some active fun to do with my friends after school.
- ☐ Walk, bike or roller-blade to the store, school or friends' houses.
- ☐ Help my family with chores.
- ☐ Dance or walk to relieve stress.
- ☐ Walk while I talk on the phone.
- ☐ Go out for a community or school sport.

Here's more I can do to move:

I like junk food!

If you buy large containers or bags of food, measure out several single-serving amounts (noted on the label); put them in separate bags or small containers. Hungry? Eat just the serving amount in one small bag/container. Still hungry? Eat one of the "good-for-you snack choices" (noted on the next page) along with your "junk food" choice. This will keep you from consuming too many empty, sugary, high-calorie foods.

Snacks and Soda

Is snacking okay? How do snacks fit in? Snacks can help you fill nutritional gaps and keep you from overeating later. Make healthier decisions by choosing:

- ☐ *More from the Vegetable and Fruit Groups:* raw vegetables, dried fruits, frozen fruit-juice bar, or whole fruits.
- ☐ *Some from the Bread Group:* bagel, pretzels, popcorn, muffin, breakfast cereal, or oatmeal cookie, among others. Remember to choose whole grains (whole wheat, oats, etc.) the fiber makes you feel fuller and is good for you.
- ☐ *Enough from the Milk Group:* string cheese, lowfat yogurt, frozen yogurt, or flavored or unflavored lowfat milk.
- ☐ *Enough from the Meat Group:* hard-cooked egg, slice of meat, or a handful of nuts.
- ☐ *Few snacks made with saturated or partially hydrogenated fats or oils (this term is on the label and really means shortening or Crisco® or margarine) and sweets:* soda or candy.

What snacks are nutrient rich yet low in fat and easy to make?

Snacking is a great way to fit fruits, vegetables, whole grains and lowfat foods made from milk into your day's food choices. Pay attention to how much—not just what—you snack on. By moving more and sitting less, you don't need to concern yourself as much about overdoing on snacking. Active fun is a healthful substitute for mindless snacking.

What if you snack even when you aren't hungry? If you nibble when you're stressed, bored, lonely or just out of habit, learn to do something in exchange for eating: go for a walk, pick some flowers, clean your room, call a friend!

What if you drink a lot of soda? Sodas are mostly water, sugar or sugar substitute, and a little flavoring. From them, you may get food energy (calories) but not much else. Drinking sodas with meals and snacks often crowds out beverages with more nutrients. Without milk or juice, the nutrients they supply—calcium and vitamin C—typically come up short. You need plenty of calcium for your growing bones, since ages 11 to 18 are when your bones grow the most. Vitamin C helps fight infection and keeps you healthy in other ways.

Totally easy, no fuss snacks

Yogurt, topped with fruits and nuts
Baked tortilla chips, sliced cucumbers, or zucchini with salsa
Cottage cheese with tomatoes on top
Baby carrots and bean dip or humus
Fresh fruits like apples, oranges, grapes and nuts or cheese
Dried fruits, apricots, cherries, raisins

Easy, minor-preparation snacks

Small bean burrito
Whole-wheat crackers with cheese
Light popcorn and fruit
Peanut butter sandwich with banana slices or sliced apples
Cut-up fruit in an ice cream cone

Snacks that take a little more effort

Fruit smoothie made with fruit, yogurt, frozen yogurt or silken tofu, and milk
Ham and lettuce rolled up in a soft tortilla
Raw, chopped veggies and sliced cheese or lean meat, tucked in pita bread with a little salad dressing drizzled on top
Quesadillas or cheese-topped English muffins
Microwaved potato, topped with salsa, plain yogurt, chopped celery or cottage cheese. (Some of these could easily be made into a meal.)

Activity

You Decide: Which is the better choice?

A handful of potato chips **or** a handful of pretzels
A cookie **or** a graham cracker with peanut butter
A bagel **or** a doughnut
A candy bar **or** a granola bar
A glass of chocolate milk **or** a glass of soda
French fries **or** non-buttered popcorn

What can you do to make smart drink choices?

More milk

- Pick milk to wash down fast-food meals.
- Choose flavored lowfat milk—for a sweet and fun treat.
- Make a Cool Smoothie fast in the blender: lowfat milk or yogurt, plus juice, and fresh or frozen fruits.
- Choose 1% or skim milk for the same amount of calcium but less fat and fewer calories than whole milk.
- Drink milk with school lunch.
- Ask your family to keep lowfat milk on hand.

More juice

- Drink 100% fruit juice instead of "fruit drinks" with little fruit juice and lots of sugar.
- Choose juice at a vending machine.
- Make a Juice Float for an easy and delicious thirst quencher: several fruit juices and frozen-fruit yogurt.
- Freeze boxes or cans of juice; tuck them in your backpack for later.
- Ask your family to keep juice on hand.

Less soda

- Drink sodas as a snack, not as a meal beverage.
- Pour one glass of soda rather than drink from a large bottle.
- Drink water if you like to sip while you read, watch TV or work on the computer.
- Order the regular-size drink at a fast-food place instead of the large, jumbo or super-size cup.
- Cut down to one soda a day.



