

Maryland Grain Producers Utilization Board

2015 Report

1. **Grant Proposal #2015007**

TITLE: Kids Growing with Grains

Principal Investigator: Jamie Kenton

4-H Educator

University of Maryland Extension-Washington County

2. **2015 Annual Progress Report**

The Kids Growing with Grains program organized and presented by the University of Maryland connected 450 4th grade students and approximately 50 high school students with grains and agriculture in Washington County. This program was presented as a field trip and an in-school event. The field trip program was held at the Western Maryland Research Education Center the week of September 29- October 2 and was presented with the assistance of University of Maryland and University of Maryland Extension Faculty, Staff, Washington County Farm Bureau Ag Literacy Trailer, UME volunteers, as well as, FFA and 4-H Youth. Students who attended the field trip had first-hand experience on a farm and participated in five 30 minute sessions focused on providing information and engaging activities to educate the students on the importance of grains to their diet and their body, the diet of farm animals and how to identify food products made from grains. The in-school event was held in November at Heritage Academy. All students, both field trip and in-school, received at least 3 hours of programming which equates to over 1,300 contact hours for positive youth development and agriculture education.

3. The goals and objectives for this program include:

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

To reach these goals and objectives, youth participated in from 3-6 of the activity sessions below:

1. Grain Nutrition

Students learned about 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 demonstrated their understanding by portioning out a serving of grain during the program and on their 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, endosperm) and their importance to a good diet.

2. Grain Food Demonstration and Bread Tasting

Students reviewed the six main types of grains and handled samples of each in their seed forms and identified the grain products in the ingredients for bread in a bag. They worked with a partner to make their bread practicing both their reading and measuring skills in order to create a take home sample to share their learning with their family. 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.

3. Animal Science

Students participated in a hands on digestion activity that compared mechanical and chemical digestion which the students used to discuss the digestion process. They learned about the main parts of the digestive systems of beef, sheep and goats, as well as, what each part does and how it affects the digestive process. They discussed different grains used in animal feeds and how the feed is beneficial to the animals.

4. Grain Production

Students learned about the planting, growing and harvesting cycle for six main types of grain. They discussed the anatomy of a plant, the growing season and developed an understanding of the difference between several grain seed characteristics. Students created a grain mosaic jar and reviewed the grains discussed by visually identifying each seed represented in their grain jar.

4. Station#6- Grains and Chickens and Feed

Students learned the needs of chickens and the importance of grains in the feed for chickens. They had an opportunity to interact with chickens, discussed the different breeds and information regarding backyard chicken farming. They made a healthy snack based on chicken feed ratios.

5. Program Expenditures include:

As of October 15, 2015, the following is the expenditures for the Kids Growing with Grains Program for the 2015 program year:

\$813.62	Demonstration supplies to include all materials for the “hands-on” learning stations (\$600).
\$552.87	Students’ materials including grain promotion materials and home resource information (\$100)
\$	Transportation assistance (\$200)- offered to all schools attending the field trip program and requested by only one school- invoices are still coming in for this option
\$1,366.49	TOTAL

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

- Information letter sent to all schools with MG PUB logo and information.

- In the School Enrichment Booklet (MGPUB 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.
- Grain Jar stickers with MGPUB logo.
- Student Activity Book in each student's goodie bag that went home (noted that funding is provided by MGPUB).