No Tears Over Utah-Grown Onions

The Spanish Sweet Onion was named the state vegetable in the 2002 general session of the Utah Legislature. Senator Bill Wright, Elberta, a dairy farmer, sponsored the measure and students from Lone Peak Elementary School were the driving force behind this bill.

Onion farms can be found in Davis, Weber and Box Elder counties, taking up about 2,500 acres. Onions are a \$9 million business in Utah, and these counties grow about 100 million pounds of onions each year.



they have to practically be spoon fed. Nevertheless, his farm is looking to increase yield 40

Charlie Black, co-owner of Black Island Farms, is one of those farmers in Davis County who grows onions as well as lettuce, carrots, radishes and cabbage. According to Black, onions are very labor-intensive and the most capital-intensive vegetable there is . . .



percent this year using drip instead of furrow irrigation. The Black Island Farms' onions are sold fresh at grocery stores, in local restaurants for onion rings and shipped out of state to McDonald's and Burger King. Mr. Black says that Utah is becoming famous for its "single-centered" onion, which is ideal for onion rings.

Dan Drost, extension vegetable specialist at Utah State University, studies the vegetable and believes onions may help prevent cancer, heart attacks and strokes (it naturally thins the blood) as well as being tasty and only 65 calories per cup!



Water is a finite natural resource. As populations increase, many areas are facing water shortages and periodic droughts. These crises make a water-thrifty irrigation system an attractive tool. With a drip system, plants thrive with less water. Keeping water off foliage also cuts down on fungal diseases. When occasionally using pesticides, they aren't washed off. And, since only the roots of plants get watered, fewer weeds pop up.

Utah Produces More Than Just Good Onions

- ✓ Utah exports alfalfa cubes, hay, live cattle, beef, cowhides, turkeys, cheese, cookies, onions, UHT milk (which doesn't require refrigeration), lambs, apples, tart cherries and other agricultural products.
- ✓ The average size of a Utah farm/ranch is 748 acres, with assets of \$1 billion. There are about 15,500 farms/ranches in Utah.
- ✓ Utah agriculture provides jobs for 340,000 people, more than double the number involved in tourism.
- ✓ Livestock sales account for 75% of Utah's agriculture income, with beef revenue accounting for more than half that amount.



Activity

What is grown in your county? Visit www.agclassroom.org/ut. Check out the Utah Agriculture Color and Activity Map under Social Studies in Teacher Resources.



Activity

What's Growin' in Utah?

Read about farm products in this educational tabloid and then do some research on your own about farm products grown and/or raised in Utah. What products did you find? Which seem to be the best to you? Why? Look through different ads in the Deseret Morning News to locate things for sale that are Utah-grown farm products or that are made from Utah-grown farm products. Clip out all that you can find and paste them into a Utah Farm Booklet that you have made. Keep adding to your booklet for a few months and see how many products you can locate.

Nutritious Nibbles vs. Funky Junky

If you are a student, ask your teacher for permission to compile pictures for a collage on two of your classroom bulletin boards. On one, clip and mount pictures from the Deseret Morning News of foods that are good for you. Label your bulletin board NUTRITIOUS NIBBLES. On the other, clip and mount pictures from the Deseret Morning News of foods that aren't as good for you. Label that board FUNKY JUNKY. Which food pictures were the easiest to find? Why do you think they were?

Snack Time

Look at the recipe cards on page 8 with nutritional snacks written on them. Mark with a green X your top favorite six snacks from the cards. Check the pages of the Deseret Morning News to find grocery stores that list or show some of these snack items. When you have found at least eight things, you may clip them out and put them on a class bulletin board.

Break that Habit

A habit is something one does over and over, without a lot of thought going into it. Some habits are good, like exercising and eating healthy foods. Some habits are bad, like eating too many non-healthy foods and sitting too much in front of the television and/or computer. Search through the Deseret Morning News and find three advertisements that promote bad habits. Explain how each item or activity is harmful and then provide a healthy substitute for each one. Re-draw the ads to show they are healthy.

October 21, 2003

Where are the rich and famous?

Soaring above North America "from sea to shining sea" you'll see cities, mountains, rivers, valleys and "the bread basket." That's right, a bread basket.

From above, the land may look like a flat expanse of circles and squares—a pattern that may bring to mind a patchwork quilt. As you look below you might even say, "There's nothing down there." Don't be fooled; you are looking at some of the most productive farmland

in the world and the land that produces food for 280 million Americans and other people around the world.

In America, each state has its own claim to fame. What comes to your mind when you think about states like California, New York, Colorado, Montana, Texas or Michigan? Most states advertise and market their best attractions. Perhaps you thought about Disneyland, the Statue of Liberty, the Rocky Mountains, the Alamo or the Great Lakes. These are definitely attractions. But what if someone asked you about what each state grows. Several

states are famous for their farm products. For example, what state do you think of when someone says potatoes? You probably thought about Idaho. How about apples? (Washington) Chilies? (New Mexico) Wheat? (Kansas) Corn? (Iowa). These famous farm products make our country rich. We are a food exporting nation. The United States exports \$53 billion of agricultural products. Agriculture is the only industry with a positive balance of trade, meaning we export more food to other countries than we import. Farmers may not be rich or famous, but production on farms means jobs for others who process and market food.

Because these farms are so productive, our food is inexpensive, safe and easy to find at a local store. In fact, as a result of America's bounty, few of us need to work on the farm, and we can focus on other pursuits such as sports, computers, medicine and millions of other hobbies and occupations. To learn more about the farms "rich and famous" and what we produce in the United States "from sea to shining sea," complete the scavenger hunt below.

Activity Online Scavenger Hunt

Visit each state's agricultural profile online at www.agclassroom.org to find the answers to these questions. Then, place the letters in the squares on the blanks below.

1. South Carolina is home to the only one of these types of farms in North America.

___ _ _ _ _ 

2. California leads the nation in what industry?

___ _ _ _ _ 

3. Louisiana is home to 41% of the nation's what?

___ _ _ _ _  

4. Ohio is one of only four states in which over 50% of its land is classified as this type of farmland.

___ _ _ _ _ 

5. More than 98% of Virginia's farms are owned and operated by what?

___ _ _ _ _ 

6. What is the official state grain of Minnesota?

___ _ _ _ _  

7. One bushel of what crop grown in Nebraska can produce 2.5 gallons of ethanol, which is a motor fuel additive?

 ___ _ _ _ _

8. In the year 2000, Texas was the leading state in what type of operation?

___  ___ _ _ _ _

9. Arizona grows enough of this crop each year to make more than one pair of jeans for every person in the United States.

___ _ _ _ _ 

Agriculture is

___ _ _ _ _

Are you in 5th grade and need to do a state report? This web site is a great place to start!

Activity

Put It on Display

Display ads (picture ads) in the Deseret Morning News should be appealing, eye-catching and truthful about the product being advertised. Look at some ad samples in the newspaper and then create a display ad of your own about a Utah farm product and its value to the state and to you, personally.

Create a Comic

Read through some of the comic strips in the Deseret Morning News. Choose characters from one of the strips or make up characters of your own to create a comic strip where the characters talk about good food choices. Use some of the information you read about in this tabloid on the center page spread, "The Power of Choice." After you've drawn your comic strip, ask some classmates to help you act it out in front of the rest of the class.

Activity

- ✓ Using the chart and map on page 11, consider the following:
- ✓ What do the states that produce beef have in common?
- ✓ What do Oregon and Alaska have in common with the Northeastern states that all have greenhouse/nursery production?
- ✓ What do you think is the #1 farm product in Florida, Hawaii, Kentucky and Louisiana? Hint: They aren't listed in the chart.



Where in the United States Did My Food Come From?



Top 10 Farm Products in the United States

Color the square on the legend below and then color a square on the map to match. Do you see some regional patterns? See if you can answer the activity questions on page 10.

- ☐ 1. Beef: Arizona, Colorado, Kansas, Missouri, Montana, Nebraska, Nevada, New Mexico, Oklahoma, South Dakota, Tennessee, Texas, Utah, Wyoming, Alabama, Idaho, Oregon, Pennsylvania, Vermont, Virginia, West Virginia, Wisconsin
- ☐ 2. Dairy products: California, Idaho, Michigan, Minnesota, New York, Pennsylvania, Vermont, Washington, Wisconsin, Alaska, Arizona, Connecticut, Maine, Massachusetts, Nevada, New Hampshire, New Mexico, Rhode Island, Utah
- ☐ 3. Greenhouse/Nursery (represents the fastest growing agricultural area): Alaska, Connecticut, Massachusetts, New Hampshire, New Jersey, Oregon, Rhode Island, Delaware, Florida, Maryland, Michigan, New York, South Carolina
- ☐ 4. Chickens: Alabama, Arkansas, Delaware, Georgia, Maine, Maryland, Mississippi, North Carolina, South Carolina, Virginia, West Virginia, Kentucky
- ☐ 5. Soybeans: (major oil crop used in salad dressings and mayonnaise): Ohio, Illinois, Indiana, Missouri, South Dakota
- ☐ 6. Corn: Illinois, Indiana, Iowa, Nebraska, Ohio
- ☐ 7. Pork: Iowa, North Carolina, Illinois
- ☐ 8. Wheat: North Dakota, Kansas, Montana
- ☐ 9. Eggs: Alabama, Connecticut, Maine
- ☐ 10. Cotton: Arkansas, California, Louisiana

Each state is part of a geographic region. The geography and climate of an area determine what will grow best. Some states have flat land, deep well-drained soils, ample rainfall and moderate temperatures. These states can grow a variety of grain crops like wheat, soybeans and corn. Other regions or states may have high elevations and shorter seasons and have acres of rangeland suitable for raising livestock.

Source: National Agricultural Statistics Service, USDA, 2001